

THE LIGHT STREAM TECHNIQUE EXPLAINED

The Light Stream technique is an exercise that helps to ground feelings and bodily sensations. It is a technique that can be used by anyone when they feel triggered and experience negative emotions and anxiety.

Yassin shares the step-by-step process of the Light Stream technique:

STEP 1

The first part of the light stream technique is to be mindful of what you are experiencing and feeling at that moment.

Ask yourself this question: What am I feeling right now, and where do I feel it in my body?

STEP 2

Then, imagine those feelings are an object. The goal is to take the first thing that comes to mind after recognising the emotions and location.

Ask yourself these questions about the object:

“If it had a shape, what shape would it be?”

“If it had a size, what size would it be?”

“If it had a colour, what colour would it be?”

“If it had a temperature, what temperature would it be? Hot or cold?”

“If it had a texture, what texture would it be?”

“If it had a sound, what kind of sound would it make? High or low pitch?”

STEP 3

Next, focus your attention on an imagery exercise.

Pick a colour you associate with healing. Now imagine a stream of light in that colour coming down from above and flowing in through the top of your head. Focus the light stream down on the object.

Let the light vibrate and resonate like a laser beam in and around this object. Allow yourself to notice what happens to the object.

The more light or energy that you need, the more is available to you. Allow yourself to feel the light enter your mind, and allow the healing light to vibrate and resonate in and around the object. Notice what happens to the object.

When you notice the object is gone or it feels contained, allow yourself to let the energy from the light flow into your body. Allow it to reach the tips of your fingers, and the tips of your toes.

Allow yourself to be engulfed and overwhelmed by the energy, count to three and open your eyes.

You should notice the feelings of anxiety have subsided or have completely gone.