**ENERGY HYPNOSIS (Spinning)**

**Increase a Desired Positive Feeling**

 **(or regain a positive feeling)**

GOOD FEELING

*Think about a good feeling. Think about a time when you had your desired feeling or behavior. Sense it. Experience it. Feel, hear, and see it in your mind’s eye.*

POINT TO IT

*Where in your body is that feeling? There is a place in your body where the feeling starts. Physically Point to it. Take your first impression*

WHAT COLOR?

*Look at the feeling with your inner eyes. There is a color associated with the feeling. Take your first impression. What color is it?*

GATHER THE FEELING .

*Reach in and gather that positive feeling with both hands Pull it all out and look at it. Make sure you’ve got it all out. Sometimes those good feelings hide.*

DID THE COLOR CHANGE?

*Take your first impression. Did the color change or stay the same?*

YOUR BALL OF ENERGY IS MOVING

*Notice your ball of energy is moving in a certain direction.*

SPEED UP

 *Double the speed. Then double it again and again until it is as good as it was and then even better and better. When it is as good as you can possiblly stand it, then slam it back in your body.*

*[Say],” Wooosh”[ aloud.]*

*NOTICE HOW YOU FEEL*

*Notice how good you feel.*

*Taken from session with David Snyder*

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