Windows To The Soul

The Impact of Eye Contact on Health, Happiness, and Well-Being

Linda Jackson, MAcOM, MEd.
These are Windows to the Soul
“Eyes as Windows to the Soul”

~ Shakespeare, DaVinci, and, most likely, Cicero (106-43 B.C.).
What can we learn from making eye contact with another?
“I have noticed that if you look carefully at people’s eyes the first five seconds they look at you, the truth of their feelings will shine through for just an instant before it flickers away.”

Sue Monk Kidd, The Secret Life of Bee’s
Too often, our eyes are more focused on our phones or computers.
We are our own inner pharmacy for health & happiness.

Homeostasis — our bodies want to be healthy.

Our body provides us with chemicals for our health — oxytocin, dopamine, serotonin, endorphins, and cortisol.
Oxytocin through eye contact.
Oxytocin

Oxytocin promotes bonding, trust, and even, maternal behavior.

A calm and connect or friend and befriend state of being.
My Mission: To explore the possibility that eye-contact and positivity resonance can lead to worldwide peace, love, and a pervasive calm-and-connect state of being within families, work relationships with colleagues, friends, and communities (even countries). Through heightened eye-gaze for positive connection and emotional states, health and happiness will be improved via the oxytocin pathway from the brain to the heart.
Eye gaze helps us fall in love.

Eye gaze builds trust.

Eye contact is instinctual & connected to our early survival.
Cereal & snacks directed to children often include eye contact & sell more.
“Oxytocin makes us want to connect with others.”
~ Kelly McGonigal
Empathy

True caring
How do you feel about making eye contact with another?

Or even yourself?
Knowing & Being Known

As we gaze, mindfully, softly, and quietly we create positivity resonance with another. We see and are seen.
“We desire to feel safe, accepted, and loved for all that we are. Deep down we just want to feel whole and loved exactly as we are. There is a peace that naturally forms between beings when we recognize ourselves in the other. War is not possible from this place. Just one minute can take you and I there.”

~ inspiralight.wordpress.com
Amnesty International’s Eye Gaze Experiment

“Look Beyond Borders”

https://youtu.be/f7XhrXUoD6U
“Eye contact fosters intimacy because we express so many of our feelings through the eyes.”

Susan Krauss Whitbourne (Psychology Professor)  
UMass Amherst
How to practice eye gaze?

1. Practice within your close circles of contact - family, friends, pets.
2. Ask permission with an invitation.
3. Use a soft, quiet, and mindful gaze for 1-3 minutes.
4. Limit distractions - turn off your phone, computer, TV.
5. Use one of the “36 Questions” to create a comfortable focus and deepen your relationship.
My Invitation:

Join me in a 30 day challenge.

Each day, choose 1 - 3 people you interact with daily and invite them to sit for 1 - 3 minutes in a mindful eye gaze.

Begin where you feel comfortable, with a partner, a child, or a pet.

Try using one of the 36 questions as a focus for your eye gaze.

For at least one day, sit in front of a mirror and gaze into your own eyes for 1 - 3 minutes while relaxing and breathing.
In Summary:

~ Oxytocin is one of our inner chemicals for health & happiness.
~ Eye contact is a simple & powerful practice for micro-moments of health, happiness, connection, & love.
~ Micro-moments add up over the course of time.
~ Oxytocin has extensive benefits and is delivered via our vagus nerve, positively affecting all of our internal organs.
~ My mission & my invitation.
~ Join me in creating ripples of positivity and health by mindfully making eye contact.
**My Mission**: To explore the possibility that eye-contact and positivity resonance can lead to worldwide peace, love, and a pervasive calm-and-connect state of being within families, work relationships with colleagues, friends, and communities (even countries). Through heightened eye-gaze for positive connection and emotional states, health and happiness will be improved via the oxytocin pathway from the brain to the heart.