

# Lightstream

**Relief**



**Recharge**



## Intention

This is the third earliest developed Resource in EMDR, behind Safe Place and Container. It is more unique in being narrowly focused on addressing and improving experiences of chronic pain and discomfort. The EMDR Pain Protocols utilize visualizations of pain and discomfort developed from Lightstream.

Lightstream is based on 2 important ideas. One, all pain is experienced in the brain regardless of where the neural signals originate. Two, Therefore pain is able to be influenced by neural network activity. These 2 facts are mediated by 1 other stipulation; all pain is real pain. It is very important that the fact that pain is a neurologically mediated experience does not result in a tendency to minimize pain or discomfort as “not real” or “all in my head”. An understanding of the differences between acute vs chronic pain and discomfort helps with this, but at the very least it is essential that pain be seen as always real, while also seen as being able to be influenced by (intentional) neural activity.

Lightstream attempts to engage the brain and bodies natural inclination towards healing and repairing itself. When this system of instinctive healing can be engaged effectively, it can result in sudden and dramatic emotional and physical changes in felt sensations. Because pain is a neurological phenomenon, training our brain to encourage negative neural activity (pain) towards more positive neural activity can result in a significant decrease (if not the total alleviation) of many physically painful and uncomfortable sensations.

## References

*Getting Past Your Past*, Shapiro

*Change Your Brain, Change Your Pain*, Grant

# Lightstream



## Intuition

### Target

- **Identify a physically painful or uncomfortable experience you would like to be able to influence or change. It might be associated with a specific trigger/stressor or it might simply be chronic pain or discomfort that does not seem to change. Just make sure it is something you are experiencing currently and that it is painful or at least uncomfortable.**

### Visualize

- **Focus on the physical experience you identified. Describe it using the following questions as a guide, with as much detail as possible:**
  1. **Where is it located? Does it have a specific size?**
  2. **What shape is it?**
  3. **What color is it?**
  4. **Does it have any kind of consistency or texture?**
  5. **Is there a temperature, hot or cold, to it?**
  6. **Any sound associated with it?**

[Simplified list: size, shape, color, texture, temperature, and sound]

[REMEMBER: You do not have to identify all 6 for any single experience, you simply want to give your description as much detail as you possibly can. Sometimes thinking about these questions can give detail and insight that you did not previously have.]

### Change

- **Next, visualize for yourself a healing light or energy, shining or flowing down from up above the crown of your head. Try to identify at least the following 2 aspects of the healing light/energy**
  - **Color**
  - **Temperature (ie. warm/cool)**
- **Finally, focus on the healing light shining from up above your head. See it directing itself towards the experience you identified in detail. How does the healing light influence/change/resonate with the experience? How does the experience respond/interact with the healing light?**

### Tap/Walk-In

- **As you notice any POSITIVE shifts or changes, TAP/WALK-IN those in as long as it continues to change/shift OR until it feels like it's been enough/stops being positive.**

### Repeat

- **Feel free to repeat this exercise as many times as you would like as long you continue to notice positive shifts/changes in the experience.**