

Empathic Sensing and Visual Impairment

by Laural L. Anderson

The work I am presenting is based on the use of eye rotations for defusing or deprogramming belief systems. If you have no understanding of Eye Rotations or how they are used, please refer to *Brain Gym* by Paul Dennison or *Defusing Negative Personality Traits* by Dr. Wayne Topping. Using eye rotations to defuse stress spots in the visual field works well with the use of empathic sensing. They work together to give your clients a great sense of being totally supported through the changes they are making. In brief we will use eye rotations (ER) to help locate and defuse stress that the body is holding in relation to a particular belief system. You will see how the eye responds under stress at stress spots. We will cover the use of empathic sensing and how we can use it to build rapport with clients. And finally I will provide you with a short list of do's and don'ts in regards to using empathic sensing.

Stress spots and belief system balance

When doing a belief system balance the client usually repeats the belief while following a circular pattern with their eyes (eye rotations or ER) and holding ESR points (Emotional Stress Release). As you will notice upon using eye rotations the eye will exhibit difficulty in smoothly following a circle when the client is saying statements that their body finds stressful. This caused me to be curious as to why some visual areas seemed to be constantly avoided while a person repeats the belief being defused. I first thought it was intentional but the clients were unable to force their eyes to hold firm on the stressful areas. From experimenting, it became obvious that at certain spots during an eye rotation, vision would blur, and there would be some disorientation. If held at one spot for very long the client would become confused and the eye would dart furtively around. For others old memories would come up that were related to the issue being balanced for. This piqued my interest! I have researched many hundreds of hours and personally have found that using the method described in this paper will deliver a more powerful change in belief

system than any other method I have found. You will be able to shift even the most stubborn behaviors. I hope you find some value in it for yourself and your practice.

Before we start a word of caution: When using eye rotations to defuse a negative belief, it is important to notice several ways in which the body will exhibit a stress reaction besides stress spot behaviors. Since belief system work is so powerful please use caution and respect. Be aware that you are triggering very deep issues that may have physical repercussions if not pursued and cleaned up with diligence and care. Be ready for the most extreme response, and be there for the client to ride out whatever comes up for them.

Extreme Stress Responses:

1. Client squirms as if trying to get away from something uncomfortable.
2. Body will start to tremble and shake as if cold. This is a mild form of shock.
3. Client forgets what words that you wanted them to say, while in a stress spot.
4. Client becomes extremely tired and may even fall asleep while doing ER.
5. Client cannot hold eyes focused on the area you want to defuse.
6. Limbs may become uncontrollable and jerk or kick out.

In the event of these responses **Please Be Prepared.**

What To Do

1. Give them frequent little rest breaks to allow for integration. When cornered we all need a moment to 'catch our breath' so to speak. Then we are ready to get back to the fight.
2. Have extra blankets available (two or three) and tuck the client in as if they were a small child. Tuck blanket under the feet and into the body as much as the client wishes. Comfort them; they need it; this is tough work.

3. Help them with sentences, don't expect them to remember even the most simple statement. Don't rush them. When they are in an emotional memory don't try to force them through. Let them take the time they need. They will come out of it at the rate they need to. Cleanup can be quick, but to rush them leaves some inner work undone.

4. This is brain overload. The brain is struggling to keep the present belief in place and will do almost anything to sabotage the belief shift, so it shuts the system down into sleep thus avoiding change. Explain about this process and enlist them to help me push through this response by keeping them focused on the moment. If we team up together we can make it through anything the mind will throw at us.

5. Use the techniques I will describe later for Defusing Stress Spots.

6. Explain to the client that this response is normal and should not alarm them. Long term memory is chemical and may be energetically stored in limbs or other body areas. If you are in fear of being struck, do a polarity release on the whole body when this response comes up, or just release the specific areas that seem to be jumping. Hands on energy releases are very effective when the body is jumping and jerking. (P.S. Please assure your client that they are not being possessed by some demon when their body jerks and spasms. This is a normal energetic response to a very uncomfortable past memory.)

A few words on tuning in to your clients.

