

Free Info: Mind Magic

So, for all of you who've been sitting on the edge of your seats, waiting for the BIGGEST, FASTEST and BEST **MIND MAGIC** trick, THIS IS IT: an amazing way to clear anxiety, negative emotions and non-supportive beliefs... even old, long standing ones. You can do this **MIND MAGIC** exercise as many times as you want to, every day, to immediately clear any low-energy emotion or state. The more often you do it, the quicker your unconscious mind will learn to let go in future, without any conscious instruction from you. To begin, we have some preparation so that you know how to do each of the stages separately.

Mind Magic

Preparation

Know how to go into the Alpha state, as in Mind Magic Three.

Mind Magic Three (Review)

As you sit comfortably, with your back straight, face forward with your chin slightly up and raise your eyes to ceiling level. Find a place where the ceiling meets the wall and simply stare at a spot. Now become aware of what's to your right and what's to your left, while keeping your eyes and head in the same place, aware of what's in your peripheral vision. Become aware of the nice, relaxed feeling you get when you do this.

Anchoring

Know how to Anchor.

Take your left hand and rest it in a loose fist on your left thigh (if you're left handed, do this the opposite way if you wish). Then simply place the tip of the index finger of your right hand on the top of the knuckle of your left index finger (where the finger meets the hand). This is called an "anchor," and anchors the new state into your body.

So, are you ready?

1. Sit with your back straight, left hand in a loose fist on your left knee, and right hand relaxed on your right knee.
2. Think of the emotion, belief or memory you most want to clear. Put your head down, close your eyes if you like and access it fully.
3. When you can really feel the negative emotion, put your head up and open your eyes. Look up and go into the Alpha state: MIND MAGIC THREE (choose a spot at the place where the ceiling meets the wall, and then become aware of the peripheral vision to your right and left, while keeping your eyes fixed on the same spot).
4. Now do the anchoring. Take the tip of your right index finger and put it on the top of the first knuckle of your left hand and hold it there.
5. Still holding the anchor, with your eyes still open, take a deep breath and breathe out powerfully as you say aloud to your unconscious mind:
"Release the root cause of the(your name for the negative emotion/limiting belief), plus all other negative emotions and negative beliefs around this whole area, while preserving all the positive lessons for my health and benefit."

6. Remove the anchor by separating your hands.
7. Put your head down again, access the negative state. You won't find the feelings as easily this time.
8. Repeat from 1-5.
9. Repeat 6 and 7. Try in vain to find the negative emotion or state. It's gone.

Access (or attempt to access) the negative state three times to ensure that it's completely gone. Amazing isn't it? I love to do this MIND MAGIC with clients to show them how easy it is to clear old low-energy feelings. We choose the least good moment of their lives to have really great proof that it works. Your unconscious mind is very happy to let go, because it's healthy to clear out low-energy emotions.

The more you do this, the more you'll start to feel in control of your emotional state. Then, if you're ever feeling less than good, simply by putting your finger on the knuckle again you'll go into that wonderful Alpha state.

Compliments of Yvonne Oswald
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