



## ***The Eyes Have It: Using Eye Codes to Unlock the Hidden Mysteries***

*By Dr. Phyllis Books*

Have you ever been to a chiropractor only to have the adjustment “fall out” again very quickly?

Have you ever talked yourself into a new behavior and then been appalled at your lack of follow through? In both examples, the therapy failed because the root cause of the mis-alignment or self-doubt was never addressed.

I’d like to share with you a very valuable tool I combine with muscle monitoring to create long term changes in clients. Changes that are not accessible to the client or the practitioner by setting a goal for the session or by other Touch for Health or Brain Gym tools.

### **Eye Codes: Accessing issues embedded in the body and the subconscious**

Using Eye Codes it becomes possible to elicit long term change by accessing neurology pathways that are “blocked” by deeply embedded subconscious interference. Frequently after traumas or shocks, we find ways to compensate for the damage that has been done. Like a re-routed stream of water cutting a path through the earth, trauma causes changes to natural neurological pathways resulting in deeply embedded “holding patterns”. Eventually, these compensating patterns become the “easy” way for the neurological signals to flow. Eye codes help return the flow to the correct path, and in a way that the body can hold, to create lasting change.

Eye codes work at the level of the primitive (reptilian) brain. Words and explanations of the cognitive brain are useless when working at this level. This part of the brain deals in images, dreams, and body behavior. During sessions, information may be released from the primitive brain, travel through the limbic brain and come up the cognitive brain where it can be processed. Eye codes energetically pull aside layers of trauma, freeing up bound neurological pathways so that processing and reconnection can be made allowing for deep healing.

The beauty of eye codes and Books Neural Therapy (BNT) or other therapies is that they work in a gentle and subtle way. Because of this, clients are not required to recognize, talk about, or re-live past traumas in any way for healing to occur (although some patients will feel emotional and need to talk at times).

There are sixteen eye codes used in most of BNT procedures. For successful and lasting change all eye codes need to be addressed. The sixteen eye codes are layered into each procedure (unless otherwise noted).

### Table for the 16 Eye Codes

**O = eyes open, C = eyes closed, ITD = "in the dark", VC = visual center, BC = body center**

**1. O 5. O + VC 9. O + BC 13. O + VC, BC**

**2. C 6. C + VC 10. C + BC 14. C + VC, BC**

**3. O ITD 7. O ITD + VC 11. O ITD + BC 15. O ITD**

**4. C ITD 8. C ITD + VC 12. C ITD + BC 16. C ITD + VC, BC**

To use eye codes, muscle monitoring is performed as specified for the procedure in all eye code modes. So while you are monitoring the muscle you are saying to the client **"eyes open"**, **"eyes closed"**, **"eyes open, think in the dark"**, and **"eyes closed, think in the dark"**. Re-alignments are made for each and every instance there was muscle weakness. (Types of realignment will vary depending on the modality you are utilizing.) During re-alignment, remind the client of the mode you are correcting for; i.e. **"eyes open thinking in the dark"**. Visual center (VC), body center (BC) and both (VC, BC) are therapy localizations added to each of the four eye codes (#1-4), to make a total of sixteen eye codes as described in the above eye code table. Following are more details on each eye code.

Note: Always be sure the client continues to breathe naturally throughout all eye code muscle checks. Model proper breathing (long, deep, and audible) to your client by asking them to breathe with you.

#### Eyes open

This mode accesses everyday consciousness.

Be sure to say **"eyes open"** at the beginning of each muscle test and during any necessary re-alignments for this mode.

#### Eyes closed

This mode accesses events where the client's eyes were literally closed as when sleeping or, otherwise unconscious or unaware. Even though the client may have been unconscious, traumatic events occurring in this state may be held somewhere in the body.

Be sure to say, **"eyes closed"** at the beginning of the muscle test. The client should keep their eyes closed during muscle monitoring and any necessary re-alignments for this mode.

### **Eyes open “in the dark”**

This mode accesses events where the client was wide awake and fully conscious, but literally or figuratively “in the dark”. Usually it is something they were “in the dark” about, or going on all around them, but still outside of their awareness. An example might be family stress, such as financial problems or death of a relative, impacting a small child.

