

The lightstream



This technique helps manage distress associated with powerful emotions. First we describe it to make it interactive.

Imagine your distress had physical form inside your body. What is its shape, size, colour, temperature, texture and sound.

Now imagine a healing light comes down and enters your body from your head, spreading across the body. It is coming toward the shape of your distress to heal it. Imagine the lightstream as your favourite colour and temperature as it flows through. Picture it heading towards the shape. How does the shape change or shrink as the light interacts with it. Remember the light is still coming from above through your head, as much as is needed to change or remove the shape.

Take as long as you need- how do you feel after you are done?

Note: it is recommended to initially have a therapist take you through this and practice it after the session.