

# THE SPINNING TECHNIQUE – PART ONE

- Think of a negative feeling that stops you for moving forward. Close your eyes if it helps and imagine yourself in that situation, having that feeling
- Notice where the feeling starts and where it moves to. eg in your stomach and moving upwards towards your chest. Because it's a continuous feeling it will be looping round and round (otherwise it would be gone in an instant and wouldn't bother you any more)
- Imagine pulling this feeling out of your body and see it spinning round in front of you and imagine what colour that feeling is.
- Then change the colour of that feeling to the opposite colour and reverse the direction of the spinning. Imagine it spinning faster and faster in the opposite direction with the opposite colour.
- Next pull the spinning feeling back inside you and keep it spinning faster and faster in the opposite direction with the opposite colour as you try and think about the thing that was holding you back, spin it faster and faster.
- Stop and shake of the feeling and think of something different.
- Then think about how great you would like to feel in that situation and imagine feeling that amazing in the situation in the future.
- Try as hard as you can to get the old feeling back instead of just noticing how different you feel now.
- Repeat with two more similar issues.

If you find yourself having that feeling again just take a moment to properly notice it, spin it and banish it

You can do this with any feeling that is having a negative effect on you

## **THE SPINNING TECHNIQUE – PART TWO**

- Now I want you to think of something that gets you excited, something that is wonderful, something that you love doing.
- Notice where it is, where does it start, what colour is it?
- Spin it faster, bigger. Intensify it and make it brighter and spread the feeling out to include more of your body, expand it to fill your whole body.
- Now think of something you want to have more motivation to do and spin the feeling faster and faster, bigger and brighter. See yourself doing the activity and spin the feeling faster, bigger and brighter
- Next picture another thing you want to feel motivated and excited about. Picture yourself doing it with a big smile on your face and the people around you enjoying it too (if there are other people there). Spin it faster, bigger and brighter.
- Then think of third thing that you want to feel motivated and excited about. Picture yourself doing it and spin it faster, bigger and brighter and feel more and more excited about it.

If you take a few moments each day for the next few days or weeks and practice this technique, because it only takes a few moments these positive feelings will become habits and you will be motivated to achieve your goals and do what you want to do to become wealthy.