

The Light-Stream Technique

The light-stream technique is an expanded version of an ancient yoga exercise that has been used successfully with sufferers of chronic physical and emotional pain.

If you are troubled by a disturbing target memory, concentrate on the body sensations that accompany it. If you have trouble identifying body sensations, concentrate on a blank screen and notice how your body feels by mentally scanning it, then bring the disturbing memory to mind and notice the change in body sensations that accompany it. This is an imaginal exercise with no right or wrong answers.

Concentrate on the feeling in your body.

- *If the feeling had a shape, what would it be?*
- *If it had a size, what would it be?*
- *If it had a colour, what colour would it be?*
- *If it had a texture, what texture would it be?*
- *If it had a sound, what sound would it make? High or low pitch?*
- *Which of your favourite colours might you associate with healing? (any answer is okay except make it different from the colour of the feeling in your body).*



Imagine that your favourite coloured light is coming in through the top of your head and directing itself at the shape in your body. Let's pretend that the source of this light is the cosmos: The more you use, the more you have available. The light directs itself at the shape and penetrates and permeates it, resonating and vibrating in and around it. As it does, what happens to the shape, size or colour?

If it is changing in any way, continue, repeating a version of the underlined section above until the shape is completely gone, has become transparent, assumed the same colour as the light, or has undergone some other transformation. A change in the image usually correlates with the disappearance of the upsetting feeling. If no change occurs after the second try, try another coping resource e.g., safe/calm place or state or the container exercise.

If the feeling that accompanies the disturbing material dissipates, focus on the light: *as the light continues to direct itself to that area, you can allow the light to come in and gently and easily fill your entire head, easily and gently. Now allow it to descend through your neck, into your shoulders, and down your arms into your hands and out your fingertips. Now allow it to come down your neck and into the trunk of your body, easily and gently. Now allow it to descend through your buttocks into your legs, streaming down your legs and flowing out your feet.*

When you are ready, bring yourself back into the present moment, and remember this is a strategy you can continue to use in relation to disturbing memories and thoughts.

From Eye Movement Desensitisation and Reprocessing by Francine Shapiro