Twin-Intelligent helper from a planet in another solar system

When I asked for help from outside myself, this being gave me healing help during my sleep. It is not a spirit, but a body and mind who projected its energy strongly and temporarily to me. Thank you!

The part of it which connected me was made of whitish, protoplasmic material, and was a lower elongated section of its face with both a right and left vertically-formed half and a connecting section. Each half contained a white, vertically oval membrane around two eye-balls, one above and one below, with blueish irises and opened pupils, which worked in combination together.

These two halves were horizontally connected by a thick sensitive communicative layer of finer, more airy, greyish white tissue containing many nerves, which coordinated the visual impressions from the right and left sides. The combined visual impressions were then processed more deeply within this helpful being.

The two containing ovals and four eye-balls coordinated their focus and sight together in a much more effective way than our own more limited sight-system does.

I wasn't shown the rest of it, as that was not relevant.