

## The Eye Modes Emotional Circle

by Gerardo Vale, MA

**Abstract.** The daily application of Eye Modes, the Behavioral Barometer, the Symbols and the PKP skills, made it possible for me to find an easy way of defusing the present Negative Emotional Charge (NEC) linked to a stressful situation or relationship in the past. Through "The Eye Modes Emotional Circle" (that represents an insight which evolved from meditation about the process) we can easily defuse the NEC as well as prescribe the specific symbol to infuse a positive state of mind in the client.

The synthesis of the Behavioral Barometer, the Eye Modes, and the Symbols in our daily work, of defusing the STRESSORS of our clients, showed us that "The Eye Modes Emotional Circle" (the chart that we have been using for more than three years, together with the PKP skills) is a valuable tool to simplify and to make easier the process of defusing the NEC and infusing a positive state of mind by using the needed symbol.

"The Eye Modes Emotional Circle", as a tool of work, gives us at a glance all the information we need, as well as a whole view of the system of defusing EYE MODES and SYMBOLS, which facilitates the process, since it is unnecessary to talk so much with clients, especially if it is difficult to induce them to talk about their problems.

Beginning the process, the Emotional Mode is the first step. If we are working with a client and the Emotional Mode (thumb to ring finger) comes out, indicating a priority, we next test the Emotional Minimode # 2 1/2 c. This Minimode indicates the necessity of accessing the stressful memories through the Eye Positions (see PKP II, Bruce Dewe, MD and Joan Dewe, MA). After testing the last Minimode we check to see if the Emotional Minimode # 6c (PKP II) also comes out, showing that the testee needs a symbol as well. Now we have all the information needed to begin working with the process.

In this work we concentrate our effort in showing a system approach of defusing the present NEC linked to a stressful situation or relationship in the past, using both processes together: the Eye Modes and the Symbols, besides the Behavioral Barometer, all

consolidated in a graphic design called "The Eye Modes Emotional Circle"

### Testing

1. We use a strong Indicator muscle (IM), making sure that we have a clear circuit.
2. Preliminary clearing: Switching, Dehydration (hair pull), and Zip-ups for Central Meridian (overenergy).
3. We check the modes (Electrical, Emotional, Personal Ecology, and Structural). If the Emotional Mode (thumb to ring finger) changes the IM, indicating a priority, we go ahead.
4. We check the two Emotional Minimodes: # 2 1/2c (Eye Positions) and # 6c (Symbols). If both make the IM test weak, we then use "The Eye Modes Emotional Circle", involving the complete process.
5. We test the client asking permission to use "The Eye Modes Emotional Circle" and to defuse gently the stressful situation or relationship "on line". If permission is given, we proceed.
6. We use the Retaining Mode to put the Emotional Minimode # 2 1/2c "in circuit". The IM will now test weak.

Observation: It is not necessary to put the Emotional Minimode # 6c "in circuit".

7. Now we test each Eye Mode, first with eyes open and then closed. The IM will go strong when we test the Eye Mode appropriate to the particular issue. We consult "The Eye Modes Emotional Circle" to find the corresponding symbol related to the eye position that made the IM strong. We ask the testee to look

directly at the symbol and the IM will go strong too. Pause lock the symbol and the IM stays strong. Then we record the information.

8. Next we test for % of willingness to accept the benefits of change in all levels: C/S/B. If the IM goes weak in any level, we correct it by F/O holding and Emotional Stress Defusion skills. Challenge.

#### Correction

1. We now ask the testee to age recess to the age of cause, and then to defuse gently that stressful problem through "The Eye Modes Emotional Circle", asking for: YES/NO. Since we have permission, before age recessing, we discuss the issue with the testee focusing attention on the meaning of the Barometric words related to the Eye Position in the "Emotional Circle".
2. We begin the Age Recession (in the usual way of "Three In One Concepts"), tracking to the age of cause. When the IM changes, we put that "in circuit". The IM goes weak. We discover the % of NEC and note it down.
3. We retest the Eye Modes to see in what position the IM stays strong. We check to see if the Eye Position now is the same as the Present Time. If it is different, we test for switching and do the necessary corrections. Retest again the Eye Modes in both ways: eyes open and closed, until the Eye Position is the same as the Present Time. This also means that the Symbol and the Barometric words are the same. If, for instance, the Eye Modes do not coincide with that of the Present Time, but appears in a different Eye Position, reflecting a Barometric REFUGE in another level of awareness, it doesn't matter. For instance: let's say the REFUGE, in the present time, reads-out as BODY with the major category ONENES/SEPARATION (looking straight down), but when age recessing to the age of cause the patient looks "up right" and the IM changes, showing a barometric REFUGE in the **subconscious** level of awareness, reflecting the major category ASSURANCE/FEAR OF LOSS, there is no

problem. That is interpreted as a Barometric "Bounce" (See *Advanced One Brain*, by Gordon Stokes & Daniel Whiteside, chapter 1-22.).

Since we have discovered the exact "Eye Mode", the "Symbol" and the "Barometric Words", we find the % of NEC and note it down.

4. Establish the need for practicing the exercise with the symbol (how often, time of day and number of repetitions) to infuse the positive state of mind. Then we ask the testee to read aloud the appropriate text related to the symbol (See chapter 4-36 and 4-37, from *Advanced One Brain*) and discuss the feedback as to how the information relates to present time, right now.
5. Now we do the defusion using the Barometric Words saying: "I feel..." and "I am...", F/O holding, Eye Rotation and Temporal Tapping (PKP I), with the help of the testee.
6. Challenge the Eye Modes, according to the "Emotional Circle" and see the % of NEC left. Apply F/O holding to defuse any % of NEC left.
7. We return to present time and ask the person to visualize the symbol, from the age of cause until the present age, at each interval of 5 or 10 years, associating that symbol with an agreeable situation of his life to anchor the new state of mind.
8. When we get to the present time, recheck C/S/B, the Emotional Mode and the specific Minimodes (2 1/2c and 6c) and the % of NEC of the session. We do the final defusion, if necessary, using F/O holding and ESD skills.
9. We recheck the % of willingness to accept the benefits of change in all levels: C/S/B.
10. We show the testee the process of using the symbol for infusing the positive state of his mind, as homework. "He must trace the symbol on the palm of each hand in turn, in the air, looking through a space made between thumb and fingers and crossing the midline. The tracing of the symbol must be repeated three times

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in the air, beginning first with a "small" figure, then bigger and bigger, until the whole body is involved. Finally, we tell the testee to close the eyes and hold the head with F/O holding, while he mentally traces the symbol in his mind. "

### References:

1. Stokes, Gordon and Daniel Whiteside, *Advanced One Brain*.
2. Dewe, Bruce, MD, and Joan Dewe, MA, *PKP I* and *PKP II*.