

This is Mike Bundrant, we're talking about eye accessing cues. You've already read a little bit about the eye accessing cues at this point in the module. Eye accessing cues are one of the more popular and well known aspects of NLP. They relate to I movements, eye scanning patterns. They've been called different things essentially, the eye accessing cues, refer to those moments in our conversation when we are searching for what to communicate next. And in those moments, it's as if our eyes move and we're retrieving information. You may notice somebody talking and as they're talking, they pause and look up and to the left or their eyes move sideways into the right and then they continue. It's in those brief moments that happened so quickly that we're going inside and gathering information quickly about where to go next.

What the developers of NLP discovered is that these eye movements, through a casual observation, not scientific observation, casual observation of workshop, participants, therapy clients, and so forth, they discovered that these eye movements tend to have a pattern that applies to most people so that if you learn this pattern, then you can tell just by watching someone's eyes, as they're communicating the modality that they're accessing in order to gather the information that they want to communicate. And that's what the eye accessing cues chart is about. Uh, in another little audio recording, I will explain specifically the chart, but I want to take care of a couple of things before we move onto that. It's important to understand that the eye accessing cues, again, casually observed, tend to apply to roughly 90 percent of people. For the other 10 percent, their eye patterns tend to be organized in a different matter.

Often it's reversed from the chart that you're going to learn a reverse left to, right? That is, or they may have some other pattern that doesn't seem to be related. We don't know why. It doesn't have anything to do with whether you're right handed or left handed a, doesn't have. Basically, none of this has been studied, so there's not a lot of evidence other than the story has been built over the years and it's held up. It's held up, not necessarily to scientific investigation, but you'll be surprised once you learn this chart, as you begin to communicate with other people, you'll be surprised at what you, uh, what you notice and then you can judge for yourself. So we don't know. We don't. It's not related to left handedness are right. Handedness, can you tell if somebody's lying by watching their eyes? Uh, no, absolutely not. Um, none of those.

None of those common myths are, are necessarily true. Will this ever be scientifically proven? I don't know. It hasn't been to date. It may not be provable. Uh, but what we're simply saying is that it may be useful when you learn the eye accessing cues a and begin to communicate with other people. Uh, you may find some uses for it. You may find that by watching somebodies eyes and learning where they are going for information, you may find that it makes it easier for you to communicate with them. If someone's talking about a problem and you notice that they are accessing a visual memory while they're talking about the problem, you may be able to direct them to remember specifically, uh, the memory that is causing the problem for them. Uh, if somebody lacks creativity and you noticed they never moved their eyes to a visual or auditory construct, which is where the imagination tends to reside, uh, perhaps you can train them in order to access that state a little bit more by directing their eyes there. There's so many different uses for it. Someone's complaining that they're out of touch with their feelings and you notice that their eyes never go to kinesthetic. Can you help them access their feelings? Uh, by directing their eyes to kinesthetic. It goes on and on and on. The different practical uses for this. And so we're going to move right ahead here and I'll be explaining the eye chart to you in the next little audio. Read through it, study it a little bit, and then click on the audio recording for the next one. Thanks.