

An Introduction to Zensight



Carol Ann Rowland, MSW, RSW

©Copyright by Carol Ann Rowland, 2005

Foreword

My road to creating the Zensight Process was less than straightforward. A clinical social worker trained through the usual channels – a nice, respectable Master of Social Work degree from the rather traditional University of Toronto – and ten years of employment in the medical world of the McMaster University site of Hamilton Health Sciences – I did not anticipate that my work would ever enter into what most consider to be the “alternative” realm of therapies.

Although I grew up in a family that embraced alternative healing practices, I also experienced trauma in relation to energy work when growing up. As a result of this trauma, rather than feeling drawn to “energy work” and practices which resembled energy work, I instead felt a strong aversion to them.

However, sometime in the summer of 1999, Diana Tikasz - my supervisor at the Sexual Assault & Domestic Violence Care Centre of Hamilton Health Sciences - began telling me about Eye Movement Desensitization and Reprocessing (EMDR). EMDR is a technique that involves the use of bilateral stimulation of the brain – through the use of eye movements, auditory sounds, or physical tapping – in order to help people to rapidly process traumatic memories and associated difficulties. Although I was not drawn to look for more information about this, I listened to my colleagues discuss this with interest.

While I was on maternity leave during the spring of 2000, Diana called me and told me she had arranged for a group of therapists in our community to receive level one EMDR training. Diana asked if I would be interested in attending this training. Although I remained dubious of the merits of EMDR or therapies like it, and was busy enjoying my time at home with my two small children, the idea of being out of the house for a few days and in adult company was quite compelling - I readily agreed.

My reservations about EMDR training quickly disappeared on the first day of the workshop. I listened as the facilitator described how clients respond to EMDR, and I watched videos that showed EMDR sessions in progress, together with before and after interviews with the clients. I was simply amazed by the transformations I witnessed, and was reassured by the plethora of research which supported the effectiveness of EMDR treatment. For the first time in my personal or professional life, it struck me that it was perhaps possible for people who had experienced significant trauma to completely eliminate many of their symptoms and difficulties rather than having to just learn how to cope with them.

When I returned to work at the end of my maternity leave and began using EMDR with clients, I continued to be impressed with it. However, I was somewhat dissatisfied with the number of contraindications for EMDR use. When working with clients who are severely dissociative, not solid in recovery from addiction, or unstable in coping, EMDR must be used either with extreme caution or in many cases not at all. This meant that

many of the most traumatized individuals I worked with were not good candidates for EMDR treatment. Furthermore, some of the people who I was able to use EMDR with and who did indeed benefit from it, experienced intense emotion and a feeling of “reliving” their traumatic experiences at times during the treatment. While they remained feeling very helped by the EMDR, I had mixed feelings at times, and wished that there was a more gentle way to facilitate their healing.

The clinician who provided my EMDR training – Sue Fraser of Waterloo, Ontario – also had extensive training in energy work. I pursued EMDR supervision from her in the following years in order to ensure my ongoing effectiveness with EMDR in my clinical practice. During this time I absorbed bits and pieces of information from Sue and again, listened with interest but continued to feel wary about the idea of energy work. Less obstructed by personal baggage regarding energy work, Diana did sign up for an Energy Psychology workshop with Sue, and when she returned to work was singing its praises. With much enthusiasm, Diana told me that she would teach me how to use Emotional Freedom Technique (EFT) with clients.

I watched Diana’s demonstration of how to use EFT – which is a technique created by Gary Craig, and involves tapping on various meridian points of the body – with some trepidation. She asked me to tap along with her, and I readily did so, but laughed continuously during the process and could not say that I noticed a significant shift with it beyond being distracted by how silly I felt. I told Diana that if she thought I was going to use something like that with clients, she was crazy!

I did not give EFT another thought until one night when I was experiencing a personal crisis. All night long I had been cycling through overwhelming emotions – so much so that I was completely unable to fall asleep. Finally, at around 3am I remembered a handout sheet that Diana had given me about EFT. I was just desperate enough to finally give EFT a try. Following the instructions in the handout, I did two rounds of EFT tapping and immediately felt as if I had been sedated. I gently and easily fell asleep and slept until morning. Astonished by what I had experienced, for the next two days any time I felt the remotest sense of emotional or physical upset, I tapped on it and discovered a euphorically happy place within myself for the first time in my life.

This experience really opened my eyes and expanded my receptiveness to the idea of energy work. Since I have a severe trauma history myself I was very much attracted to the idea of being able to heal as gently and easily as possible. Although I started to use energy work to address my own healing concerns, I remained anxious about the idea of using it with clients. Recognizing that I was denying my clients a powerful healing tool, I eventually pursued treatment to address my past traumas with energy work so that I would be more able to freely offer it to clients. Once this issue was resolved, I began using EFT regularly at work and began to truly enjoy the instant relief and amazement that my clients experienced with it, as they noticed their upset and issues they had struggled with all of their lives, simply melt away.

Forever on a quest to make things easier, I came to learn Fred Gallo's Negative Affect Erasing Method (NAEM). NAEM is very similar to EFT but involves tapping on only four meridian points, rather than the much longer sequence of points suggested with EFT. Around this time I also began to really immerse myself in learning about Donna Eden's "Energy Medicine", and began incorporating many of the exercises suggested by Donna into my work with trauma survivors.

