



## **Em #2½c Eye Positions / Rotations**

In NLP, certain positions that the eyes move into can give insight to what part of the brain the person is accessing. This can produce an indicator muscle change when the client finds a particular position creates a stress response. Remember to link this back to their goal and what it may relate to in the context of their goal, and the emotion.

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### **Tools / Resources**

X Chart

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### **Evaluation:**

1. Follow X in a complete circle clockwise and anti-clockwise, with eyes open / eyes closed.
2. Find unlock positions using IM
3. Find emotion

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### **Balance:**

1. Look in direction of stress while looking at the X
  - FO hold into circuit (glabella)
  - Temporal tap - SLOW breathing in 5 counts / out 7 counts
2. Repeat with all stressful eye positions - fix as you go.

Note: if release is not obtained put eye position in circuit and do F/O holding, further discussing the connection with the eye position, emotion and the goal.

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### **Checking changes:**

1. Test IM muscle on all originally unlocking positions, if still unlocks repeat
2. Check emotion
3. Check mode

