

# In the Light of Theosophy

[This article appeared in the December 2013 issue of *The Theosophical Movement*. For more articles published in this excellent magazine follow this link: [http://www.ultindia.org/previous\\_issues.html](http://www.ultindia.org/previous_issues.html) ]



Eyes are the windows to the soul; they indicate the real you. Self-help gurus encourage us to look deeply into our own eyes. But looking deep into our own eyes, or of another's can be uncomfortable experience because not all of us are prepared to face the truths revealed, writes Vinita Dawra Nangia. Eyes reveal the emotional state of the person at a particular time. The author writes that sometimes her eyes reveal the presence of a peaceful soul, at other times she saw a cynical old person with a world weary look, or a youthful