

# Integrating Our Vision with Soul Wisdom



Understanding the Deeper Potential of  
Our Vision Journey Through Ancient  
and Modern Perspectives

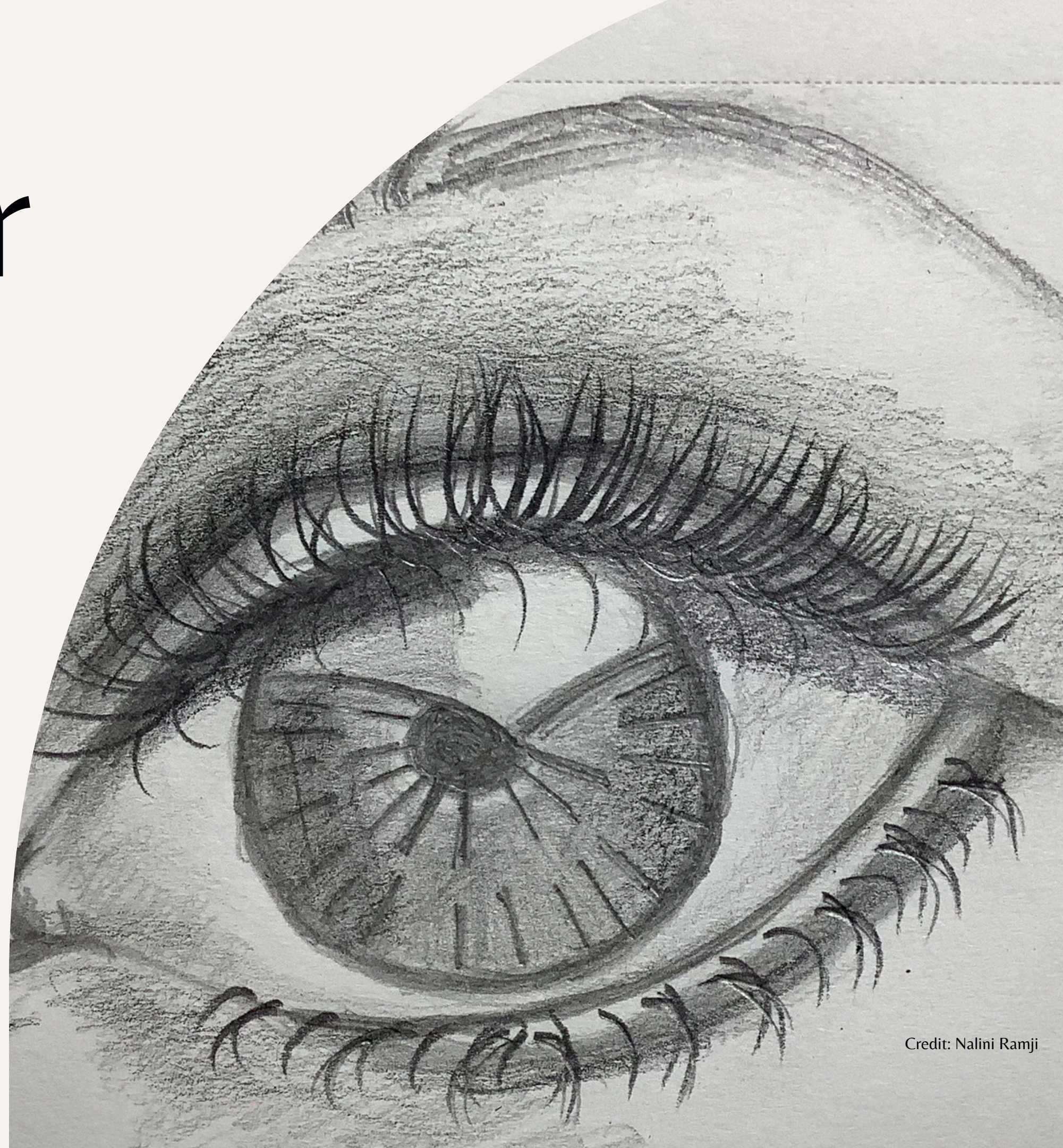
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## Nalini Ramji

- Certified Natural Vision Teacher, Integral Eyesight Improvement
- Certified Ayurvedic Practitioner, Kerala Ayurveda Academy
- Certified Transformational Coach (Foundations Level), Center for Transformation and Integration

# Free Webinar

Kind Eyes



Credit: Nalini Ramji



# Agenda

A truly  
different  
perspective!

- My Story
- The Process of Looking Affects What We See
- Some Experiential Time
- Trust, Safety, and Attachment Wounds
- Secure Attachment Can Be Learned
- Practice
- Breakout Rooms
- Q&A

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with Soul Wisdom



# Requests

Let's hold an intention for presence and unity with space for safety and self-expression.

You are welcome to:

- Download the slides from the chat.
- Remove yourself from potential distractions.
- Remove your glasses and even close your eyes at times.
- Let the content wash over you.
- Use the chat function minimally. Jot down your notes privately. We will have time for sharing at the end.
- Remain muted until the Q&A.
- Practice empathic listening.
- Share your name and location when you speak (the first time).



