

# Practical use of coloured glasses

There are many versions of sets of coloured glasses. Most sets contain ten pairs, but some sets of coloured glasses contain seven pairs, and a few sets even contain 12 or more pairs of glasses. Regardless of the number of glasses used, each colour is tested.

## Choice of scene

The therapist first helps the client to define a problem that is desired to be treated with the coloured glasses. The client is asked to visualize their life story or a special experience. Once a scene arises in the client's mind that arouses a disturbing emotion, an innate bodily sensation or a negative thought, the problem which is treated with the coloured glasses has been identified.

If a client is saddened to have lost their mother, the client is asked to define a scene where the problem was unfolded. Some experience strong emotions when they remember hearing that their mother was diagnosed with a disease and wouldn't survive, others when they see or hear that their mother is dead, and others when they remember being at the funeral. The memory that elicits the greatest bodily reaction, and the clearest inner image of the incident is the scene.

The effect of the glasses depends on the client choosing a personal situation that moves them emotionally, creates a bodily sensation, or gives rise to a

negative thought or conviction. The glasses can be used for a variety of life situations. What is important is for the client to be explicit about a specific experience, bodily sensation or conviction.

A bodily sensation does not have to be related to a memory, since it may originate from a time before the capacity for memory was developed. It is still possible to treat the bodily sensation even if the client does not remember its origin. The body remembers everything.

### Sensation in the body

A bodily sensation may be a pain or tension in the chest or a feeling of having butterflies in the stomach. The client describes the bodily sensation to the therapist. The practitioner helps the client to stay focused on the current bodily sensation throughout the course of the test.

### Emotion

An emotion could be sorrow, for example, after having lost someone, or anxiety about an exam or a negotiation with a boss. It may be beneficial to define a sentence that characterizes the experience of grief. If possible, the practitioner should ask the client to repeat this sentence when wearing each pair of glasses. The practitioner should ask the client to focus on the way the emotion is experienced bodily in order to have a reference to the impact of each pair of coloured glasses.

## Conviction, thought

A conviction or thought may be, for example 'I am not as smart as him.' One sentence could be: 'I don't feel as convincing as I feel Jeff is.' It is important for the client to focus on the experience in his or her own body while bringing to mind the situation where the negative thought and feeling was experienced, in order to test the effect of the coloured glasses on the client's bodily reaction and not on the client's thoughts.

### **Procedure**

1. The client focuses on the bodily feeling, emotion or conviction related to a life situation, scene or image held in the inner gaze. The client describes the bodily sensation to the therapist. The description can be defined emotionally, spatially or mathematically on a scale of 1-10.
2. The first pair of coloured glasses are tested. A) The client puts the glasses on. B) The client focuses on the bodily sensation, emotion or conviction. C) The client opens his eyes, looks through the glasses and describes the bodily sensation, emotion or conviction again. C) The therapist asks how the client is feeling. There are three possibilities, to feel no change, to feel an either releases or worsens the bodily sensation. If a change is confirmed, the therapist asks how the change is experienced and puts the glasses aside.
3. All glasses are tested the same way.
4. The glasses that are set aside are tested again on the same bodily sensation, emotion or conviction. When the glasses with effect are

tested again, the experience is often different than in the first round.

The glasses are tested for several rounds until the experience of a spectacle trigger is stable and soothing. A spectacle that worsens in the first round may improve in the last round.

5. Once the client has chosen a pair of glasses, the questions below can be asked to keep the client's attention to the body sensation, related to the incident to avoid the client coming back into the mind.
6. The client wears the glasses selected until the client feels that the positive experience the glasses induce is stable. The client may become tired and relaxed and lie with his eyes closed, as the glasses can still have their effect while the eyes are closed.

## Questions

Where in the body do You feel the strongest sensation?

What shape does the area have where you feel the sensation?

Do you notice a movement in the area?

Which material does this body sensation remind You of?

How many cm wide is the area?

Does it have a weight? Which weight?

Do you see a colour in the area?

Do you have antipathy against the sensation?

If you have antipathy against this sensation, choose to switch it into sympathy. Invite the sensation to take place in Your body. Notice your body's effort to endure the events you have been through. Your body is 100% loyal to You and it is the best place in the world to be. Feel your body. Accept the

sensation with no requirements, demands or desires to feel anything different than what is authentic now.

Feel what is.

Say thank you for what You feel.

Love what is.

If the client replies that he or she noticed something that feels like 100 kilos, ask again how much it weighs.

When the client succeeds in accepting the bodily sensation without wanting something different, the bodily sensation disappears in seconds.

The client ends up either defining a comfortable sensation or a sense of emptiness. If the latter is the case, ask the client to feel the emptiness.

Feel the emptiness.

Say thank you for the emptiness.

Love the emptiness.

In case the feeling of emptiness arises, one or more sessions of the same scene are most often needed. The client must wear the colored glasses until he or she t succeeds in accepting the body sensation and until it dissolves.

Instruction of

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