

Bengston Energy Healing Method® Workshop

IMAGE CYCLING™ PRACTICE

Preparation Matters

First, let's review few of the key points about making your list:

- You can have as many things on the list as you want.
- Your list is fluid. It is not a life-long contract. Your list will change and fluctuate as your wants change.
- Your list is completely selfish. Items are only on your list because YOU want them.
- You will be able to recognize when you get each item on your list.
- Your list is about “What.” The how and when is not your concern when cycling.
- Everything on your list is something you do not now have.

You have spent some time immersing yourself in a future, using all of your senses, in which each item on your list has occurred. And, you have distilled each item into an image or word that means something to you and is recognizable — in other words, you will know when it happens. Now you are ready to begin cycling.

Image Cycling

(For ease, we will often refer to image cycling simply as “cycling.”)

Image cycling is a **method of very rapid imaging of your list.**

Image cycling is **not only for healing.** Image cycling is a **way of life** — it is practiced during the course of the day. Some people even wake up from a dream cycling. However, it can be used for healing. For unknown reasons, image cycling seems to change healing in profound ways. Some people who learn to cycle are not interested in healing at all.

Cycling is like throwing out a line to catch a particular “something” in the future and then stepping out of the way and letting the current drift your lure to the exact location. When you cycle you are being pulled by a strange, unknown attractor to the particular future you want. How the things on your list happen can be a winding path and often things come about in ways that are completely unimaginable. It is playful, and fun and rewarding.

When you made your list, your conscious mind (your pea brain) got to rub the lamp — to make the list and wallow in a future in which your want has occurred. This is as far as your conscious mind can go. **Making your list is mindful. Sufficiently practiced, cycling becomes mindless** — yet in the beginning, your pea brain will try to hold on and control everything.

Cycling is about letting go. Your conscious mind needs to cede control and get on with what is happening in the present – your life in the moment.

When you learned to ride a bicycle, it took practice and more practice. You took some spills, got up and tried again. Once learned, you let go and riding became effortless. You have a conversation with a biking partner, watch the scenery, read road signs, wave at a neighbor and all while you are effortlessly pedaling, steering, turning and avoiding obstacles.

Cycling is similar. It takes practice, but **once learned, cycling becomes effortless and recedes to the background.** Just like learning to ride a bicycle, your conscious mind cedes control and the “real you” takes over. You cycle, while you have a conversation, read the paper, watch a movie, or do a healing session.

Practice and Cycling

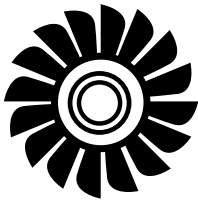
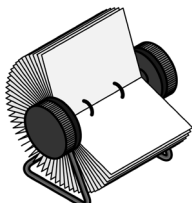
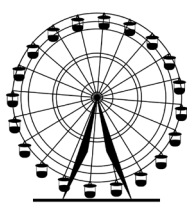
With practice you realize a form of body memory. In tennis, you practice a forehand or backhand over and over again until your body remembers. Only after much practice can you enter the flow and play tennis. Flow is when your body simply responds as the ball comes at you at over 100 miles per hour. Your pea brain can't think that fast, you may not even be able to see the ball, but your body "knows" and responds.

Cycling is similar, it takes a lot of practice. You practice . . . which leads to body memory. With practice, you **move from mindfulness to mindlessness**. At first you must pay attention, then you move from trying to letting go — **your conscious mind gets out of the way and cycling becomes effortless**. Your cycling recedes to the background as you go through daily life. **Image cycling is when you achieve flow.**

Practice Exercise

Move through your individual images or words on your list — one per second or drumbeat, then two per drumbeat. You may find it useful to drum your fingers to a beat or use a metronome. In the beginning, use your physical list if you need to. Then try going through your images without your physical list.

You may see, hear, feel or perhaps even smell your list. All of these ways of cycling are just fine.



Gimmicks

A gimmick is a **technique to help you increase your cycling speed**. The question is what gimmick works for you . . . putting your images on a filmstrip and then spinning the strip, on a Rolodex and then rotating it, on playing cards and then flipping through the deck?

Choose a gimmick that appeals to you and place each image/word from your list on it. Place them in any order, the more random and chaotic the sequence is the better. At the end, we have provided some pages for you to play with.

Practice Exercise

For each drumbeat or second, spin your gimmick and go through all of the images on it — flip through your entire deck of cards, or loop through your entire filmstrip. Don't worry if you skip an image or if the sequence changes.

After you have practiced this some, begin to spin your gimmick faster and faster — two turns per drumbeat, three turns per drumbeat.

As you speed up, your images or words become a blur, devoid of emotional or sensory content. Emotion and sensory content are no longer relevant — they are part of the preparation work, not cycling.

Speed matters! One of your practice objectives is cycling speed — affectionately called hypercycling.

Every now and then, let one of the images pop into your consciousness, or "slam on your cycling brakes" and see what image pops up. This is one way you to make sure you are still cycling. Cycling is a random process and the image that appears should be random as well.

Emotion and Cycling

Once you have practiced with your gimmick, explore speeding up your cycling each time you experience an emotion, whether positive or negative. Laughter or sadness, joy or anger, it doesn't matter. The stronger the emotion the better.

Think of the emotion as fuel for cycling. **Don't try to alter, stop or displace or replace the emotion — use the emotion to stimulate, or feed your cycling speed.** Emotion provides fuel for speeding up your cycling.

Examples:

- You are driving down the highway and someone cuts you off, your first reaction is anger — use this emotion to push your cycling into hyper-speed.
- Your favorite team just scored the winning point. You are on your feet cheering wildly — at the same time you speed up your cycling riding on the fuel of your emotion.
- When you sit down with a client, you are probably anxious. Questions like “Where do I put my hands?” or “How do I explain this stuff?” produce anxiety. Use this emotion to increase your cycling speed.

It often surprises people the first time their cycling automatically speeds up in response to an emotion.

Cycling Fun

Playing with your cycling list and gimmick are wonderful things. Run your list backward. Mix up the images. Change your gimmick. Throw your list in the air and watch it fall like confetti.

All of the above keeps your cycling from becoming rote and ritualized. It also is just plain fun. Cycling should not be drudgery — **cycling should be fun.** Yes, it takes practice, but practice towards mastery should be enjoyable.

Play:

- Try pushing your cycling and then deliberately let go
- Now make it go faster and then let go again
- Pay attention to it, then let it drift
- Speed it up, slow it down, then triple the speed
- Slam on the brakes and see what image pops up
- Focus on the task at hand and once in awhile, check in to your cycling going on in the background
- Stop cycling, then start it up again.



At first cycling may require great effort, but the more you practice, the more natural it will become. You will know you are mastering the technique when you find yourself automatically hypercycling while experiencing an emotion.

You can enjoy and benefit from every level of proficiency, even the very beginning stages. The beginning stages of image cycling are like riding your bicycle with your friend holding onto the seat while you figure out how the peddles and steering work. At some point, it will “click” and you will “catch” the balance point, the gyroscopic anti-gravity sensation where “now I am doing something quite different.” Once you feel it, you can start reaching to feel it again and again.

The above are guidelines to help you find a method unique to yourself, based on your own firsthand experience, internal and external. **Make it your own. And above all have fun!**