These discoveries eventually lead to my becoming acquainted with Larry Nim's Be Set Free Fast (BSFF). BSFF involves the use of a cue word instead of tapping, in order to release traumas and upset, and the associated congested energy in the body. While I was delighted by the absence of tapping associated with EFT - which I felt would make it appeal more to people who found the idea of tapping to be "weird" - I believed it could be simplified.

My enthusiasm and expertise with energy work, trauma, and psychotherapy – and my desire to continually make the healing process faster, gentler, and simpler for myself and my clients - lead to my experimenting with and combining elements of the various healing methods that I have found most effective. As I did so, I discovered that my clients' progress began to accelerate by even greater leaps and bounds: Zensight Process was born.

Valued at \$17.50 US, this ebook is now being provided for free. It is, however, copyrighted material. Regardless, please feel free to distribute it via email or post it on your own website, *providing you do so in its original, complete, and unmodified format.*

Carol Ann Rowland, MSW, RSW

Preface

Healing methods come in many different forms. As a psychotherapist, EMDR practitioner, Reiki Master, and international speaker, I have in my travels been exposed to many different techniques which are incredible effective and helpful.

Zensight takes the best aspects of the various different energy work techniques I have found most helpful and puts them together with elements of EMDR, ego state therapy (also known as “parts” work), and use of visualization. Through use of visualization, the limits of the conscious mind are bypassed, and reliance upon language to identify which issues to resolve and coming up with the “right” words for them is eliminated.

Zensight involves none of the “tapping” that is associated with many energy healing methods, and no awkward “cue word installation” that can be uncomfortable to introduce to those not already familiar with energy work.

Zensight is a healing method that is ideal for **everyone**. The use of EMDR-like imagery and “interweaves” provides Zensight with an even greater speed and generalization of results that is found with EMDR – the most heavily researched modality for healing trauma, Post Traumatic Stress Disorder (PTSD) and other concerns – without having the associated risk of destabilization and emotional flooding that EMDR can sometimes involve.

“Parts work” is recognized by many as being essential for shifting concerns that are the most “stuck”. We are all multidimensional beings with many parts of self, some of whom may feel that it “isn’t safe” to heal or who simply don’t know how to let healing happen. With Zensight you can begin to bring healing to all your parts of self, and thus a feeling of peace to the whole “You” so that you can fully move forward in life while maximizing and accessing all of your own unique aspects and abilities.

You **can** heal and it does not have to be difficult. In fact, you are about to begin.

An Introduction to Zensight

Zensight is a powerful process that is designed to heal all of the things that don't feel right in your life, and to help you to create the reality you wish for.

You can start using Zensight right now to gently yet rapidly heal your concerns, and bring you to the place of greater peace and tranquility that you desire.

The basic premise of Zensight is very simple – when we use it, we work with the subconscious mind, in a way that is not unlike hypnosis. However, with Zensight we recognize that one does not need to be hypnotized or to go into an altered state in order to experience immediate and deeply healing effects. Although many people do naturally become deeply relaxed and enter into an altered state while using Zensight, it is not a necessary part of the process.

The subconscious mind is incredibly powerful. It works on our behalf all of the time. When we are children and someone hurts us, we may have the immediate thought “I am never going to let anyone get close to me again!” We may then quickly forget this thought, especially once the period of upset has passed. Although we forget, the subconscious mind forever remembers that we made that decision, and will act upon those instructions. Decades later we wonder why we feel like we have “walls” up inside, and why we struggle so much to feel close to the people we love. The reason is that the subconscious mind is simply doing what we have asked it to do.

It has been apparent to me when using Zensight that we are not working only with the subconscious mind: something even more powerful is involved when doing this healing work. People using Zensight very frequently describe body sensations and energetic experiences that indicate that Universal energy - the same energy that is connected with Reiki, Healing Touch, and similar approaches - is facilitating the process.

As a Reiki practitioner I first assumed that the energetic experiences I had when using this technique were occurring because I had been attuned to Reiki. However, again and again I received reports from clients, friends, family members, and colleagues who were experiencing something similar.

The energetic experiences reported have ranged from sensations of tingling or “buzzing” occurring in the hands, feet and chakra areas – and sometimes throughout the body. If a great deal of healing has occurred, people sometimes report feeling as if their entire body is vibrating.

While people who are particularly energy sensitive are most likely to report the “tingling” sensation associated with using Zensight, I have had similar reports from those who had never knowingly been exposed to the use of consciously directed Universal energy before and had no framework to use in understanding it. Even so, they would comment on how the top of their head or their forehead felt warm, tingly, “open” or otherwise unusual.

These areas correspond to the crown and third-eye chakras, which often become activated in relation to spiritual and/or intuitive experiences.

The purpose of this introductory guide is to present, in very simple terms, a process of transformation and healing that is quite profound.

The Healing Symbol

With Zensight we use the power of the subconscious mind as described above, in a very conscious way. We do this through the use of a healing symbol. This symbol may be a word, visual image, or colour. It is not important which form of “symbol” you choose, or what exactly the symbol is, as long as it doesn’t have any strong negative emotional connotations for you.

Examples of possible “symbols” that could be chosen include a word such as “safe” or “peace”, a visual image of the ocean, or a visual or verbal representation of a colour – either your favourite colour or something else that feels healing to you, such as white or golden light.

I had one client who chose “ocean” as her symbol. When it felt right to her, she simply thought the word ocean. Other times she would picture the ocean. Sometimes she found her imagery became so intense as she worked with Zensight that she would even vividly experience the sound and smells of the ocean during the process.

