

THE LANGUAGE OF THE EYES

ONLINE WORKSHOP

6-WEEK JOURNEY

STARTS 2 SEPTEMBER

Every Wednesday • 7:00 PM –
9:30 PM IST • 2½ hours



Refractive Errors × Focus × Perception × Colour × Emotional Experience

What if the eyes could tell us more than what we see?

The eyes are our organs of vision, yet vision is more than the formation of an image. We see through a complex relationship between the eye, the brain, perception, focus and our experience of the world.

The Language of the Eyes is an experiential **6-week online workshop** exploring this fascinating relationship through **refractive errors, eye function, Lüscher Colour Psychology and Meta-Health**.

We begin with the physical language of the eye—exploring **myopia, hyperopia, astigmatism and presbyopia**, as well as the basic principles of refraction, focusing and accommodation.



We then introduce the **Lüscher Colour Diagnostic approach**, exploring colour as a language of the unconscious and the four psychological dimensions of **directive/receptive, constant/variable, integrative/separative and personal evaluation**. These dimensions are used as a way of categorising symptoms and exploring the emotional evaluation associated with them.

The workshop brings these perspectives together through questions such as:

What am I seeing?

What am I focusing on?

What am I unable—or unwilling—to see?

How am I evaluating what I see?

What does my colour profile reveal about my current experience?

Through demonstrations, case stories, visual exploration and practical exercises, participants will learn to look beyond the symptom and become curious about the **relationship between vision, perception, emotional patterns and self-experience.**

A journey from seeing to understanding.

Refractive Error → Focus → Perception → Colour → Emotional Experience

Inspired by the pioneering work of Dr. Kwesi Anan Odum
An experiential workshop by Dr. Anu Mehta

6 WEEKS • STARTS 2 SEPTEMBER

ONLINE • Every Wednesday • 7:00 PM – 9:30 PM IST • 2½ hours

ENROL NOW

Reserve your place for this experiential journey into vision, colour & perception.

Contact Details:

9930898116, anu.metamedicine@gmail.com

This workshop presents integrative and exploratory perspectives and is not a substitute for professional ophthalmological or optometric assessment and care.