



# BLINDERS & The Powers of Light

The ancient Greeks believed that beams shot from our eyes, like Superman's X-ray vision minus the X-rays. Whatever those beams landed on was what we saw. To them, that's how vision worked. Stemming from this mistaken perspective grew the idea of the evil eye and its dark powers.

Today, thanks to the materialistic light of science we know that the "beam" part of seeing is a receptive event. Beams of light (an electromagnetic force) reflect off an object and enter our eyes. From there, they rush along our neural pathways until they reach the brain. Once there, that magnificent bio-computer processes those signals into life-like, three-dimensional pictures of the world. We call those pictures "reality." As it turns out, all of our senses are similarly receptive. They receive input from the environment and transfer it to the brain, which then tries to convert it to something meaningful.

If the senses have any metaphysical properties related to them, science, unfortunately, cannot shed much light. This is because its instruments are too coarse to detect data from those planes, or metaphysics operates within laws beyond physics, or both.

String theory, science's pet Theory of Everything, finds itself in a similar yet more humiliating position. Although mathematically sound, a condition rarely found in metaphysics, string theory lacks any experimental means to prove or disprove its conclusions. Strings, they claim, are far too small to measure. This forever banishes the intriguing Theory of Everything to the realm of philosophy or metaphysics — perhaps rightly so.

Conversely, metaphysical reality, when manifesting on the earth plane, sometimes appears to follow the laws of earth science. For example, most can feel "bad vibes" from another person just by standing next to him or her. Several have even reported feeling physically ill by seeing certain politicians on television! Most have spoken to a "poisonous person" on the telephone and felt bad during and after the conversation. This suggests that metaphysical energy can travel over the airwaves and phone lines.

You can experiment with this. Say that you are involved in one of those poisonous conversations. Move the phone two inches from your ear. You'll notice that this significantly reduces the poisoning effect. If you move it away another two inches, it dissipates more. This is revealing. If you could quantify the degree of poisoning at the various distances, then you could arrive at a mathematical formula that describes the rate of falloff. This would give the phenomenon the status of a scientific theory (assuming the unlikely possibility that scientists could consistently replicate the results).

Materialists will argue that the poisoning effect is strictly a psychological affair. If this were true, it shouldn't matter how far the phone is from your ear, as long as you can hear the words and the vocal tone. But because distance does have a marked effect, some force — in addition to a psychological one — must be at work. We'll call that force, unscientifically, *vibes*. Bad vibes bring us down; good vibes rejuvenate us. In religious terminology, they are vibes from either Heaven or hell.

## Blinders

Although the eyes — evil or otherwise — act receptively, most agree that they can be striking or, at least, revealing. But if rays don't shoot from them, what makes them special? A materialist could argue that body language is responsible, and he or she could use squinting as a supporting example. People who study metaphysics might agree but could add other ideas too.

The analogies of "seeing the world through rose-colored glasses" and "wearing blinders" are well known. Spiritually, "blinders" or distorted lenses refer to being asleep to spiritual reality. It represents a low level of consciousness. Metaphysically, "blinders" exist on a dimension other than the material one. Otherwise, we could detect and measure them. Some have peeked into this dimension, either intentionally or through grace, and claim that the lenses look like wrap-around sunglasses without the black tint. Once they notice this, they are determined to remove them. Removing them, though, takes effort and technique.

One technique is simple. It works like this: Whenever you sense that something is distorting your vision, visualize a word in front of your eyes where the "blinders" are. The key is to pick an appropriate word, because some are more effective than others. Here are some guidelines for choosing that word.

First, pick one that applies specifically to you. Psychologically, we are unique. And although "blinders" are a metaphysical phenomenon, they interact with and influence our psyche. It's like going to the optometrist: the doctor doesn't hand you a pair of pre-made glasses. Instead, he or she examines your eyes and discovers what your individual needs are. Here, you examine your spirit and find the proper word.

Second, narrow down the search. For instance, everyone has spiritual aspects. They aren't, though, that well suited for this technique. We also have a spiritual identity and purpose, but neither works consistently. Rather, we need something universal between people: relationship. Using a word, then, that represents your personal *True Relationship to others* would be the most useful. True Relationship includes the relationship between you and your environment as well.

Say, for example, your True Relationship is that people help you. For efficiency, you would shorten the phrase to a single word, "Help." You do this because "blinder events" strike suddenly and without warning. You need something easy to remember so you can act fast and decisively. So, whenever you look at someone, instead of automatically criticizing them in your mind, viewing them as a sexual object, calculating how to manipulate them, or whatever your habitual reactions are, you would visualize the word "Help" over your eyes. Through practice, you lessen the influence of those filters. You also receive insight into how your mind works every time you successfully apply the technique.

Lastly, let's go back to the evil eye. We have seen how electromagnetic waves can carry "vibes." What if it worked like this: light hits and reflects off the "blinder" and carries the "blinder's" vibe to the viewer? This makes sense theoretically, and it implies something positive.

What if you have successfully replaced a "blinder" with your True Relationship? If True Relationship is something holy — and as an aspect of your spirit, it is — then you would be reflecting holiness into the environment. Although passive, this evolutionary act would make the world a better place. It represents one powerful way to harness the power of light and gently support the evolution of the planet.