Another woman I worked with is a Reiki practitioner. She chose to use Reiki symbols for her healing symbol while using Zensight and found this to be particularly effective. During our sessions she would simply look at the different Reiki symbols she had drawn, and focus on whichever one she felt most drawn to.

It is important to recognize that what the symbol is is not of great importance. What the symbol does is simply give us a focus so that we can get our “heads” and our logical minds out of the way, so that healing can happen more easily. Too often we try to think ourselves out of our problems but instead end up going deeper into them. Through the use of the healing symbol, we stop our minds for a moment and just allow the healing to occur by consciously focusing our intent on exactly what we wish to heal. During the process of doing so, we may obtain new insights into the situation we are addressing. If we don’t arrive at new insights that is okay too – *achieving greater insight is not necessary in order to bring about healing.*

There is no need to become concerned about choosing the “right” healing symbol. Any word, image, or colour that you choose will be exactly right for you. There is also no need to tell anyone else what your symbol is. If at any time you wish to change the healing symbol you are using, you are free to do so.

If the idea of a “healing symbol” does not resonate for you for whatever reason, you may also choose to simply stop, breathe and notice the energy shifts and feelings of peace that

you experience during the process. While most people like having something to focus on, I have had clients who preferred to simply stop and breathe, without focusing on a healing word or symbol, and they obtained equally powerful results.

Unlike with some of the other energy work techniques that have influenced the creation of Zensight, there is no need for any complicated “installation instructions” or “healing program” in order for your healing symbol to be effective. All that you - or your subconscious mind - need to know is that whenever you use this word, image or colour, your concerns will gently and easily resolve. Furthermore, you will be able to use your healing symbol to build upon the feelings and experiences that you would like to replace those past difficulties with.

In addition to the presence of Universal healing energy, Zensight differs from most other energy work approaches in that instead of working only on a very specific level, we begin by working at the most general level. For example, if treating a fear of dogs, rather than keeping most of our focus on that fear of dogs, we will begin by focusing on healing the overall pattern of fear that is being experienced in life in general. In so doing, this allows all of the many different ways that fear is being experienced, to begin to be addressed and heal at once. It will not always be sufficient to focus only on the general level, so we do include a specific focus as well when needed, but the idea is that we always look at the bigger picture during the healing process.

As part of working on the general level and taking a very holistic approach with Zensight, we pay attention to and address any of the underlying difficulties that may be contributing to the symptoms – or contributing to the difficulties encountered when trying to heal them. Most specifically we focus on identifying and correcting any energetic imbalances that may be being experienced.

Zensight Basics

Zensight involves the use of the healing symbol, together with visual imagery and verbal statements. Both of these aspects – the visual and the verbal – have valuable roles and either may feel more “right” to an individual at a particular time.

One of the benefits of using both visualization and verbal statements together, is that each method will activate different areas of the brain. Therefore, in most cases it is best to combine verbal and visual healing together. Which method to begin with may be indicated either by personal preferences, or by the situation one is addressing. Generally speaking, I find that when a situation first presents as feeling very overwhelming, the use of visual imagery first will help in rapidly bringing the level of upset down and increase feelings of clarity immediately.

The use of visualization is usually a simpler approach and is often more deeply relaxing. For example, if I am having difficulty falling asleep at night, I find it easier and more effective to simply visualize myself sleeping peacefully while using my healing symbol,

rather than expending the additional energy to think of and use verbal clearing statements.

I sometimes receive feedback from clients I work with that after sessions in which a great deal of visualization was used, they notice increased sensory experiences – dreams are more vivid, colours appear brighter, and they notice their surroundings in new and more detailed ways. This phenomena is also frequently noticed after EMDR sessions and is believed to be related to increased activity and stimulation in many areas of the brain.

If a visual image representing the concerns is too disturbing – as in the case of a traumatic memory – it may be preferable to begin with verbal healing statements. Once the majority of the upset has been cleared, it is then advisable to check in with a visual image – either of the incident, a metaphorical representation of it, or a picture of oneself in relation to it – in order to check to see if any remaining upset is still present, and then use the visual image to clear it accordingly.

Some people when new to Zensight express concern that they don't possess particularly advanced skills of visualization. Happily, it is not necessary to use advanced or complicated imagery in order to experience deeply healing results. Some of those who find themselves to be less visual may be more inclined to have pictures come up that are more literal rather than metaphorical representations of the concerns. Using a literal representation is fine, and will not be any hindrance to the healing process. They also may of course if they wish to, rely more on verbal statements and then add in the visuals when it feels more natural to them to do so.

If you find it difficult to “hold onto” a visual image for any length of time, simply check in with it now and then. I myself usually only see brief flashes during visualization, and Zensight works just as well for me as it does for the people I work with, who seem to be able to watch and follow the changes in their visual images for some time.

If no pictures come up for you at all during Zensight, you may also focus on body sensations and use your healing symbol, and notice how the body sensations transform.

Zensight Process is a highly flexible approach that easily accomodates the abilities and preferences of anyone who uses it.

Visual Method of Healing

There is a saying that “a picture is worth a thousand words”. So it is, with Zensight Process. Rather than having to sit and figure out all of the many different ways of approaching the issue that you wish to resolve, you can stop and quietly check inside and see if a visual image comes to mind in relation to whatever it is that you are struggling with.

