

LIGHT-STREAM TECHNIQUE

Ask the client to concentrate on upsetting body sensations, which s/he may still be feeling at the end of the session. Identify by asking the following questions:

- *"If it had a shape, what would it be?"*
- *"If it had a size, what would it be?"*
- *"If it had a colour, what would it be?"*
- *"If it had a temperature, would it be hot or cold?"*
- *"If it had a texture, what would this be?"*
- *"If it had a sound, would it be high pitched or low?"*

Say:

"Now, I would like you to imagine some healing light coming down from above and moving in through the top of your head, and that this healing light is directing itself at the shape in your body. I would like you to give this wonderful healing light your favourite colour (as long as it is a different colour from the shape in your body). I would also like you to decide whether this light is warm or cool. "

"Then imagine this light coming in from above and through your head and into your body, directing itself at the shape in your body and notice how it resonates and, vibrates with it and in and around it. Just notice as it does this, what happens to the shape. "

If the client gives feedback that it is changing in any way, continue repeating the idea that the healing light moving down from the heavens and through the client's head is resonating with and vibrating in and around the shape, and asking for feedback until the shape is completely gone. This usually correlates with the disappearance of the upsetting feeling. After it feels better, bring the light into every portion of the client's body starting with the feet and hands, and moving upwards into the body until the whole body is filled with healing light.

Ask the client to come back to the room and be aware at the count of 5.