On Being a Therapist Who Uses the Low Energy Neurofeedback System

In the world of brain research, there is a saying “If it is in print, it is outdated.” Research into the workings of the brain and how it relates to being a human are evolving faster and deeper than ever. Research papers often have a disclaimer like “by a process that we do not yet understand…”

The Low Energy Neurofeedback System is no different. The idea of how LENS works changes, evolves, and is debated: as great minds try to conceptualize the experience. We know what: the machine feeds back the vibration at the scalp and feeds back an offset (vibration). We know what it does, and we know some of the things that change in people who have LENS neurofeedback. We just do not quite know how this happens.

Not really worrying about how LENS works frees me to speak of the experience of using the LENS. I have been described as an “Angel”, “Wizard”, “Healer”, “Shaman”, “Therapist”, and even a “Techie”. And sometimes I get to experience being an angel, wizard, healer, shaman, or just a therapist. There are moments when, somehow, a client and I share a vibration and change happens. Somehow change happens, pain leaves, depression lessens, and anger subsides. And lives improve.

Sometimes I am just a technician using great tools and sometimes I get the peek experiences: individuals disappear and collective consciousness flows throughout. In order to share this idea more fully, I have to expand on being.

I believe that in order to really understand another’s point of view, one must understand their underlying philosophy. For one’s philosophical viewpoint is the lens through which the world is organized and understood. Lynn Taggert in “The Field” states that “At our most elemental, we are not a chemical reaction, but an energetic charge. Human beings and all living things are a coalescence of energy in a field of energy connected to every other living thing in the world. This pulsating energy field is the central engine of all our being and our consciousness, the Alpha and Omega of our existence.” The notion that we are energy, (not necessarily mass) at any given point of time leads us to the possibility of change. Movement is change, and when things change, they are no longer whatever they were before. So as our energy field (ourselves) flow from state to state, during change of vibration, there are moments when we are not there. It follows that your problems are briefly not there, and when reconstituted, problems are different either in our collective reality or in our personal experience of them.

In the traditions of many cultures, a healer has a certain number of steps to healing. Usually the healer acknowledges the problem and helps the client to identify and uncover the underlying causes. Then using rattles, dance, words, voice, touch, or simple physical empathy, the healer matches the vibration of the client’s problem. This allows the patient to feel seen, safe, and be there mentally. Then the magic happens; the two enter a vibrational dance. The healer uses the tools and skills to match and raise the vibration of the client, vibrating close, yet ahead of the patient’s vibration. Dance close; too far apart and the dance ends, too close and the dance produces no change.

The healer then distracts the patient from his pain/problem/disease while gently leading the patient’s vibrations up to a point where the problem ceases to exist; or the patient’s experiencing of the problem is different.

And the final step is to let go and believe it happened.

The LENS is ideal for this work: I start with researching their problem as well as the patient can tell me. Usually this is limited and we discuss LENS: explaining what we know it does (mechanics of LENS feedback), and touch on theories of how the “miracle of neurofeedback” works. At some point in time, we do an initial map. During the mapping, I explain the areas of the brain associated with different functions. I try to match the speed of my words to the behavior of the patient. I use a soft a reassuring tone, probably invoking a light hypnotic trance.

Some patients are going inward, or at least experiencing something which does not need my words, so I keep silent. Having seen numerous patients and hundreds of maps of brain activity, it is easy to see patterns and make good guesses about your client. Being able to tell someone about themselves from a brain map is a great placebo. For example, there is a pattern for what I call “milk spillers”. Suppression/hyper-stimulation in C4, T4. Invariably the patient is a “spiller” or admits to learning to be very careful. This disclosure process allows me and my patient to deepen the therapeutic relationship, and assures that change is possible while blame is not needed.

“My brain made me do it!” Really, many parents find relief and love when their child is shown to have brain suppression instead of being a psychopath, sociopath, or other form of evil.

However, most clients just want to feel safe, and feel like it is reasonable to put wires on their heads. They want to know it is real low power and to believe it helps. One of the fun things is that LENS works with animals (horses, dogs, cats) and people like that I have successfully treated animals. It cannot be pure placebo!

So we have made contact, identified the problem, matched the vibration (rattles, neurofeedback, breath work, hypnosis, sacred dance), and then the magic happens. The LENS machine listens to the brain, matches the brain’s vibrations, and then sends an information packet (using a small electromagnetic signal) telling it about being in front of itself. Like the Shaman, the LENS dances with the brain, leading it to freedom and function.

As a therapist, I get to select the feedback program for any client at any point in the treatment. It is like trying to pick a song that two different people can dance to. With the right “song”, LENS seems to put out an almost irresistible invitation to dance (change). During a LENS session, I may check in with the machine several times to see if the brain liked the “music” and then adjust accordingly.

Then I show the patient the maps, explain the changed readings, and predict some changes they may experience for future information. This helps them understand their experience and may have some therapeutic suggestion value. When the LENS suggests a calming of the activity I associate with anger, I suggest that “it may be harder for someone to piss you off”.

Predictions like this help with incorporation and deeper appreciation for the changes. In Shaman’s terms, we have expressed faith in the process, changes has happened, and we let it go.

“… by a process we do not yet understand.”