In some cases, this visual image may be an actual representation of the difficulties. If you are wishing to bring healing to a troubled relationship, you may find that you simply see the image of the person connected with you in the relationship.

Alternatively, the image may be a metaphorical representation of the concerns. For example, you may see yourself caught in a trap, or with your hands tied. If the concerns are in relation to someone else, you may see that person standing over you, or being in need of your protection.

There are unlimited possibilities regarding the various images that may come to you. It is entirely possible that you will not understand the picture that appears, or may feel unable to recognize how it relates to the concerns you wish to address.

From my perspective it is better not to get caught up in trying to “figure out” or understand the pictures that appear. Sometimes you will know immediately what they mean, and other times you may come to realize either during or following the healing session, why the picture appeared in the way that it did. It may also be that you never understand the picture’s significance, and that is fine too. What is important here is that we simply heal the concerns so that we can feel better, rather than get caught up in understanding. Too often we spend longer trying to analyze a situation than it would take to simply heal it and let it go.

When a picture comes to you, simply focus on it and take a deep breath and use your healing symbol. Connect with your symbol over and over again and then check in again with the picture and see how it has changed, either in its appearance or in how you feel when you see it.

If you are using a visual picture as your healing symbol and have difficulty alternating between that and the pictures that arise as you use Zensight, you may wish to also select a word to use as your healing symbol. Some clients have told me that they find a word more helpful during their use of visualization, but that a visual healing symbol works best for them during the use of verbal statements, which we will be discussing shortly. Simply notice what feels right for you, and let your own wisdom guide you.

What Zensight is like is easier to understand when an example is used.

Recently I facilitated a Zensight session for Richard - a colleague of mine. During the session, he expressed some apprehension about a phone call that was about to take place, where he was expected to “check in” with a personal coach, to discuss progress he had made on a specific project since they had last spoken. Richard explained that he liked the aspect of accountability that the phone call entailed but that he felt a sense of pressure associated with it that was uncomfortable for him.

I suggested that Richard check to see if a picture came up for him when he focused on the idea of the upcoming phone call. He reported seeing himself in a

prison cell, with bars in front and solid walls surrounding him. When he focused on that image while using his healing word, the walls of the prison cell simply dissolved, and he then found himself in a peaceful and open setting, surrounded by nature and fresh air behind him and on both sides.

Richard noted that the bars remained in front of him but that the picture felt good to him now because he knew he was free. We discussed the continued existence of the bars as being indicative of his desire to keep the structure provided by the checking in phone call, without feeling imprisoned or controlled by it.

Verbal Method of Healing

Although I will continue to refer to this type of clearing method as being the “verbal” method of clearing, it is important to note that in most cases, the healing statements used will be listened to or thought of, rather than spoken aloud.

Some individuals believe that they experience the healing effects of Zensight more deeply if they do say their statements out loud. If you find this to be the case for you, by all means please do so. In my work with clients, in most cases I say the statements and the client simply listens while focussing on her or his healing symbol at the end of each statement. Over the course of the session, it allows us to save time and cover more ground than we would if every statement were spoken twice. This is less of an issue if you are using self-treatment with Zensight. The advantage of thinking clearing statements silently is that you can then use them anytime and anywhere. One way of compromising on this is to simply say aloud the statements that feel likely to be the most powerful for you, or that represent concepts that have been the most difficult for you to “absorb” in the past.

Any time you use a verbal healing statement – or during the process of visualization - please stop and use your healing symbol, focussing on it repeatedly for 10-15 seconds or until a “shift” is felt. What a “shift” feels like is often a sense of relief or release, a relaxing of the body, or growing sense of peace.

“I Heal...” Statements

In most cases, I begin healing statements with “I heal”. For example:

I heal all fear of any kind that I am experiencing in any area of my life.

I heal all of the issues that have contributed to all of this fear.

I heal all of the times that I learned that I need to be afraid.

I heal all of the reasons I am afraid to face the future.

I heal any and all issues that are contributing to all of this situation.

I heal all of the decisions made by any parts of me that something bad is going to happen to me.

If the wording “*I heal*” doesn’t feel right to you, by all means substitute any other wording that does feel right. Some people like the wording “*I release*”, “*I eliminate*”, or “*I clear*”, and those are excellent ways of phrasing healing statements too. I find that using “*I heal*” often feels more right to people, as it more accurately reflects what it is that they wish for. Previously, when I used the wording “*I clear*” I often found that it felt important to add on “*according to my highest good*” to clarify that we are removing what is no longer beneficial rather than simply clearing everything. However, with “*I heal*”, the message of producing results according to our highest good, is built right in.

An additional benefit of use of the word “*I heal*” is that I find most peoples’ defense mechanisms and various ways of resisting the healing process are less likely to become activated when the idea is presented of “healing” all of something, rather than implying the “removal” of something. The suggestion that something be “cleared” or “eliminated” can trigger fear for some parts of self who may understandably hold the belief that it’s not safe to remove the coping mechanisms that may have at one point been essential for emotional – or in some cases even physical – survival.

Furthermore, I found when using statement that emphasized the “clearing” of huge amounts of old “stuff”, that some people experienced a feeling of emptiness or loss afterwards, and a feeling of discombobulation. When using the word “*I heal*”, I find that most people are less likely to have that feeling of emptiness, loss of identity or uncertainty arise. The connotations are less of an abrupt taking away so much as a softening and bringing healing and nurturance into the issue, so that feelings of peace can more easily occur.