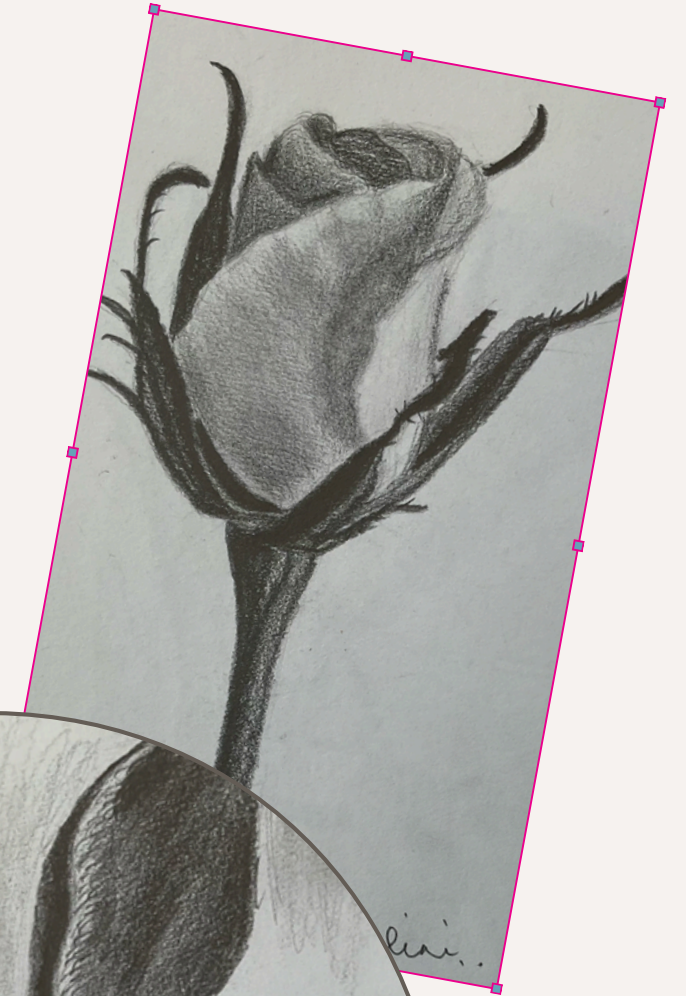
# My Story



- Fascination with Ayurveda and Dr. Bates from young age
- Early attachment wounds fostered feeling of disempowerment in early adulthood
- Deteriorating vision → decision to live with authenticity, initiating process of psychological integration, or individuation
- Challenging – vital to have support and connection during this time
- Increase in mental and visual clarity with doing inner work
- Support and guidance come from periphery