Other times it is something the client didn’t see coming, such as a car accident, falling off a bike, or even harsh words that resulted in a shock to the nervous system.

Be sure to say, “**eyes open, think in the dark**” at the beginning of the muscle test and during any necessary re-alignments for this mode. You don’t have to literally make the room dark, but you and your client need to think “in the dark” during the process.

### **Eyes closed “in the dark”**

This mode can access events that occurred when the client was sleeping or unconscious. Usually, however, it accesses events that contained a high amount of input information at a time or place where it could not be properly processed, small child with alcoholic parents, consciousness does not have experience to process the event, OR in a class when you are “full” of information and anymore cannot be handled as adult handle it later, so the system became overloaded or shut down entirely. The events accessed here, are often the ones with the greatest impact on the nervous system. In fact, they may be so significant that they weren’t processed at all, and simply put aside to “deal with later”. Here is where the unfinished business of the nervous system lies.

These events may prohibit the client’s ability to move forward in life for reasons that are not recognized or understood, because they are buried so deep. Be sure to say, “**eyes closed, think in the dark**” at the beginning of the muscle test and during any necessary re-alignments for this mode.

### **Eye Codes Plus Visual Center**

The visual center is a therapy localization area near the occipital (visual) lobe of the brain. It helps the body “see” or process the old information and update it with new or corrected information. The visual center is on the back of the head between the ears and possibly associated with that the basal ganglia and cerebellum.

After the four neutral eye codes (above) have been checked and re-aligned, the process is repeated with the client’s, or your hand firmly on the visual center.

You can relax the hand away from the visual center between muscle tests, but it should be in place along with reminding the client of the eye code while performing muscle checks and re-alignments.

## Eye Codes Plus Body Center

The body center is a therapy location area near the tailbone or sacrum. This area is where old information is stored in the body, or where events can't be seen from all angles.

After the four neutral eye codes, and neutral codes plus visual center (above) have been checked and re-aligned, the process is repeated with the client's, or your hand firmly on the body center. You can relax the hand away from the body center between muscle tests, but it should be in place along with reminding the client of the eye code while performing muscle checks and re-alignments.

## Eye Codes Plus Visual Center and Body Center

Finally, all four eye codes are used with BOTH therapy localization areas (visual and body centers). This ensures that all areas are communicating with each other and properly integrated. Even though VC and BC are "clear", the new information needs to be connected so the body understands all the changes.

When using the client's arm for these muscle checks and re-alignments, it is necessary to use pause lock (see below), to "lock in" the visual and body centers. Once the centers are "locked in", the contact with the visual and body centers are held in the system, so hands do not have to be used for therapy localization. The four eye codes are then checked and re-aligned as necessary. Undo the pause lock before continuing on to the next procedure.

With one hand on the client's LCCR and one hand on the ankle, apply pressure and ask client to hold their leg strong. Then say "**eyes open**", "**eyes closed**", "**eyes open, think in the dark**", and "**eyes closed, think in the dark**". Re-align for each eye code where the leg went weak saying the code to remind the client during re-alignment.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Next, ask the client to place one hand on the visual center and repeat the process.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Now, ask the client to place one hand on the body center and repeat the process.

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

Finally, have the client place one hand on the visual center, and one hand on the body center and repeat the process. (During procedures where the arm is used for muscle monitoring, the visual and body centers should be "paused locked" so that the client's arm is available for monitoring).

Repeat muscle monitoring to be sure the muscle is now strong and the re-alignment is complete.

### **Eye Codes—Key Points**

Eye codes are key to clearing events that are deep in the nervous system and can impact learning, behavior, and other issues.

Eye codes cannot be used with an emotion (e.g., love, sadness), because that involves a different area of the brain.

When working with infants, a surrogate or you can do the eye options while realigning the child.

Eye Codes are an integral part of Books Neural Therapy, a non-drug, multi-disciplinary intervention program for learning and behavior issues. They are also useful for the aging population and many issues where there is something “other than conscious” affecting the client's sense of well-being. Regardless of the Touch for Health or Brain Gym modality, eye codes can provide yet another access point to uncovering a treasure chest full of information that can result in less stressed nervous systems and happy outcomes.

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