Open-Ended Statements

Some healing statements you may wish to leave open-ended¹. When using open-ended statements, it is not necessary to consciously figure out what all of the different possible endings of the statements might be – the idea is that the subconscious mind will know what all of the different endings are and will heal all of them, even if you are not consciously aware of them.

Open-ended statements are the ultimate in taking a general approach to healing issues. These statements often end with “because”, “when”, “but”, or “reminds me of”.

For example:

I heal all of the fear I experience when...

I heal all of the reasons I feel fear because...

¹ I gratefully acknowledge Grant Connolly’s contribution of the idea of using open-ended statements.

I heal all of the times I learned I need to be afraid of...

I heal all of the ways I would be able to let go of the fear but...

I heal all of the ways this situation reminds me of...

I heal any and all tendencies I have to respond to fear by...

Creating Zensight Statements

There are many ways of finding the content which needs to be cleared. In most cases it makes sense to begin with whatever feels the most vivid or urgent. If you are flooded with a particular emotion, first stop and take a deep breath and let it go, and simply allow the emotion to begin to dissolve, while focusing on your healing word.

Once you have done that, and/or used Zensight visualization to address the concerns, the emotion may feel completely resolved. If not, you can use verbal statements to shift it further. Remember to start at the most general level. An example might be:

I heal all of the sadness felt by any parts of me when...

I heal all of the sadness that any parts of me feel because...

I heal all of the ways that being sad reminds me of...

I heal all of the sadness that parts of me feel about...

From here you may then begin to focus on the specific concern that is causing overwhelm. Even here you can keep things general at first.

I heal all of the sadness felt by any parts of me, about this situation.

I heal all of the ways I feel sad that I didn't get the job I wanted.

I heal all of the ways any parts of me doubt my ability to cope.

I install new awareness in all of the different parts of me, that I will be okay.

Throughout healing sessions, focus within yourself and/or check in with your client if you are facilitating the healing of someone else. What comes up during the session, in the form of pictures, thoughts, feelings, memories, or body sensations, will provide you with information regarding where you need to go next.

One of the nice things about Zensight is that if you feel stuck you can simply rely upon the subconscious mind to have its own wisdom and to take you to where you need to go next if you are uncertain.

I heal all of the ways I feel stuck.

I heal any and all additional issues connected to this that I have not yet addressed.

I heal any additional aspects of this that I may not remember or be aware of.

In the absence of obvious clues, it is beneficial when using statements to cover four main realms: the emotional, mental, physical, and spiritual realms.

I heal any and all tension about any of this, being held in any area of my body.

I heal all of the beliefs held by any parts of me that this is what I deserve.

I heal any and all spiritual conflicts or beliefs that are serving to hold these concerns in place.

I heal all of the grief felt by any parts of me, about all of the things that didn't happen in my life, but should have.

Closing Statements

At the end of healing sessions, you may wish to use any closing statements that feel right to you, in order to wrap things up and further deepen the results of the healing that has just been experienced.

Here are a number of closing statements that I often use in my own healing and in sessions with clients. You can pick and choose which ones feel right to you in accordance with your own personal beliefs, those of your client, or in relation to the particular situation being addressed.

I heal all of the tendencies that any parts of me would have to hold onto what is familiar rather than moving forward.

I heal any and all decisions, past life issues, and sacred contracts² in connection with all of these concerns that do not serve my highest good now.

I heal any and all traumas connected with all of these concerns.

² Carolyn Myss discusses “sacred contracts” as being agreements we make on a spiritual level, before birth.

⁴ I wish to acknowledge Neva Rayne’s (www.neva-t-rayne.com) contribution of the suggestion to directly address neural pathways.

I heal any and all generational or ancestral issues connected with all of these concerns.

I heal all of the ways that all of these issues have been held in my body and/or energy field, or at the DNA, cellular, or molecular levels.

I heal any and all neural pathways connected with all of these issues, that don't serve my highest good now.³

I now install new neural pathways in order to support, reinforce and continue all of the healing that has occurred, and all of the healing that is about to occur.

I heal any and all energetic imprints of any kind, in relation to all of these concerns.

My subconscious mind, higher self and the Universe now create and run any additional statements I would benefit from.

I heal all of the patterns, emotions, behaviors, habits and thoughts connected to all of these issues.

All of the different parts of me receive all of this healing now.

I extend all of this healing to all of the past, all of the present, and all of the future.

Installing Positives

In addition to using Zensight to heal the things we want to be free of, we also use it to add in more of the qualities and feelings that we would like to have more of or to experience more deeply. We can do this through both the use of verbal statements and visual imagery.

Installing Positives Through Visualization

With visualization, we simply “see” what our desired result will be, and deepen the experience and strength of that visualization – as well as the intention that it will occur – through use of our healing symbol.

For example, you may see yourself going forward and doing public speaking while feeling calm and confident, and while fully connected with an awareness of your skills and abilities. You may also see yourself feeling happy and more connected in a loving way with those around you. Whatever image comes to you that feels right, is what you will want to install.

One of ways that you can visually install a quality you would like to have more of, is by thinking of a time in the past when you felt that you did demonstrate or embody this quality well⁴.

For example, if you want to feel a greater sense of personal confidence, think of a moment in the past where you did experience a strong sense of confidence. Even if this is not your usual way of being, you most likely have had at least one experience where you did feel very confident in that particular moment.

