

Spiral Technique

Identify something that bothers you at about a 3 level on a scale of 1-10.

1. Bring up an image that represents it for you.
2. As you think of the image that represents it, notice where you feel the disturbance in your body.
3. Now pretend that the feeling is “energy”. If it was a spiral of energy, which direction is it moving in: clockwise or counterclockwise?
4. Now, with your mind, gently change the direction of the spiral in your body. For instance, if it was originally moving clockwise, gently change it to counterclockwise.

Notice what happens to the feelings in your body. For many people the feelings will begin to disappear as they change the direction of the spiral. If the feelings begin to disappear then continue until you feel comfortable. If one direction doesn't work, try the other direction.