Most people are wary of this area since they feel that by trying to empathize with the client, they are unnecessarily taking on their client's problems. The idea of using empathic sensing is not to carry their problems but to become more aware of what is going on with the client by being a body surrogate. A body surrogate is like allowing your own body to mirror the clients whole system. Any body reaction that happens in the client will also be reflected in your own body. You will be a living computer monitor of your client's system. This is a valuable tool since many people are not in touch with their body responses and cannot guide the practitioner as to what reactions are going on in their body. Without

direct feedback of some sort we must rely on menuing the body after the fact to ensure that we are catching stress responses in all areas. This is like allowing an accident to happen because you know you will get a chance to clean up later. When we are in the moment, that is the most powerful time to make a thorough change. By being a monitor we feel what they are feeling, and can sense not only how the shift is going, but where they are feeling it. We can catch any glitches as they come up. It will take less work to do a better job.

Another common misconception is that we must maintain a professional distance from our clients. I disagree. The most interesting thing about that thought is that it is based on the assumption that we are not connected to others and that we must stay separated to be able to see things clearly. Surprise! WE ARE ALREADY CONNECTED TO OTHERS. Energetically you cannot get away from people. At a distance of 1000 miles you are still linked up to the people you are close to. At a distance of 2 feet (the client on the table) you are most definitely connected up. Even if we are not the ones initiating the connection we can still be tied in energetically to others. When we are in any type of relationship with others, good or bad, casual or intimate we are hooked up to them energetically. If we do not, there are bound to be communication problems. That's why it is important to learn how to connect up energetically and also how to disconnect when we are done. Connecting up **intentionally** will make the empathy stronger. It does not bind us into a 24 hr. a day connection. Conscious connection just give us access to a great deal more information and can help us clean out our clients old wounds more effectively. In other words it makes us better healers.

How to connect up with your client

- Hold your own pulse at the same time as you hold the pulse of your client. This will take about a minute and then your hearts will be beating at the same rhythm and you will be in tune.
- Visualize each of your major chakras one by one, joining with the chakras of your client until there is an energetic flow between you.

You will be able to feel this. They may be able to feel it as well.

- Finally, imagine opening a channel of light coming in through the top of your head, flowing down through your body and continuing on through to the other person. Your bodies will then become like one larger energy field.

How to disconnect from your client

- First allow any emotions to come to a lull. Do not ever actively disconnect when the client is in an emotional release. This would feel to them like abandonment at a moment when they most needed you. It may very well traumatize them. When you are sure that they are through or at least relatively calm, pull your focus back into your own body.

- Mentally pull your energy out from each of their chakras and back into yourself.

- Imagine that all the client's personal energies are like long heavy cords. Give them back to the client mentally. Continue this process until a visual mental scan reveals that your field is clean.

- Encase your body in a 'selectively permeable membrane'. This means that it is a protective barrier that will let in only positive loving energy and will be too slippery to allow negative energy drainers from latching on. This cleansing can be done at the end of the day to maintain a clear field. It will not only keep you energized but will discourage others from using you as an energy source. It also promotes good boundaries.

How to emphatically sense

Now that you have hooked up energetically to your client and you will notice that when stress is brought on line, there is a ricochet reaction through the body. This action is much like the ball bouncing around inside a pinball machine. Energy will bounce around and then settle in one spot. Locate this area. You will notice it as an area that feels a bit tight, or energetically dense. Be aware of subtle shifts in your body and notice what is coming up. When you are hooked up to your

client their body is communicating directly with you and the language is similar but not completely the same. Do not assume that you know what each bit of information means.

Information will come in different forms. Sometimes you will get a general body feeling, sometimes a memory will come through. When this happens it is a bit like a freeze frame picture. Often the images are black and white or just shadow images. Relate just what you see to the client. Do not try to interpret anything. You can report general body feelings but the images are not yours. The client will be the best ones to say what the symbols or images mean. For example, once I received an image of a dark figure leaning over someone small. It seemed to me like the child was in a deep dark space. I incorrectly assumed that it was the trunk of a car. When I related just the picture and associated feelings to the client, he related that as a small child he had fallen into a dark basement hole. He was terrified, and when his father leaned in all he could see was a big black shadow. The client had forgotten that memory and how profoundly it had shaken him.

Sometimes you will notice a strange odor. The body gives off scents when releasing and these too are related to the balance. Mention the scent if it comes up. Use all of your senses to pick up what is going on during a balance. One time the scent of lilacs seemed to come from nowhere during a balance. I mentioned this and the client related an important memory that happened to them by a lilac bush. It was a pivotal time and had I not been tuned into the client the moment for that clearing would have been lost.