If you can't think of a time when you felt particularly connected with the quality you are wishing to install, you may instead think of someone else that you feel represents that state of being particularly well. It may be someone you know either personally – such as someone from your past or present life – or indirectly, such as a famous person, or a character from a book.

Alternatively you can think of an object that represents to you the feeling of being connected with the quality you are trying to install. If you are trying to install a greater sense of personal groundedness, you could imagine a boulder that sits in the middle of a fast moving stream but manages to hold firm, even when rushing water or floating logs or other objects push against it.

Whatever image you connect with, begin by simply picturing it. Ensure that the picture feels as positive as possible. If any discomfort is associated with it, choose a new picture, modify it, or use your healing symbol and allow either the image or your feelings about it to transform until it feels completely comfortable.

Once the image feels “right” to you, let it become as vivid as it can be, and use your healing symbol to further strengthen the picture and your connection with it.

Notice how your body feels as you connect with that image and the associated way of being. If you are picturing yourself or someone else, notice how your (or their) posture is when they are embodying that quality. What kinds of feelings do you think they are having? What emotions are they feeling? What words of advice would they have for you?

Check in with all of those questions, and focus on whatever information comes to you. Further enhance and ground this image and felt sense into your psyche and being, through the use of your healing symbol.

Once this image is as positive and as vivid for you as it can be, see yourself merging with the image. See the person you are now, connecting with the person that you were in that moment – or, with the aspects demonstrated by the person or object you are seeing.

⁴ Many of the ideas for visually “installing the positives” have been adapted from Andrew Leeds’ “Resource Development & Installation” protocol for EMDR preparatory work. You can learn more about Andrew Leeds’ work at www.andrewleeds.net

Notice yourself connecting with and, if it feels right, merging within the picture.

Installing Positives through Verbal Statements

With verbal “installing” statements we simply say what it is that we want more of. For example:

I install new feelings in all of the different parts of me, of being completely at peace.

I love myself, and all of the parts of me, deeply and completely.

I now experience a sense of calm even when...

I let all of the different parts of me know, deeply and completely, that I am safe.

Very simple and easy to do, the installation of “positives” can produce profound healing. It is particularly important to focus on positives any time you are noticing negative “self-talk” – that inner voice that judges you or tells you that you aren’t good enough.

Psychological Reversal

Readers who are experienced with energy work – particularly EFT – will likely be familiar with the term “psychological reversal.”

Psychological reversal refers to when you consciously want to heal something, but part of you is trying to prevent this from happening. This is an experience that most of us can relate to. An example might be when you have firmly decided you are going to lose weight, and yet you find yourself unable to follow your plan to eat healthier and exercise more!

Often when part of you is trying to prevent a change from occurring, it is because that part is getting something out of holding onto the problem. This frequently relates to concerns about safety. An example of this is someone who has a fear of confrontation that interferes with their ability to discuss upsetting issues with others. Part of them may be unwilling to let go of this problem because they believe that if they were no longer afraid and were to say what they thought, then they might be harmed. Alternatively, part of them may be afraid that others would experience harm if they were to express their feelings and opinions.

In order to correct for psychological reversal, simply use the following statements, followed by a focus after each one, upon your healing symbol for 10-15 seconds:

I heal any and all psychological reversals of any kind experienced by any parts of me, in relation to all of these issues.

I heal any and all beliefs held by any parts of me that it's not in my best interests to heal these issues completely

All of these concerns now heal gently, easily, completely, and permanently.

Many people will quickly correct for psychological reversal before doing any energy work treatment. It isn't always necessary to correct for it – we aren't always psychologically reversed. However, it is very fast and easy to correct for, so it often makes sense to do this first as part of your healing routine.

If you have forgotten to correct for psychological reversal and find that the concerns you are targeting are not healing as easily or as completely as you would like, in most cases it will not be necessary to start over again. Instead, simply stop when you notice this, and then do the correction for psychological reversal. Following this, you need only tell your subconscious mind:

I now repeat all of the healing work I have done before now.

On one occasion, I was doing a trauma healing session with a woman, in relation to a recent sexual assault she had experienced. I had taken her through a large number of healing statements in relation to sexual assault and towards the end of the session, checked in with her only to discover that her level of upset when she focused on the memory had not shifted at all. I was almost completely out of time and had another client waiting. In desperation, I quickly corrected for psychological reversal and used the “*I now repeat all of the healing work we just did*” statement. To her delight and mine, her upset in relation to the sexual assault immediately felt completely resolved!

Other Factors Which May Interfere with the Effectiveness of Energy Work

If you have corrected for psychological reversal and are still finding that you are not obtaining the results you would like with Zensight – or with other energy work approaches you are using – or you are getting good results but you notice they do not “hold” well – there are a number of other factors which may be at play.

Most often, energetic imbalances may be involved such as patterns of chronically homolateral energy, broken energy grids, or chronic triple warmer meridian overenergization. Instructions for correcting these concerns gently and easily, are found in *Transform Your Life With Zensight Process*, available for purchase at www.zensightprocess.com

Getting “Into the Flow” With Zensight

For the purpose of explaining the different ways of using Zensight, I have separated out the verbal healing statements from the use of visualization - and the correction of

psychological reversal from the focus upon the concerns. However, in actual practice all of these different ways of using Zensight will usually intertwine. Notice how this occurs with Sarah:

Case Study: Sarah

This session began with Sarah listing a number of concerns covering a wide area of her life. Twice during her description of what was upsetting her, she made reference to feeling “all in a ball” or “like a ball of confusion”, as well as mentioning feelings of anger and frustration. Since she had spontaneously made mention of a “ball”, and since I wished to rapidly bring a sense of calm and healing to a wide range of issues at once, I started by having her picture the ball.

