Light Stream

This brief meditation is used in EMDR to help with anyone dealing with any distress

It helps you figure out if you have any problematic physical sensations that may be tied to your emotions and it will help to clear them out

I want everyone to get comfy….how every you can do that in this room

When you are ready, I want you to close your eyes. Some people do not feel comfortable closing their eyes or have increased anxiety when they close their eyes. If this is your experience feel free to softly gaze in an unfocused manner

We are going to start by drawing our attention to our breathing. Not doing anything with it just noticing it. Is it fast? Slow? Shallow? Deep?

Now begin to take a nice slow breath in through your nose and out throw your mouth

Slowly breathing in ….. and….out Relaxing into each breath

I’m going to lead you through a quick scan of your body.

I want you to try to focus on any unusual sensations in your body.

Anything that might be going on in your body that is tied to your current emotional state

Listen to your body as we start with your

 Feet

 Up to your calves

 Knees and thighs

 Groin and pelvis area

 Lower torso, gut and digestion

 Up to your ribs, upper back chest

 Shoulders, arms, lower arms, hands fingers

 Up to your neck now from your chin to the top of your head

I want you to identify one sensation that is tied to your current emotional state

I’m going to ask you some questions about it….

If this physical sensation had a shape, what would it be?

What size would it be? Big ? small?

If it had a color, what color would it be?

If it had a temperature, would it be hot? Cold? Warm? Cool?

If it had a texture, what does it feel like? Smooth, rough, prickly, bumpy

Is it making a sound? What type of sound is it making?

NOW that you have identified this disruptive sensation …

I want to ask you if you have a color in mind that you associate with healing? This could be your favorite color or any color that represents healing to you

Now I want you to imagine that this color is streaming from the top of your head and directing itself to that shape in your body

Let’s pretend that the source of this light is the cosmos, the more light you use the more light you have. An endless stream of healing light directed toward the shape

I want you to imagine the light surrounding the shape, flooding it with healing light, resonating itself above and around the shape

And as the Healing Light does its work, I want you to notice what the healing light does to the shape and color of the physical sensation

AS the shape continues to fill with healing light, the shape begins to become less and less noticeable until the healing light has encompassed the shape completely

Once the shape is completely gone

Bring the healing light over every part of your body; imagine it cascading down from the top of your surrounding every part of your body

Down through your head, down past your shoulders, torso, legs and feet

Imagine that you are filled with a sense of peace and calm

I want you to say to yourself

 I AM FULL OF PEACE AND CALM

 I AM FULL OF PEACE AND CALM

 I AM FULL OF PEACE AND CALM

I am going to count to 5 and when I get to 5 you will be completely back into the room and present in the here and now

1

2 take a breath

3 back in your body

4

5