

Changing Perception

Working with Eyes, The Windows of the Soul

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The workshop began with an introduction of this exciting new process of opening up the eyes and helping participants get to their deep imbedded soul issues. The theory was presented and followed by a demonstration. In this article I will lay out some of the key points.

The work has been an integration of my training in EMDR and Core Energetics. My goal was to give the keys of the EMDR, not to train people in that process but rather to offer the tools I took from that process and integrated with the Core work.

I was trained in EMDR, which stands for Eye Movement Desensitization Reprocessing, and have integrated the model into my work over the last two years. I have found it to be most helpful in releasing an eye block, especially on the physical and mental levels. Often the other levels integrate and work with the soul substance, as we witnessed at the workshop.

The EMDR work has people go back to an original situation and see when they look back at that situation now what negative belief they have about themselves. This questioning directly relates to our work with the compulsion to overcome and recreate childhood hurts. It also leads people into their main images. Sometimes when someone is working in session and I hear them frame a core belief, I will start to work with the model; other times, it will come out in the process when they seem stuck energetically. And, then there are times when we begin with a formal EMDR session and move into the Core from there. It varies with each person and the situation.

The EMDR technique is based on the hypothesis that eye movements or alternate stimuli, i.e. tapping the body, triggers a physiological mechanism that activates the information processing system of the mind. The work began with Dr. Francis Shapiro moving her eyes rapidly from side to side while thinking of a life trauma. In the process she noticed a shift in her thinking and after a while a shift of her attachment to the experience. She experimented with colleagues and developed the technique. Most commonly, it is done by asking the client

to follow the tip of a pencil moving rapidly from side to side in a series of sets. In between each set the therapist checks in with the patient and then continues the process. Little to no intervention is made; it is an unraveling process, much like watching a movie. Various mechanisms by which this activation and facilitation of processing occurs have been proposed, including the following:

1. *The first is activation and facilitation of information processing due to client's dual focus of attention as he simultaneously attends to the present stimuli and the past trauma.* This is similar to hitting with the batacca and expressing a word. The voluntary movement brings with it a constellation of emotions, memory and belief systems. In this case we are moving the eyes to activate the thought patterns behind the movement. *Like turning on your VCR the movement of the eyes presents you with linked images, events and patterned free associations taking you through the various layers surrounding the main image of the traumatic event.* Once you have unraveled this string of beliefs, you then reeducate. A benign circle replaces the vicious circle.

2. The second mechanism responsible for this ability to access and reprogram the complex constellation or the image and associated beliefs is that the REM sends back electrical and chemical impulses to the brain which associate what you are seeing with the memory and emotions to interpret what you are seeing. Increasing the rapid firing, the motor pattern gives rapid muscle movement links into the visual, emotional and historical interpretation of the traumatic event being considered. *The pencil is a blank screen and the movement triggers the memory and in turn accesses the image content, much like watching a movie.* The REM is running the projector and you then see the movie that has been dormant. What is showing is what is on your mind but not readily in your consciousness. It helps people to frame it as a movie because otherwise it is hard for them to stay with it, especially with abuse issues. The differential effect of neuronal burst caused by the various stimuli of eye movement may serve as the equivalent of a low-voltage current and directly affect synaptic potential, turning on the movie as it were.

3. The process of unconditioning caused by a relaxation response. Each eye movement helps to move the disturbing information at an accelerated rate further along the appropriate neuro-physiological pathways until it

is cleared, resolved. The assumption, stated by Francis Shapiro, founder of EMDR, is that activating the processing of the trauma memory will naturally move it toward the adaptive information it needs for resolution.

4. Dr. Shapiro states, “A constellation holds a variety of experiences attached to it. Such as an image and all inherent in the Accelerated Information processing model is the concept of psychological self- healing, a construct based on the body’s healing response to physical injury. For instance, when you cut your hand, your body works to close and heal the wound.”

From our work we understand that we receive information from the environment, store it in our brains and hold that which is our task to look at closer in this life, much like a fly to fly paper. These experiences/memories become embedded in our nervous system. The eyes are an avenue to work with these imprinted memories. The imprinted memories are restrictions to our life force and are imbedded in our soul substance. I have found that the work with the eyes and/or tapping and finger snapping has rapidly moved someone through the unconscious material while they are moving their energy to a state of release and harmony. It clears out the obstructions, the attachment to the past and it helps the client to reevaluate life in the present. We can then imprint the truth on the soul substance (the re-education process).

With a person who had terrible headaches since she was a child, we traced it back to her earliest memories and explored the trauma in the memory. In the process she was able to get to the level of selfresponsibility in how she has taken on the pain and believed she had to stay identified with it as an act of love for her family member. She was able to separate her love from her pain with the healing energy in the group and prayer. This freed her up to be able to move forward and release her body from the physical association to the trauma. She felt hope to follow her dreams.

I will conclude by saying the two keys I wanted to leave people with was the importance of forming the questioning when working with a core belief, and how the rapid movement was able to shift the material and release the energetic block. It was an extraordinary experience of watching the birth of a soul and witnessing the soul’s decisions and journey.