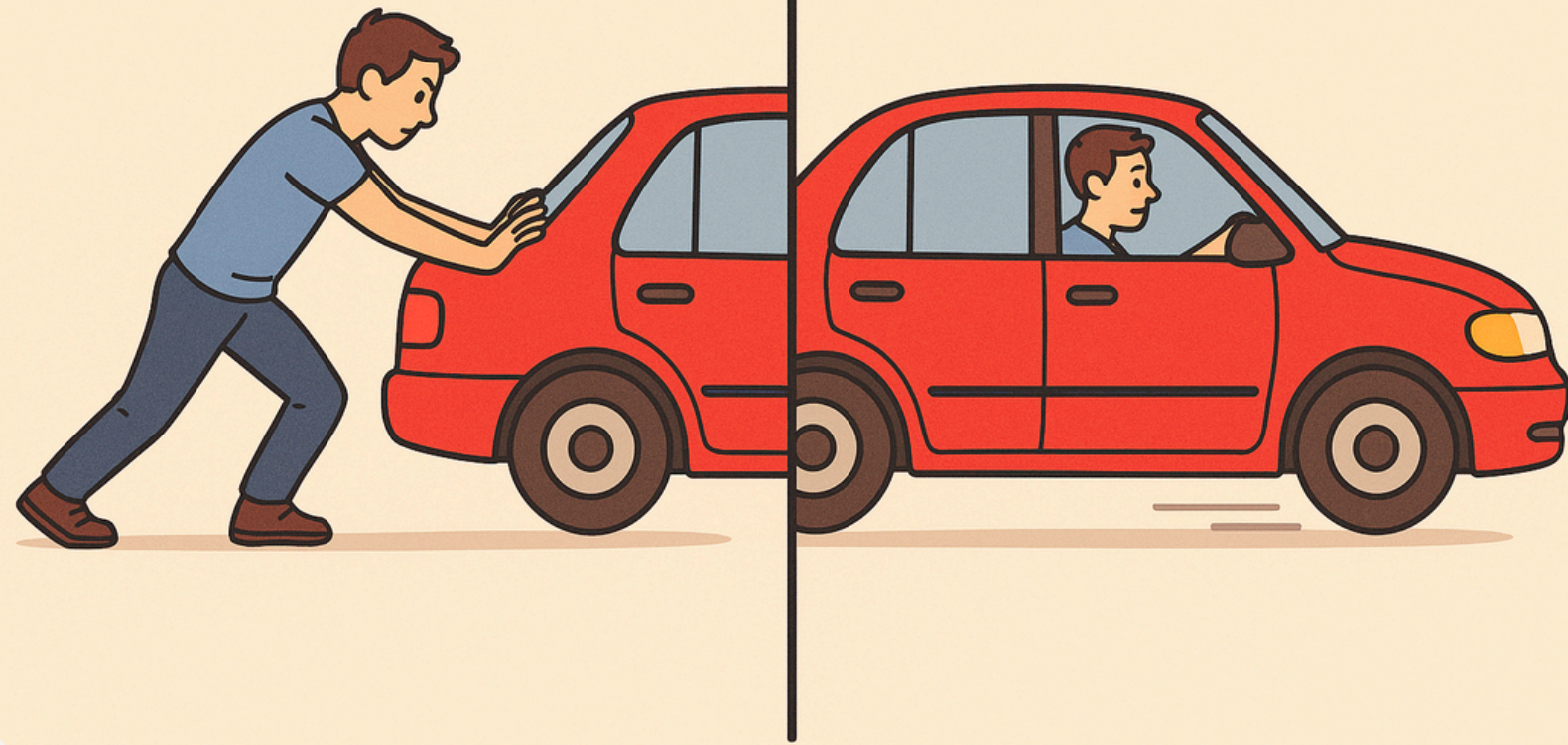
# “Re-”discovering my Art





**PHYSICALLY  
MOVING A CAR**

**DRIVING  
THE CAR**

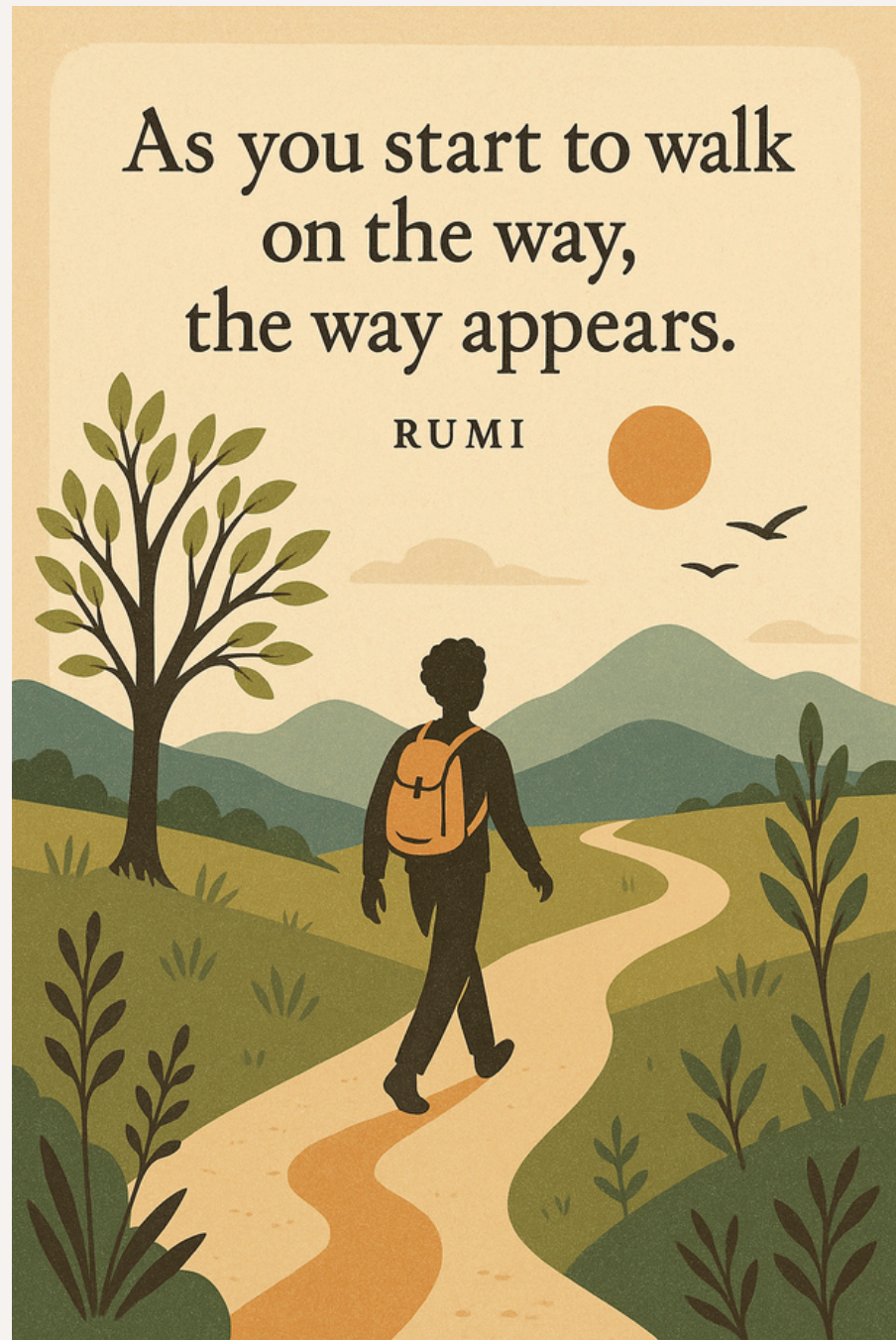


# The Deeper What For

Trying to “fix” the eyes without understanding root causes is like pushing the car instead of driving it.

