



## Eye Movement Integrator

(The “NLP finger” technique)

**1. Client identifies a problem situation:** Access it briefly to notice “present state.” Notice submodalities.

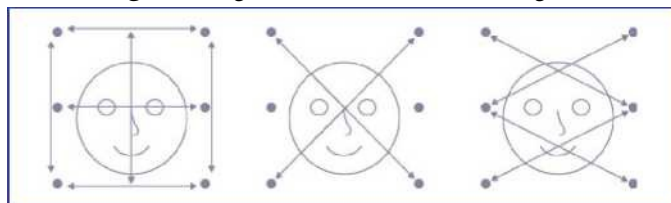
**2. Link 2-Point Processing:** “As you think of that situation, let your eyes follow my finger back and forth, as you allow your unconscious to connect these different portions of your neurology...”  
Alternatively, you can hold two fingers in the two positions and ask client to look from one to the other, back and forth.

Do for all six major accessing cue points. Be sure to include both large and small diagonals. (See diagram.) Watch client’s nonverbal response as each pair of positions is connected. Do each pair for about 20 seconds or until no further nonverbal changes are evident. After each pair is done, notice if client’s experience of the problem content is different.

“Now you can connect these two points, so that your unconscious can bring additional portions of your neurology into involvement.”

- Notice which accessing position seems to be least resourceful (most bad feelings).
- Begin by linking positions other than the least resourceful position. After other positions are linked, connect to the less resourceful position.

**1. Invite 3-Point Linking:** “Ask your unconscious to let you know which three points we should



connect next.” (Follow the sequence your partner “intuits.”)

**2. Developing Integrated Processing:** “Notice which eye position has been least pleasant to look in (area X). As you think of this content you selected, you can have a sense of all the resources you already have linked, in the circle (arc) around this area (gesture). Instead of linking only two points, what we’re going to do now is connect all of these resource areas simultaneously with area X. So right now you can just have the sense that all that you have available in this entire arc, is flowing simultaneously into area X, so that all of that resourcefulness connects with area X.” (Use gesture and sound anchor as demonstrated.)

(Give time for physical integration to occur.)



Now you can allow area X to flow out (flower out) simultaneously to all the other areas, so that the connection goes both ways. (Again use gesture and sound anchor.)

**Stretch:** Do this step with each major processing location.

**3.Circles and figure 8's.** (This step can be done before or after step 4.) Experiment with both directions, including horizontal and vertical figure 8's.

**Stretch:** Do 3-dimensionally. Do with center of figure 8 or circle lowering to heart area or midpoint of the body.

ALWAYS be sensitive to ecology. Honor any sense that a certain direction, etc. is not useful.

**4.Test:** Notice how your experience of the chosen content area is now different.

**GENERALIZING:** Do the above thorough version (all six steps) with two separate content areas, noticing which specific types of linkage give you the strongest physiology shift. These are probably the areas that for you have been least connected in the past. On a daily basis for one month, do these specific linkages. Each day use whatever content area "emerges." (It's OK to repeat the same content area.)