

SESSION 6

LASER VISION: CONCENTRATION AND INTERNAL VISION THROUGH RELAXATION

OBJECTIVES

At the end of this Session you'll be able to:

- *Explain how tension and stress block clear thinking, creativity, and focused imaging.*
- *List the steps involved in conditioning a muscle group to relax.*
- *Oxygenate and relax any muscle group in your body by activating an associated color and eye movement.*

BACKGROUND

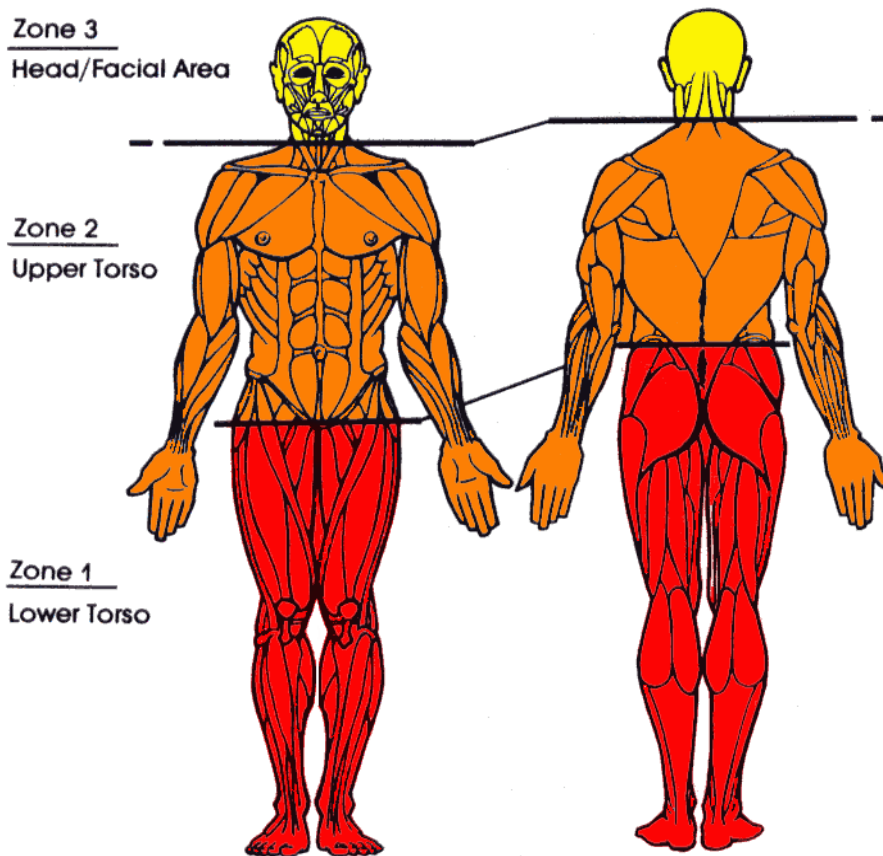
To enhance clear thinking, creativity and focused imaging, the brain needs an ample supply of oxygen-rich blood. The brain becomes deprived of oxygen-rich blood when muscles in the body are tensed as a result of stress.

It is possible to learn how to oxygenate and relax your body at will, allowing you to automatically bathe your brain, nervous system and muscles in oxygen and nutrient-rich blood. This enables you to focus and concentrate the power of your holographic brain to create, store and recall sensory-inspired images of achievement.

Through a technique that associates patterns of eye movement and colors with the release of muscular tension, you'll learn a discipline for attaining a high level of relaxation. You'll find that total relaxation and enhanced concentration will come to you quite literally in the blink of an eye.

PRACTICE

1. Listen to the narrator on audio Session 6 "Laser Visio: Concentration and Internal Vision Through Relaxation."
2. Look at the two drawings of the human muscular system. Color each of the three body zones on each chart with the following colors.
 - a. Zone 1: Lower Torso—**Red**
 - b. Zone 2: Upper Torso—**Orange**
 - c. Zone 3: Head—**Yellow**



3. Preview audio Session 6 to become acquainted with the step-by-step instructions for Oxygenation/Relaxation Conditioning.

4. Replay the instructions a second time and practice each of the steps in the exercise as described. As you continue to practice, you'll be able to produce the entire experience from memory.
5. After you have followed the basic exercise program twice daily for a minimum of one week, you should be ready to switch to the abbreviated version. Follow the intermediate program for two weeks. From this point on, the full basic exercise program should become a once-a-week habit. For the intermediate program, you simply condense portions of the basic exercise program as follows:

INTERMEDIATE (ABBREVIATED) OXYGENATION/RELAXATION EXERCISE

Zone 1: Lower Torso



1. **Upper Left Eye Shift.** Recall the color **Red**. Recall in rich, visual detail the picture of the muscle groups you colored Red in your study guide.
2. **Lower Right Eye Shift.** Scan the **Lower Torso**—right leg, left leg and buttocks area.
3. **Upper Right Eye Shift.** Mentally beam and flood the entire **Lower Torso** with the color **Red**.
4. **Lower Right Eye Shift.** Capture the warm sensation of circulating oxygen-rich blood flowing throughout the muscles of your **Lower Torso**—dissolving and melting away concentration-sapping tension.

Zone 2: Upper Torso



1. **Upper Left Eye Shift.** Recall the color **Orange**. Recall in rich, vivid detail the picture of the muscle groups in the **Upper Torso** you colored **Orange** in your study guide.
2. **Lower Right Eye Shift.** Scan the muscles of the entire **Upper Torso** — abdomen, chest, right arm, left arm and back.
3. **Upper Right Eye Shift.** Beam and flood the entire Upper Torso with the color **Orange**.
5. **Lower Right Eye Shift.** Feel and capture the warm sensation of oxygenated blood dissolving tension in the muscle tissue of the **Upper Torso**.

Zone 3: Head and Neck

1. **Upper Left Eye Shift.** Recall the color **Yellow**. Recall in rich, vivid detail the picture of the muscle groups of the head, face and neck you colored **Yellow** in your study guide.
2. **Lower Right Eye Shift.** Scan the entire head, the scalp, forehead and eyes; the cheeks, nose, and lips; the chin, jaw, throat and back of the neck.
3. **Upper Right Eye Shift.** Mentally beam and flood the muscles of the head, face and neck with the color **Yellow**.
4. **Lower Right Eye Shift.** Capture the warm sensation of oxygenated blood dissolving tension in the muscle tissues of the head, face and the neck.

ADVANCED OXYGENATION/RELAXATION CONDITIONING EXERCISE

When you reach this stage, after three to four weeks, you have achieved your goal of making relaxation a conditioned reflex that you are able to summon at will. To produce the desired state of relaxation, simply:

1. **Central Eye Shift.** Cue in the activating color **Red**.
2. Repeat for the color **Orange**.
3. Repeat for the color **Yellow**.

POINTS TO REMEMBER

- Go through the Oxygenation/Relaxation conditioning process twice per day for a period of one week. After one week, you can advance to the abbreviated procedure.
- After completing your initial week of Oxygenation/Relaxation conditioning to maintain the effect of the conditioned relaxation