"The good news [is] that the eye is not a blunder of nature, as the textbooks teach, but an instrument so perfectly adapted to the needs of civilized man as to those of the savage."

– Dr. William H. Bates, MD



# Envisioning a Goal



Each step has limitless possibilities.

Limiting the possibilities creates rigidity.  
Getting lost in the possibilities results in chaos.



# Manifesting a Reality

The Seer holds the intention and knows the connection to the larger picture and soul purpose.

The process of Seeing requires attention to detail and intuiting whether this step is in alignment with the whole.

Who we believe we are and how we look at the world affects what we see.

When the Seer and process of Seeing become rigid, the magic disappears and we lose touch with the whole. We feel isolated.





# Separating Seer from Seen



Credit: Nalini Ramji

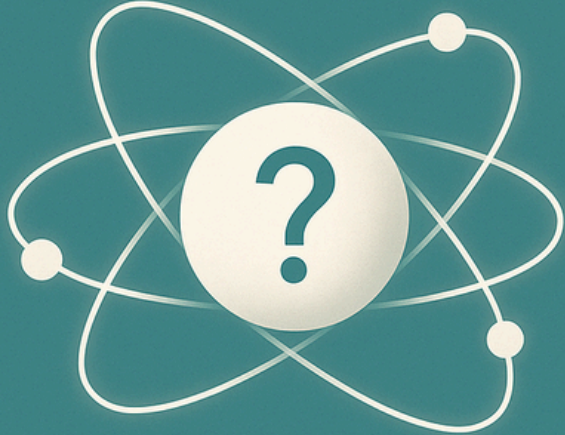
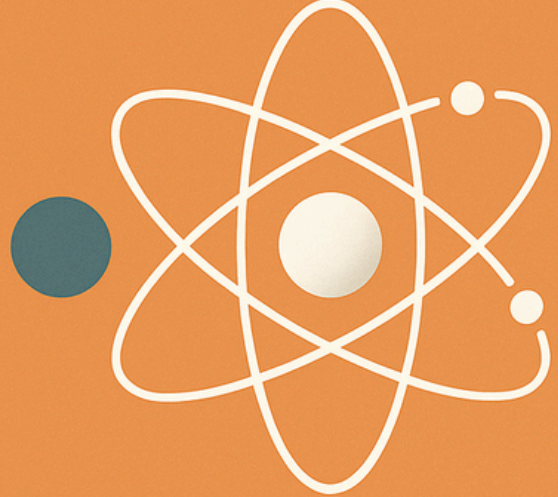
“In our normal process of perception, everything we are aware of — specific objects, feelings, sensations, or thoughts — is actually a pattern, not a solid and permanent thing. Our beloved dog, the pang of sadness we feel at the loss of a friend, our definition of who we are as a teacher or a parent, or even the physical pain we feel in our neck — **these are all forms that are part of our own patterns of perception.** With close scrutiny we see that whatever form we perceive has underneath it other forms that do not appear...No matter what it is we are experiencing, the form itself often conceals its background and appears as an object separate from everything else.”

– from *The Mirror of Yoga* by Richard Freeman



# Limitless Possibilities

In classical physics, things move in clear, predictable ways. If you know where something is and how fast it's going, you can tell what it will do next—like a ball rolling or a car driving. This works great **for big things we see every day**—cars, planets, even apples falling from trees.

<p><b>QUANTUM PHYSICS</b></p>  <p><math> \psi\rangle = \alpha + \beta 1\rangle</math></p>	<p><b>CLASSICAL PHYSICS</b></p>  <p><math>F = ma</math></p>
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Awareness has a stabilizing effect on what is observed.  
– Dr. Dan Siegel

In quantum physics, tiny things like light don't always follow clear rules. Light can act like a wave and a particle at the same time. But **when we look at it, it picks one thing to be**. This is the **observer effect**—watching changes what happens.

Let's try it out.



