

BI-LATERAL EYE MOVEMENTS SCRIPT

Bi-lateral Eye Movements is a therapeutic approach used to help people process and heal from traumatic memories.

Here are the steps of the Energy Flow® Bi-Lateral Eye Movements exercise:

1. Begin by creating a comfortable and safe environment for the exercise.
Sit facing each other with enough space to move your hands.
2. Think of a memory, one that stands out and brings a strong feeling.
Identify a keyword associated with that memory.
3. Take a deep breath in and out to center yourself. Bring your attention to the present moment.
4. Inhale and exhale as you bring the chosen positive memory into your awareness. Feel the emotions associated with it.
5. One person moves their hand (or fingers) from left to right in front of the other person. The movement should be smooth and at a comfortable pace.
6. The other person follows the hand movement with their eyes. Ensure that the eyes are tracking the hand from left to right.
7. Gradually increase the pace of the hand movement, maintaining synchronisation with the eye tracking. This helps in engaging the brain more actively.

8. Pause and ask the person following the hand movement how they feel now. Pay attention to any changes in the emotional charge associated with the memory.
9. Inhale and exhale. Encourage the person to give themselves a warm hug.
10. Repeat the hand movement and eye tracking process. Continue to breathe deeply and check in on the emotional charge associated with the memory.
11. If there is no significant emotional charge, guide the person to relax. Otherwise, continue the exercise until a sense of calm is achieved.

Reflection questions:

1. As you followed the hand from left to right with your eyes, what did you notice in your body or emotional response?
2. Did the intensity of the memory or associated feeling change during or after the eye movements?
3. After pausing and checking in, how does the emotional charge of the memory feel now compared to when you began?