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**Soft Eyes - Seeing True Reality**  
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How do you “see” problems, issues, challenges, conflicts, enigmas and the like – at work, at home, at play and in relationship?

How do you approach varied areas in your life – career and livelihood, spiritual and personal growth, friends and family, intimacy, and partnership, play and recreation, abundance and finances, health and wellness, personal environment and organization?

Do you forge ahead, like a locomotive, laser-like-driven, nailing down the issue or conflict, quick to diagnose, process and come up with a solution?

For example, how do you “see” reality? Take a quick look (just a second or two) at [this image](#). And [this one](#). Finally, [this one](#) and tell yourself what you see. We’ll return to these in a moment.

"Soft Eyes"

The idea underneath “soft eyes” is twofold: (1) (literal) taking a few deep breaths, closing your eyes and actually giving your eyes permission to relax, let go and fall back on tiny soft cushions, or pillows, and then open your eyes and explore your environment; and (2) (figurative) see what you “see” about a person, place, event or circumstance from this “relaxed” perspective - which allows your “ego-mind” with its preconceived ideas, perceptions, premises, stories and beliefs to “take a short vacation.”

Often, viewing one’s environment with soft eyes will change the way you see it. And, when your view changes, so does the way you relate to it. When you change the way you relate to it, the way you respond to it also changes.

Let’s return to our images – this time with “soft eyes.”

Before looking at these images once more, take a few deep, deep breaths into your belly. Relax your shoulders. This time, when you look at the image, don’t try to “figure it out.” Take a couple of minutes to just “gaze” softly at each with "soft eyes: at [this image](#), [this one](#) and [this one](#), and allow each to unfold before you; allow each to tell you what’s there and when you’re done, come back here.

Did you notice anything different? Notice I said “different,” not “new” – as it

was there all along. You just perhaps didn't see it the first time.

### "Real Reality"

Often the sources of our conflicts and challenges and the most effective solutions with which we can approach them are "unseen."

Too, it can happen that the way we approach issues and challenges can take a completely new direction when we explore the "real reality" underneath. How do we identify this "real reality?" When we take the time to view situations, events, circumstances, people and their positions with "soft eyes," we can often change our perspective of them – and the approaches we take when dealing with them – leading to mutually deeper understanding and win-win experiences and relationships.

When we view – people, places, circumstances and events – with "soft eyes, we move through a kind of transformation where we discover a reality that was always there, but which we missed. We discover a reality that can shift the way we relate to people, solve problems, face challenges and live life – at work, at home, at play and in relationship.

When we step back, when we jettison our old, programmed, habitual ways of "seeing," we open ourselves to possibilities, we come to situations with a new energy, we engage from, new perspectives, we shift our frame of reference, we become newly empowered, we redefine issues and discover new solutions. In essence, we respond differently, we even see ourselves and our experiences differently.

So, what is reality? Actually, no one knows for certain - although we each think we do. Each of us is committed to our own paradigm and, as such, sees things that way. The world we share is quite different depending on who's viewing it. It is perhaps for this sole reason that our planet is rife with so much conflict.

So, when you're facing a challenges, obstacle, or conflict or looking for solutions, or when you're just listening to someone else - or even yourself - consider the "soft eyes" approach.....and remember:

*"The chicken is the egg's way of reproducing itself."* Peter Koestenbaum

### **So, some questions for self-reflection are:**

- Are you usually the first one to say you know the source of a problem - any problem?

- Are you usually willing to change your perspective on a problem/solution?
- Do you ever seek to operate as an individual even though you're a member of a team/group/family?
- Do you engage in creative play?
- Are you obsessed with "getting it (or being) right?"
- Do you ever think about what you're thinking about?
- Do you ever attempt to fix problems when you don't know the complete context?
- Do you ever use "soft eyes" when encountering challenges, or when listening to others?
- When someone offers an interpretation (of an event or circumstance) that differs from yours, how do you feel? Honestly?

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