

## Week 6. THE “I”: MY GIFT AND WORK AS A PARENT

### HANDOUT 3: Eye-Gazing Exercise Instructions



An **experiential way** for you to get in touch with the **distinction between the two selves** – the frontal egoic self and the deeper essential self:

For this exercise you need another adult pair of eyes to look into. So, if possible, ask someone if they would be willing to do this with you. Otherwise place yourself in front of a mirror and do it with your own reflection.

Look into the other one's eyes, and hold the gaze for a few minutes, at least 2-3 (set a timer, so that you don't have to think about this detail).

As you do so, notice what arises in you... notice any fluctuations in yourself, notice your thoughts, your body sensations, notice your breath, notice any tensions that come and go, notice when you drop into a deep resting calm and attentiveness, and when you tighten into any self-concern (for example, "I wonder what the other person is thinking", "I wonder if I look OK?", "I feel a bit uncomfortable", "Am I doing this right?", "This is too intimate" etc). Without any judgment, just notice what goes on in you as you look into the other person's eyes. And if you do have judgment about yourself or the exercise or the other person, then just note that.

The invitation in this exercise is to simply pay attention to the distinction between these two selves... can you get a sense for how different it feels whether you are residing in one or the other? Do you see how you can shift from one to the other in a matter of seconds? And back again? They're both there, in you at all times... which one are you residing in at any point in time? Where are you sourcing from? Who are you? If possible, do this with more than one person, try this exercise with someone you know well and someone you don't know well. Tell them what the exercise is about, then they can debrief with you, and you can share with each other how the experience was.