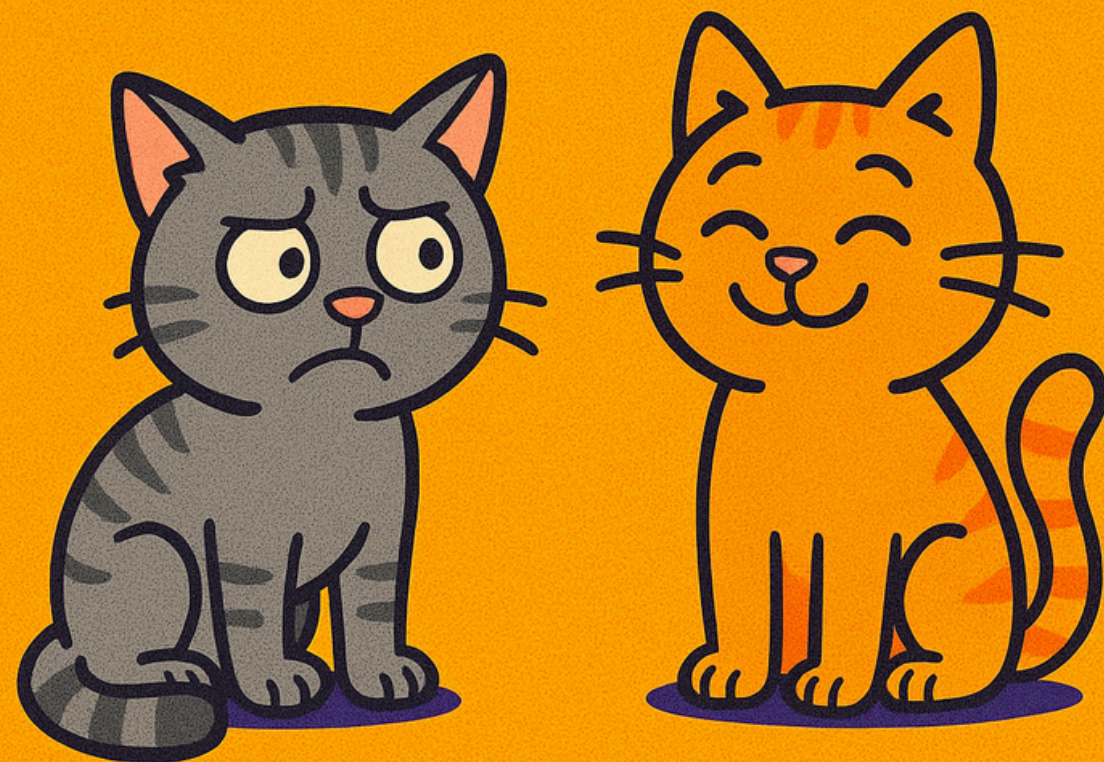
# Trust and Safety

Trust and safety are deeply connected: **safety** is the foundation for trust, and **trust** reinforces safety.

When we feel safe, our vision is more relaxed and peripheral, meaning we take in more of the world.

When we're stressed, vision tends to narrow (tunnel vision), focusing only on potential threats.

**VISION IS  
CONNECTED  
TO TRUST  
AND SAFETY**



Visual and mental clarity imply **trust** in myself and in something greater – that I am being held and my life is part of the whole.

It requires an inner sense of **safety** to act on one's inner knowing.

Some somatic (body-based) therapies use gentle eye movements to help the body feel safe and calm. These movements can process hard memories, release tension, and signal to the nervous system that it's safe to relax.

In the same way, can we recognize that an increased sense of trust and safety can improve our vision?

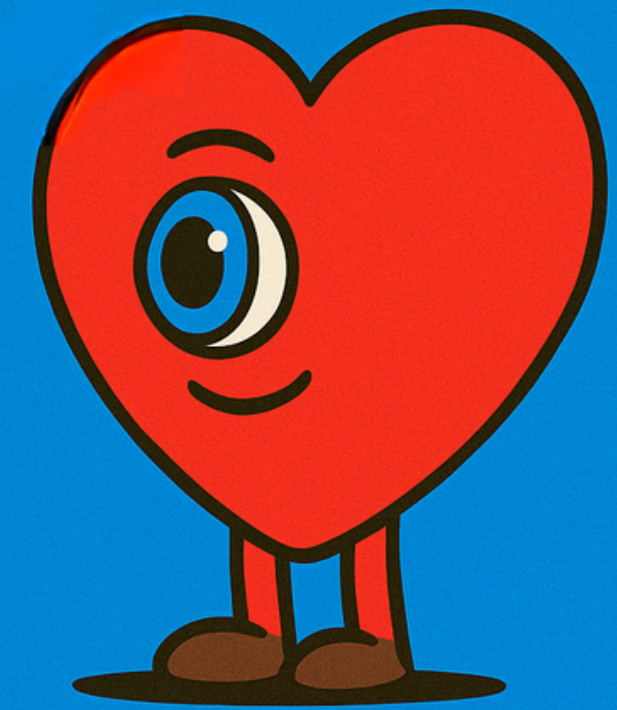


# What Does It Mean to Love?

“To *love* someone is a human experience bonding one in a human way to another being. It is seeing that person truly, and appreciating him or her for the ordinariness, failures, and magnificence of human personality. If we can ever cut through the fog of projections in which we live so much of our life, and look truly at another person, we can perceive an ordinary creature as magnificent. The trouble is that we are blinded by our own projections; we rarely see another clearly in all of his or her depth and nobility. Such love is durable and bears up under the ordinariness (a word which derives from *orderedness*) of everyday experience..It finds its fulfillment in everyday events and does not need superpersonal dimensions. One serves, relates, blunders, safeguards, and lives in the every-day-ness of the stream of human life.”

– from *She*, by Robert A. Johnson, Jungian analyst & author

LOVE IS  
SEEING  
ANOTHER  
TRULY





**ATTACHMENT  
THEORY  
IS CONCERNED  
WITH SAFETY  
AND TRUST  
IN INTIMATE  
RELATIONSHIPS**



# The Effect of Attachment Wounds

“Trauma is when we are not seen or known.”

