What is Bilateral Stimulation

We live in a world where stress is part of our daily life. How do we maintain a calm state of mind in situations that are overwhelming, difficult and stretch us to our limit?

Bilateral Stimulation (BLS) simply means stimulation of both sides, as in both sides of the brain in this case. It is thought to improve the brain’s communication between the hemispheres and is used to activate or ‘awaken’ the whole brain.

Bilateral stimulation is a core element of E.M.D.R. (Eye Movement Desensitization and Reprocessing) which is a therapy that is very effective in releasing traumatic memories and feelings.

It is thought that the back and forth Eye Movement is correlated to R.E.M. (Rapid Eye Movement) which takes place in the periods of our deeper sleep and seems to release the stress of the day.

It also has been discovered that it can serve as a standalone resource to help reduce stress and anxiety, resulting in clearer thinking and, thus, improving our overall level of functioning. It also serves as a positive reinforcement/enhancement tool, highlighting our positive thoughts and feelings.

This process, in turn, will release your anxiety, worry, fear, panic, anger/rage, depression, and, even, physical pain, etc.

There are three mains purposes of bilateral stimulation:

* It can relax the brain thereby reducing anxiety, etc.
* It can also enhance positive thoughts and feelings
* It can bring up and Releases traumatic material stored in the deeper parts of the brain, and

As you can see when you download my FREE Stress ebook, **all negative thoughts, beliefs, feelings and dysfunctional behaviors come from some sort of negative experience or trauma** in our lives. Bilateral stimulation Releases the traumatic memories as well as the negative thoughts, beliefs, feelings and dysfunctional behaviors created by that trauma or adverse experience.

Different ways to activate the bilateral stimulation are:

Bilateral stimulation can be done in a variety of ways, such as; jogging, swimming, drumming, bilateral tapping, listening to bilateral tones or bilateral music.

* Tactile – clickers, Butterfly Hug or other way of body tapping
* Audio – listening to a bilateral recording of various sounds

**Bilateral Stimulation Relaxation mp3s are For Sale at:**

[www.acceleratedhealingsolutions.com/bilateral-stimulation-relaxation](http://www.acceleratedhealingsolutions.com/bilateral-stimulation-relaxation)

* Visual – by following a pointer, finger or light machine

**Give a brief demonstration of each**

**Please be aware that Bilateral Stimulation can bring up and release traumatic memories and negative feelings. This is not what we want to have it do for you at this point. For this exercise we want it to relax you only. So, if it starts making you feel uncomfortable in any way, please stop using it for now and pick it up again at a later time.**