Please note that the tone of the session is quite relaxed and has a slow and gentle pace in spite of the rapid results that occur. Where “...” appears, this indicates a pause.

You’ve mentioned feeling “all in a ball”. I’m wondering...if you check inside, and tune in, can you see the ball?

[Pauses] Yes. I can see it. It’s like a big ball of yarn but not as soft. I feel a big knot in my stomach, and some blocked energy in my throat...there and in the pit of my stomach.

What I’d like you to do is really focus on that picture. Just see it...and then focus on your healing symbol and take a deep breath and let it go....Just notice how the picture changes as you do that, and see what happens.

It’s changed. It’s unraveled. All that is left is this tiny little knot – kind of like the knot you’d use to thread a needle with, it’s that small. But...I feel like part of me doesn’t want to let go of it.

“I heal all of the beliefs held by any parts of me that it’s not safe to let go of this completely”...“I heal all of the feelings held by any part of me, of being in a knot”...“I heal all of the fears held by any parts of me that I won’t know who I am anymore if I let go of this completely”

Just notice now as you watch...what is happening now?

There is this sense of release...sadness [cries].

Okay....“I heal all of this sadness being held by any parts of me”...“I heal all of this sadness as I let go of all of this”...“I heal all of the aloneness that all of the different parts of me have been feeling so deeply.”

How is the picture now?

Okay. There is frustration now, but it's in a different direction. I'm trying to figure out, what is it I want to do with my energy?

[Discusses work she has done before now, and her uncertainty as to whether she wishes to return to that type of work or not. She feels somewhat that she would like to go in a different direction and yet she struggles with feeling she “should” go back to the work she was doing before.]

“I heal and eliminate all of these ‘shoulds’, from any area of my life”...“I heal all of the ways that any parts of me are resonating on the level of ‘should’”.... “I heal all of the reasons that I just don’t know which route to take next”...“I heal all of the beliefs held by any parts of me that it’s not okay to put myself first”...“I install new feelings of comfort in all of the different parts of me, about following my *own* path”...“All of the different parts of me now make a conscious choice to follow our own light.”

Wow. That feels so much better – so much lighter!

At this point, I checked in with Sarah about the “ball”. She reported that it was completely gone now – she could not picture it any longer – and she now felt deeply and completely relaxed and free of those concerns.

It’s important to realize that this deep release of emotion and relaxation of her entire body occurred within the space of just a few minutes. This then allowed us to move on to focus on her remaining concerns from a place of greater calmness and clarity.

In Summary

- Choose a healing word or symbol to focus upon as you target your concerns.
- Begin by checking for a visual image that comes to you as you think about your concerns
- Watch this picture. Take a deep breath and let it go, and use your healing word or symbol. Notice how the picture changes as you do this.
- If no change is noted (or no picture is seen), or in order to further accelerate progress, add in use of verbal healing statements.
- You may wish to use “closing statements” at the end of sessions, in order to tie everything together.
- You can also focus upon body sensations and/or emotions, while using your healing word or symbol. Notice how the body sensations and emotions soften, dissolve, disappear, or transform during this work.
- Spend time focusing upon, strengthening, and “installing” positive emotions, beliefs, and patterns that you would like to experience more of in your life.
- Correct for psychological reversal at the start of and/or during healing sessions, as needed.

For More Information

This introductory guide offers just a brief glimpse at what is included in *Discover Zensight: Easy Energy Healing & Personal Transformation*, available for purchase on www.ZensightProcess.com

Below is the table of contents for *Discover Zensight: Easy Energy Healing & Personal Transformation*.