– Bessel van der Kolk, author of *The Body Keeps the Score*

“Your attachment style is essentially a blueprint of your basic assumptions about safety and trust ..Safety and trust often determine whether you can successfully collaborate, give and receive support, and handle conflict, so attachment theory gives us a simple schematic for understanding the basic building blocks that each person contributes to the foundation of a relationship.”

– from *The Attachment Theory Workbook* by Annie Chen



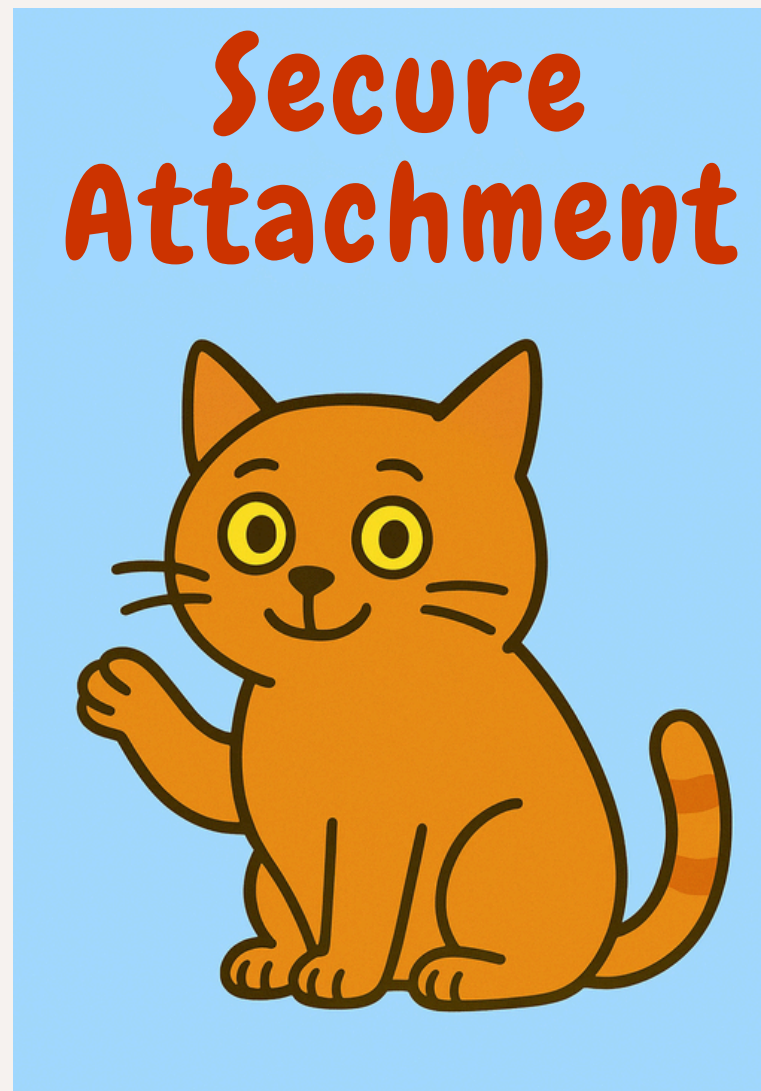
## Insecure Attachment

**Insecure attachment** – Caregivers are inconsistent or distant. You may fear abandonment, avoid closeness, or feel both drawn to and scared of it.

How would you feel about acknowledging what you know to be your truth when you fear abandonment or injury from your primary relationships?



**Secure attachment** – Caregivers are warm and reliable. You feel safe, can trust others, and balance closeness with independence.



# Secure Attachment

Secure attachment can be learned.