Sometimes an odd word or phrase will seem to get stuck in your mind. Ask if it means anything to the client. Allow space for integration since some things take a bit of discussion before they become clear. The subconscious will send clues to help direct the process, we need to make use of all the clues it gives us. Unlocking the puzzle of trauma may be complex at times but the incredible results make all of it worthwhile.

Stress and its effect on limiting vision

Stress Spots: Areas of impacted stress in the visual field that are avoided by the eye in an effort to not trigger unwanted emotions from a particular group of memories stored there.

When we go through trauma we impact that trauma in our visual field. That means that every time we run our eyes over a specific spot we are in fact reliving, in a fraction of a second, all the stressful events our mind stored there. Whatever position our eye was in when the stress occurred will be recorded. The feelings we have at that moment are impacted deeply in the tissue. Event upon event gets stored in this manner. You will recognize it as an uncomfortable feeling when you eyes look in a specific direction. We also may impact several layers in one area, one upon the other to the point at which our eye will not be able to focus in a specific direction without getting disoriented or slightly confused. This can, over time cause a limited field of vision. Most of us have at least one of this kind of spot in our visual range and are unaware of it. It may show up as an ability to look farther in one direction than another. The chart below will provide you with a guide to detecting how severe the stress spot is. Severe stress spots may require more than one type of defusion to release all the layers there.



Mild Stress Moderate Stress Extreme Stress

Mild Stress:

In a mild stress responses the eye will merely avoid the stress spot. Much like two magnets with the same polarity.

Moderate Stress:

During a moderate stress response the eye will oscillate back and forth when you try to hold the eye on that stress spot. You most likely will not get the eye to stop at the specific spot you want to defuse.

Extreme Stress:

In an extreme stress response the eye will not only avoid the area but will dart all over the visual range almost as if going near the stress spot would burn it. It jumps around most dramatically, sometimes for 2-3 seconds at a time. The eye will then resume normal eye responses if you move it to a non stressed area.

Defusing stress spots

When we do a belief system balance what becomes obvious is that no belief stands alone. There is always a web work of supporting structures that also need to be shifted if we are to realize an effective change. Sometimes this can present a bit of a frustration to both the practitioner and client. WE WANT CHANGE NOW! I want all my clients to be healthy and in charge of their lives NOW! When you balance using this method you are not only shifting the belief, you are acknowledging and releasing all the substructures that support the belief and reframing the memories that reinforced the previous belief. In essence you are changing several beliefs at once.

When you are balancing your client for a belief system, lock in the belief by having the client repeat it while doing ER. Chart the areas of most stress and defuse the large areas first.

You will want to access these spots to release the stored emotions in them. Follow the eye in a circle until you find a stress spot. When you are ready to defuse, lock the stress spot in by going back and forth over the area until the spot is engaged. Identify blocked energy by empathic sensing. With appropriate emotional words or breathing patterns defuse the area. Go back over the area and see if the eye is exhibiting a normal eye response. (If it is normal, the eye will not avoid any area.) If normal move on to the next stress spot. If not normal that means there is more than one layer. Proceed defusing until the area is clear. Use empathic connection during this whole process to keep tuned in to what your client is feeling and needing. There may be 2-7 layers in a single stress spot. While you are doing one emotion check to see if other stress spots need to defuse that same emotion. Not always do they need to.

When clear go on to the smaller stress spots and defuse. When all stress spots are clear go back to the original belief that you were defusing and see what response the eye is showing you. If all is clear, a closing off with double hand integration while saying the belief will complete the shift. For cleanup there will be less words to clean up because you have defused not only the belief but any and all related memories, emotions, body responses, and energy hold backs. As emotions that were linked to several experiences get identified at the specific spot they were locked in they will shift quicker and deeper. Usually the client will notice a change in behavior right away. You may want to ask the body how long it will be before they will experience the difference. People close to the

client may even notice the shift in behavior immediately after the session.

In conclusion we have discovered the presence of stress spots in the visual field. We can use eye rotations to locate these stress spots. With the proper use of empathic sensing we are able to hook up to our clients energy field to increase rapport. Hooking up will give a deeper and more profound shift in their beliefs as well as giving them a sense of being completely supported through the shift. The change is immediate and permanent. In short using stress spot defusion is like doing spring cleaning as opposed to giving the house a quick dusting.