Table of Contents

Acknowledgements...v

Foreword...vii

Preface...x

Chapter 1: An Introduction to Zensight...1

The Healing Symbol... 2

Chapter 2: Zensight Basics... 5

Visual Method of Healing... 6

Verbal Method of Healing... 7

“I heal” Statements... 7

Open-Ended Statements... 8

Creating Zensight Statements... 9

Closing Statements... 10

Installing Positives... 11

Installing Positives with Visualization...11

Installing Positives through Verbal Statements...13

Psychological Reversal...13

Getting “Into the Flow” With Zensight... 14

Case Study: Sarah... 14

Letting Intuition Guide the Process... 16

In Summary... 17

Chapter 3: Addressing Energetic Imbalances... 18

Homolateral Energy... 18

The Triple Warmer Meridian...20

Balancing the Chakras... 23

Chakra Healing Statements... 24

Figure 1 – The 7 Main Chakras... 25

The Energy Grids... 26

Chapter 4: Moving Into Your Power...30

Enhancing Your Ability to “Move into Your Power”...30	
Chapter 5: Transforming Core Beliefs...34	
Examples of Core Beliefs...34	
Core Beliefs about Self... 34	
Core Beliefs about Others... 35	
Core Beliefs about the World... 35	
Core Beliefs about “Rules”... 36	
Healing and Transforming Core Beliefs... 36	
Chapter 6: Transforming Programming... 38	
Healing “Trauma Bond” Programming... 40	
Healing Programming through Visualization... 42	
Chapter 7: Healing Your Relationships...43	
Choosing Relationships to Heal... 43	
Relationship Healing Statements... 44	
Releasing Connections to Those Who Have Caused Harm... 45	
The Question of Forgiveness... 46	
Other Kinds of Relationship Healing... 47	
Chapter 8: Healing Past Experiences of Trauma...48	
Big-T Traumas... 48	
Small-t Traumas... 49	
Dealing With Trauma... 49	
The Traditional Approach... 50	
New Modalities... 51	
The Zensight Difference... 52	
Processing Trauma with Zensight... 53	
Trauma Healing Statements... 55	
Healing Trauma with Visualization... 56	
Case Study: Healing Trauma from Infancy... 58	
When Multiple Traumas are Present... 59	
Chapter 9: Working with Parts of Self... 62	
Identifying When to Work with Parts of Self... 63	
How to Work with Parts of Self... 65	
Healing the Relationships between Parts of Self... 65	
Healing Relationships Bidirectionally... 66	
Working with Introject Parts of Self... 67	
Other Strategies to Use with Parts of Self... 68	
Case Studies: Sarah... 69	
Rachel... 70	

Chapter 10: Addressing Physical Concerns with Zensight... 76

Case Study: Verity... 76

Addressing the Whole Picture... 78

Healing the Issues Surrounding Physical Concerns... 79

Chapter 11: Addressing “Levels of Consciousness”...82

Use of Zensight to Raise Levels of Consciousness... 83

Applications of Raising Levels of Consciousness... 85

Chapter 12: Additional Suggestions ...86

Using Zensight with Children... 86

Combining Zensight with Other Modalities... 87

Chapter 13: Envisioning a New Future...88

Appendix ... 90

Zensight Closing Statements... 90

Zensight Outline... 91

Zensight Relationship Healing... 92

Zensight Trauma Healing... 93

Resources... 94

References... 95

Useful Links... 95

About the Author... 96

How to Learn More about Zensight

To learn more about Zensight, please access any of the resources described below, through www.zensightprocess.com

ZensightEnergyHealing – ZensightEnergyHealing is a Yahoo email discussion list that Carol Ann Rowland moderates. People from all over the world participate on this discussion list, sharing experiences and getting feedback about their use of Zensight and other leading energy work techniques. ZensightEnergyHealing is open to anyone. To subscribe, please see <http://health.groups.yahoo.com/group/ZensightEnergyHealing>

ZensightPractitioners – If you are a therapist who is using – or learning to use – Zensight with clients, you may wish to join this list in order to share clinical experiences with Carol Ann and other clinicians who are using Zensight Process. Membership on this list is available by invitation only. Should you wish to join ZensightPractitioners, please email your request to carolann.rowland@sympatico.ca. Please outline your credentials and clinical experience when making your request.

ZensightNews – If you would like to access free articles, tips on using Zensight for yourself or with others, stay current in relation to new developments with Zensight, while keeping informed about workshops, retreats, teleconference calls, and other upcoming events, you can sign up for the monthly ZensightNews Ezine. Membership is free and you can easily unsubscribe at any time. Email ZensightNews@aweber.com to subscribe.

Audio Healing Sessions – Recorded Zensight audio healing sessions are available in MP3 format, on a wide variety of issues. These recordings can be listened to upon a computer, burned to a CD, or downloaded to an MP3 player. Topics presently available include *Manifesting Your Dreams*, *Strengthening Spirituality*, *Moving Into Power*, *Loving Yourself Now*, *Healing Relationships*, *Addressing Physical Concerns*, *Healing Trauma*, *Transforming Programming*, and the *Energy Balancing Series* which contains the homolateral, triple warmer, chakra, and grid healing sessions in audio format.

New topics will be added as they become available. Please see www.ZensightProcess.com to watch for these.

Workshops – Carol Ann teaches Zensight Workshops. If you are interested in sponsoring a workshop in your area, please feel free to contact Carol Ann. Please watch for workshops conducted by web conferencing, beginning in 2006.

New! A 5 audio CD set of a one day Zensight Workshop is now available!

Zensight Counselling Sessions – Zensight counseling sessions are available by phone or in person, in Milton Ontario. Consultation to other therapists is also available. No long distance charges apply for most people – please enquire for details.



About Carol Ann Rowland, MSW, RSW

Carol Ann Rowland, MSW, RSW is a psychotherapist and Reiki Master, specializing in the treatment of trauma & dissociation, including Dissociative Identity Disorder and Post Traumatic Stress Disorder.

Carol Ann received her MSW from University of Toronto in 1995. She has over 10 years of clinical experience with Hamilton Health Sciences at McMaster University site. Carol Ann has additional training in Eye Movement Desensitization & Reprocessing (EMDR™), Emotional Freedom Technique (EFT™), Be Set Free Fast (BSFF™), Tapas Acupressure (TAT™), Energy Medicine™, Chakra Healing, Aura Clearing, and Reiki.

Carol Ann has used her expertise with this wide variety of modalities, in the creation of Zensight™ Process.

Carol Ann Rowland is a member of the Ontario College of Social Workers, the Ontario Association of Social Workers, and the Association for Comprehensive Energy Psychology (ACEP).

Carol Ann has a full time private practice providing counseling by telephone to people from all over the world; expert clinical supervision to other therapists; and dynamic experiential workshops.

Carol Ann is a strong believer in empowering people to heal themselves. She is known for her relaxed, comfortable and professional manner, warm sense of humor, and gentle compassion.

Carol Ann Rowland lives in Milton, Ontario with her husband and two children.