**Secure Attachment**

# Practice: Kind Eyes





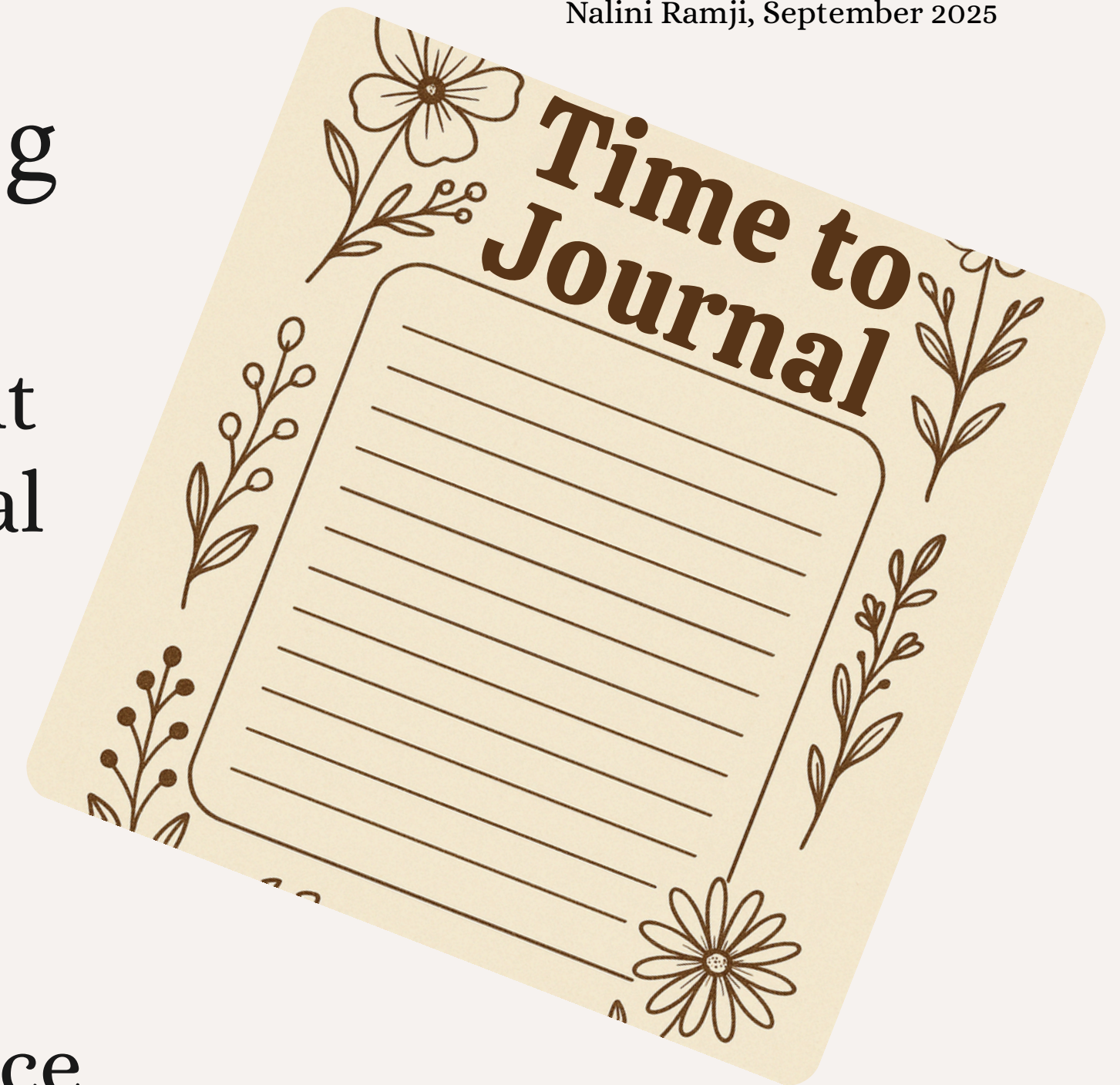
# Journaling Prompt: Resourcing

When have you taken a step in alignment with your truth and away from a habitual pattern?

What helped you do that?

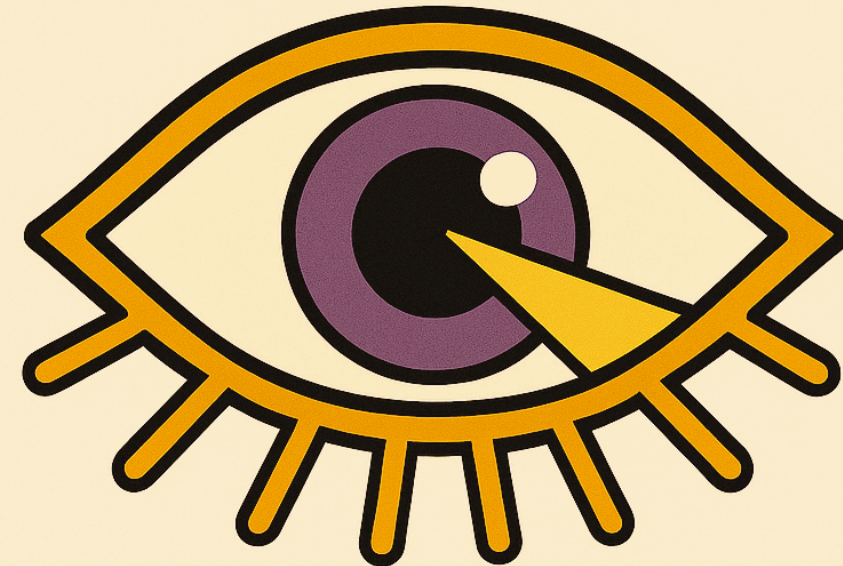
(person, animal, Nature, sacred connection, memory, imagination, etc.)

How could you invite more of that resource into your life?



Breakout Rooms!

**Time to  
DIGEST  
what we've  
absorbed**



# What's Next?

## **Integrating Our Vision with Soul Wisdom**



In our modern times, our need for certainty has closed down our vision.

Let's examine the relationship to vision through ancient and modern perspectives.

The only prerequisite is a willingness to “think outside the box”!

You may discover a resonance with your own vision.



