



Eye Gazing

July 30, 2010

7-10pm

The Acupressure Institute, 1533 Shattuck, Berkeley
For anyone interested in deepening connections with others

Donation \$10

“When eye contact is initiated and maintained, an invisible energetic circuit is established between the participants, dissolving the barriers that ordinarily separate them from each other, drawing them ever closer into a shared sense of union.” (*Rumi: Gazing at the Beloved: The Radical Practice of Beholding the Divine* by Will Johnson)

The eyes are the window of the soul. When you gaze at someone, you are holding that person with the essence of who you are. Eye gazing deepens the love and connection you share with the world by creating an energizing and mystical union with others.

Where does this practice come from? Eye gazing was Rumi’s main spiritual practice. This form of *seeing* is found in Kahuna training as well as the shamanic traditions of South America.

This class focuses on the practical mysticism of Eye Gazing. Radically increase your comfort level of eye contact with new people. Meet a new love. Revive the spark in your current relationship. Deepen your familial connections. Magnetize new business. Make deeper impressions at interviews and in public speaking. Increase the energy of your sessions and the connection between you and your clients. Apply it to any aspect of your life.

Eye Gazing Parties (www.eyegazingparties.com) were founded by Michael Ellsberg in NYC in 2005 and have been covered by New York Times, CNN, Good Morning America, and major media around the world. People who attend them report having profound experiences with others.

If you would like to attend, please RSVP to innerintegration@gmail.com. Feel free to invite friends and have them RSVP directly to me.

Looking forward to seeing you.

Meredith Marie Miller

www.innerintegration.org