**Intro to Hypnosis**

**Spinning to Get Rid of a Feeling**

 based on David Snyder’s technique

This is based on brain research and using all of your senses and polarity to change your body’s responses. We are going to change the direction of your issue, pain, whatever.

Decide on one area, feeling or issue you want to change. Your body does not distinguish between emotional and physical pain. Maybe you want to choose a pain in your arm, or whatever. (Optional- Rate your issue from 1-10.)

*[FEELING]*

Think about a feeling or area you want to change. Think about a time when you had you had your feeling or behavior. Sense it. Close your eyes and see it in your mind’s eye. The feeling of the pain or issue may actually be stored in a different part of your body. So grief may be stored in your heart area not your mind….

[POINT TO IT]

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

[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 thefeeling you want to change with both hands Pull it all out and look at it. Make sure you’ve got it all out. Sometimes those good feelings hide. Get those last bits of hiding feeling….

[DID THE COLOR CHANGE?]

Take your first impression. Did the color change or stay the same when you took it out of your body??

[YOUR BALL OF ENERGY IS MOVING]

Notice your ball of energy is moving in a certain direction. Grab the energy ball and move it in the opposite direction.

[SPEED UP ]

Move it faster. Spin it. Double the speed. Double the magnitude. Double the force. Then double it again and again until it is has a life of its own. Until it is impossible to go back to the way it was. Take the energy ball now going in the opposite, reversed direction . Notice the color now. Did it change?

Now take your reversed energy ball and slam it back into the same spot. When it is as good as you can possibly stand it, then slam it back in to the same place in your body.

[Say],” Wooosh”[ aloud.]

[NOTICE HOW YOU FEEL]

Notice how good you feel.

Notice you probably feel stronger, more aligned, Programs that were running that are not aligned with this reversed energy stop and are uninstalled. Much like shedding a skin and being renewed, notice how your body feels. Allow the refreshed feeling to sink in…..

You can use this technique for any feeling or issue or pain.

Did the issue go away? Was the issue dialed down and minimize? You can repeat this if you need to minimize the issue more.