# 4-Week Course Overview



**Friday, October 3, 2025**  
**Session 1: Vision is Truth**  
Our Eyes as a Reflection of our  
Inner Knowing



**Friday, October 10, 2025**  
**Session 2: The Rhythm of Sunlight**  
An Ayurvedic Perspective on  
Circadian Rhythm



**Friday, October 17, 2025**  
**Session 3: The Flow of Integration**  
An Interpersonal Neurobiology  
Perspective of Mind



**Friday, October 24, 2025**  
**Session 4: Intelligence, the Power of Perception**  
An Ayurvedic Perspective on  
Digesting our Life Experiences

**All sessions 12–1:30pm EDT**

# 4-Week Course Dates and Times

**Friday, October 3, 2025**  
**12–1:30pm EDT (New York time)**



**Session 1: Vision is Truth**

**Friday, October 10, 2025**  
**12–1:30pm EDT (New York time)**



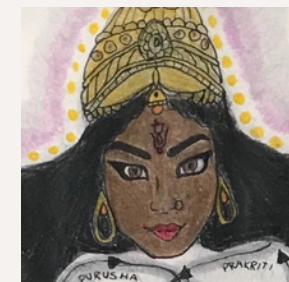
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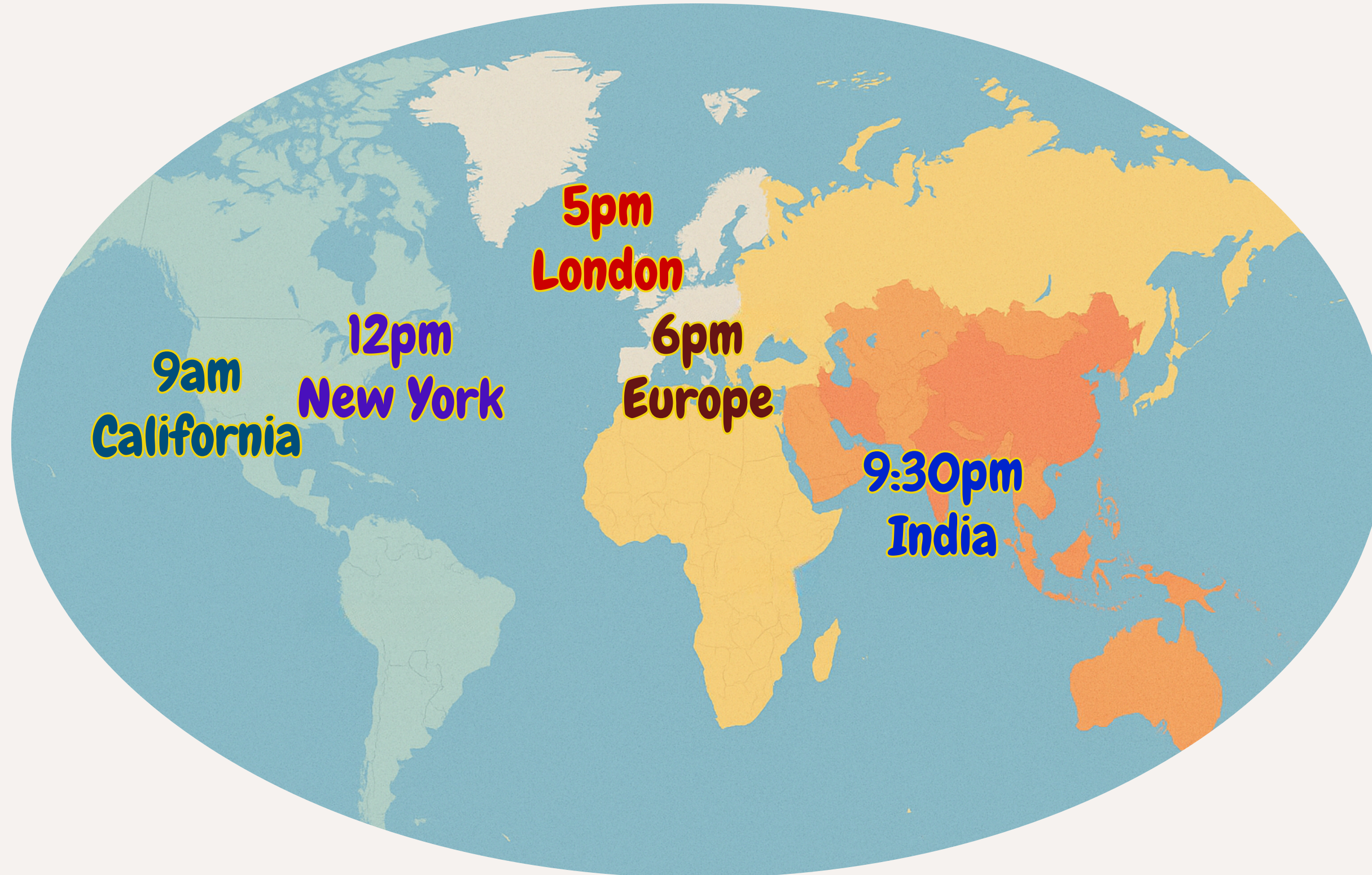
**Session 3: The Flow of Integration**

**Friday, October 24, 2025**  
**12–1:30pm EDT (New York time)**



**Session 4: Intelligence, the Power of Perception**

# What Time Is It For Me?





# Bonus: A Private Session



Registering for the course includes a private session (online) with me.

Vision lesson worth \$95, never expires



# 4-Week Course Registration Details

**To register for the course:**

**<https://tinyurl.com/soulwisdom25-register>**

**(also in the chat)**

**Tuition:**

**~~\$199~~ \$149 (\$50 off)**

**or 2 payments of \$75**



Questions?

Reach out to me:

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(see in chat)