

## Mind Magic

***Release a negative emotion in 59 seconds or less. Simple, works 100% of the time.***

Mind Magic is about knowing how to give your unconscious mind an instruction.

Your unconscious mind is a **servo-mechanism**, like the Internet. It takes direction from the conscious mind and has no independent thought processes unless the physical body is in danger. If in danger, it will override any command, like a virus protector on your computer, without you even being aware of it.

This can provide protection that is both good (e.g. not jumping into fire) and not as useful (e.g. fear of speaking in public). It does not differentiate the two.

By accessing the “**happy brain**” or **pre-frontal cortex** in the state of alpha, the unconscious is directly accessed to change the program without interference from the conscious mind.

**Two Steps: 1) Release the Root Cause, 2) Preserve the positive lesson**

**Emotions need to be released in a specific order as follows:**

1. **Anger**
2. **Sadness/Hurt**
3. **Fear (past-based emotion)**
4. **Guilt (did to someone else) / Shame (did to myself)**
5. **Anxiety (future-based emotion)**

## INSTRUCTIONS

*Emotions need to be released in a specific order. (See page 1)*

**Step 1** - Name the emotion (anger, sadness, fear, guilt, anxiety)

**Step 2** - Head down to access it. Recall a memory when you felt this way or simply feel where it is in the body. Takes you into your limbic (middle brain).

**Step 3** - Head up, look to a point on the ceiling, becoming aware of what is on the right and what is on the left. Brings you into the *learning state* also called Hakalau which in Hawaiian means “to stare at as in meditation and allow to spread out”

**Step 4** - Place your left hand in a loose fist on your lap. Place the tip of the first finger of the right hand on top of the left first finger knuckle of the left hand.

**Step 5** - take a deep belly breath, pushing your diaphragm up against ribs

**Step 6** - Say aloud or record on phone: “**Release the root cause of this <insert emotion>, preserve the positive lessons for my health and benefit.**”

**Repeat three times per emotion being cleared.**  
***\*\*This can be incorporated into a daily routine\*\****