

Info Sheet: Treatment with the **wingwave** method

Many people are familiar with the advice: "Sleep on it for a night and things will look different tomorrow." And it is indeed the case that during the night, while we are asleep, our brain deals with everything we experienced during the day. This happens in the dreaming phases which are associated with fast movements of the eyes, *Rapid Eye Movement* (REM phases). In this period, the two halves of the brain work together particularly intensely. However, some events cannot be processed by the person's own powers. They act as blocks, become stress triggers and a burden on our spirit and general quality of life. In this case, the REM phases can be specifically deployed in a waking state in **wingwave** coaching: the coach waves back and forth in front of the client's eyes which imitates in a waking state the effective work of the brain during the night's sleep.

During the day, too, people suffering from negative emotions tend to display a rigid countenance: they have "staring" eyes and lose their mobility. Persons who feel at ease show lively eye movements. Just think of children excitedly recounting a pleasant experience.

With **wingwave** coaching, the brain is given a kind of deliberately deployed extra tuition on the optimum processing of information, and a positive flow of movement is restored to the eyes. The effect is not only a clearly noticeable reduction in stress but also the enhancement of emotional balance and creativity. The effect of the deliberately deployed "waking REM phases" can therefore be to make targeted use of the beneficial "clearing-up process" which otherwise happens at night. Your coach will carry out this intervention with you. With many people, this method is a real help in recovering from stressful experiences and viewing the future with greater confidence.

With **wingwave** coaching we use a **muscle test** to test exactly which experience could be triggering the stress - primarily on the basis of words and statements which the coach and your interpreter test together with you. In the said test, the subject holds their thumb and forefinger firmly together and the coach tries to break this ring. At the same time we test for possible stress points in your mental experience by speaking words and statements. Coach and interpreter register all the word signals that test weak which should then all test strong after the coaching sessions: that is the objective and it means:

- "I can cope with what happened - or with what will happen"
- "I feel I can deal with the subject."

