

Gestalt of The Dialogue

By David Sparenberg

We cannot talk about greening without talking about peace
 We cannot talk about peace without talking about justice
 We cannot talk about justice without addressing injustice
 We cannot speak of injustice with integrity without talking about the problems of injustice such as race and poverty, exploitation and so on.

We cannot talk about the problems without talking about indifference to suffering
 We cannot talk about indifference to suffering without examining the labyrinth of violence

We cannot speak of violence without talking about hatred
 We cannot talk about hatred without talking about fear
 We cannot talk about fear without addressing the mutuality of vulnerability and the given condition of relatedness.

We cannot talk about greening of the planet without talking about egocentricity and greed
 We cannot speak honestly of this awareness without acknowledging the bitter fruit of arrogance without recognizing the healing significance of humility and compassion.

No talking of self without talking with otherness
 No speaking of where we should be without embracing where we are
 No words about the play upon the world stage without coming to terms with the global village players
 No emotional exchange with our players without an emotional attachment to the playing field
 No meeting here with our masks on no falling into the fatality of silence
 For it is paramount that we speak of greening and short of extinction that we talk of peace.



What is Emotional Transformation Therapy?

Emotional Transformation Therapy is a form of energy medicine using light, color and peripheral eye stimulation to change old stuck emotions, thoughts, behaviors or states of pain to a healthier, desirable, more empowered experience. ETT was developed by Steven Vazquez, PhD, who practices in Dallas, Texas and teaches throughout the world. The system of ETT is based upon developmental neurobiology, whereby visual experience plays a significant role in bonding and development. As humans develop, light and color continue to have an influential role in modulating the brain and body. Seasonal Affective Disorder (SAD) is an example of how variation in light affects mood. ETT attempts to modulate light for therapeutic purposes.

ETT utilizes several tools to make use of color and light therapeutically, including a spectral chart, colored wands, a light emitting device and 360-degree peripheral glasses. Dr. Vazquez discovered that different colors of light resonate with specific emotional states. The resonance activates the emotional state, which can then be processed and transformed.

Affect regulation is thought to be the primary source of integration in many brain functions related to the development of a sense of self and in coping with stress. A light emitting device puts out a dim light of specific wavelengths of color which are emitted directly into the eyes of a client. An interactive therapeutic process accompanies the light stimulation. Color serves as a catalyst to draw forth both emotional and physical responses.

I have used color with clients who are depressed and the use of certain colors and brightness will often support them in experiencing emotion, pleasure and motivation. One of the most important aspects of emotional transformation therapy is the selection of the color that matches the moment-to-moment state of mind of the client. When this match occurs, there is a profound emotional shift and numerous transformations occur physiologically, behaviorally, cognitively and spiritually. One client who was working with issues of betrayal and anger experienced a profound shift as the anger and grief released, her neck spontaneously adjusted and she experienced what she described as an integrative spiritual experience.

One of the most exciting aspects of emotional transformation therapy is the use of brainwave entrainment. Entrainment means that when light is strobing at a specific rate, for example, 10 cycles per second, the individual's brainwave pattern will change to align with the light. This means that certain states of consciousness can be evoked using certain strobe rates and specific colors to match the emotional state or physical state. This allows for a rapid access and a process to relieve distress and heal the root of the problem.

Peripheral eye stimulation (PES) is used to reduce overwhelming emotion, uncontrolled



All's Well
 Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND

thoughts, severe and chronic pain, facilitate boundaries, access positive resources and other states. It is generally accepted that human experience is perceived to be separated into parts, be it id, ego, superego, parent-adult-child, subpersonalities, etc. The greater the quantity and intensity of unresolved emotions, the more likely the individual will create parts and compartmentalization.

PES is a technique that enables the individual to access whatever natural parts she experiences. It utilizes fixed eye viewing to retrieve long-term memories and extinguish undesirable affect and memory. The Peripheral 360-degree goggles were developed by Steven Vazquez and Joe Mueller in 2005. The goggles reduce the light entering the client's eyes. The facilitator, using a disc on the

front of the goggles, can regulate different angles of light stimulation. An example of the power of this technique occurred when a patient came into my office, very angry, frightened, tangential, and she had difficulty focusing. When she placed the goggles on, she immediately calmed down. There was light entering only at the 3:00 position. When I changed the angle of entering light to 9:00, she became calmer.

Once the affective flooding was contained, she was able to process what was occurring in her present situation.

There are significant parallels between affective flooding and pain syndromes. Through the use of the goggles, pain can be contained into components. One peripheral stimulation position may decrease the pain and thoughts accompanying that condition. Another position may exacerbate the pain and be associated with affect and thoughts about what the client cannot do, while another position may reflect long-term thoughts and feelings about the pain. When the position of least pain is accessed, then this experience can be superimposed on the other positions.

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