

Visual Thought Stopping for Pain Stress and Depression

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VISUAL FRACTALS TECHNIQUE

Thought Stopping

Stand relaxed with legs slightly apart and looking upward and focus on a light that is not too bright.

Use around 10-15 seconds and blink a few times to sharpen focus and thus increase luminosity of fractals afterimage.

Drop your head to your chin and dissolve all tension as you view a moving visual fractal pattern, similar to the light which gradually moves and changes color.

This process is not color therapy and does not resemble meditation. It is solely a psychophysical reaction.

Keeping the eyes closed, start stretching slowly and gradually while thinking of people you love or even saying a few short prayers but do NOT think about problems.