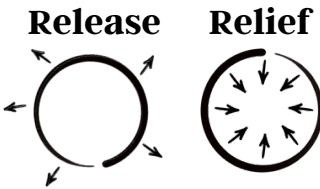


# Spiral



## Intention

The third of the 3 Change Resources, Spiral is designed to address and shift negative/distressing experiences (in a more general way). All 3 Change Resources address different types of experiences at different depths.

Spiral starts with targeting an emotion, sensation, or some collection of an experience to address. This target is then represented in a manner very similar to how Lightstream visualizes pain/discomfort. The added difference is noticing movement in a direction and speed of the experience.

Change is introduced through trying to influence the Spiral to then shift and move in a more positive direction. Due to the abstractness of this exercise it can often be challenging and difficult, but when successful the change tends to be dramatic (especially compared to Whiteboard). The abstractness gives depth to the experiences targeted, meaning change how to potentially be transformative.

## Target

- Emotions/Sensation

## Processing Style

- Experiential

## Depth

- Deep

# Spiral



## Intuition



Target

- **Identify a distressing/disturbing emotional or physical experience, try to see where it is located in your body.**

Visualize

- **Focus on the distress/disturbing experiencing, SEE it as a collection of moving energy. Which way/direction is it moving? How fast or slow?**

Change

- **Change the current path/flow of the energy in a POSITIVE direction. Turn it from clockwise to counterclockwise, or push it from moving slowly to speeding up, or guide it in a totally new/alternative direction such as directing it up towards the sky or down towards the ground. Whichever and whatever change feels most right to you. NOTICE any positive shifts/changes in your body try to change it.**

Tap/Walk-in

- **TAP/Walk-in any positive experiences/sensations you notice as you change and redirect the distressing/disturbing experience.**

\*Repeat (Optional)

- **REPEAT as many times as you would like as long as it continues to change, or until it feels like it has been enough/stops being positive.**