

“Automatic Change, Without Will Power”

5

The Five Critical Secrets
You've Never Been Taught About How To
Finally Gain Greater Command
Over Your Thoughts, Behaviors, Emotions,
Mind—In Fact Entire Life.

TODAY



A special publication by Michael Norman

 **MICHAEL NORMAN**
INTERNATIONAL
Automatic Change, Without Willpower, Fast

Quick One Page Proof: What You're About to Learn in This Publication Really Does Work

(Or "What Others Have Openly Said That Michael's Teachings Have Done For Them)

"I have lost 19 pounds miraculously... I sleep like a baby, and I couldn't be happier"

- Mary F De Luca. Ontario, Canada.

"Your method for changing emotions is so easy"

- Shelley Cox.

"I've gotten more out of this than I EVER got in 30 years of therapy. Seems like a miracle to me, and I don't even believe in such things."

- C. Brooke Gruenberg. Pennsylvania, United States.

"I stopped smoking and drinking altogether, and more positive people and business opportunities have moved into my life"

- Melody Abbott. Lismore. Australia.

My 'GIANT' problem is gone: "I don't have a craving for sugar any longer".

- Marguerite Garrard. Maryland, USA.

"In general I feel a lot better and I'm able to change a negative attitude into a more positive one with confidence and enthusiasm. I also feel really motivated and have found enthusiasm to exercise again"

- Jan Piet Enklaar. The Netherlands.

"Automatic and effortless... I was sceptical at first but this really does work"

- Anita Baker. London, England

"The biggest reward the program has given me is seeing my autistic child smile"

- Swati Rao, Delhi. India.

"The positive changes are immediate and profound... instantaneous results"

- Patrick W. Touhey. Michigan, USA.

"I could literally feel the change immediately"

- Andrew Saari, Wisconsin. USA.

"This stuff is amazing. About 10 minutes to increase my confidence... I am totally amazed at the change already!"

- Badroodien Sydow, Cape Town. South Africa.

"Very effective when it comes to healing past negative experiences and takes away the emotional anguish that used to be there."

- Paul S. Mitchell, Adelaide. South Australia.

"I feel much better, cooler, and more able in uneasy and challenging situations"

- Nick Wendel, Germany.

"I had a very intense phobia which effected me for the last 15 years. I didn't think it was possible, but after working with Michael for less than an hour, it's completely gone."

- Lily Marsh, England

"I saw Michael for just 7 minutes -- that was all it took for him to totally wipe out a very difficult and distressing problem I had with uncontrollable anger"

- Dr. Walter Martin, Australia.

My shyness has vanished without willpower

- David Mahen, Wilmington, Ohio. USA.

1. The Driving Force Behind Every Behavior, Thought, and Action in Your Life

(Or “The Biggest Secret to Taking Control of Your Life Right Now”)

Actions determine results.

We all know this.

It's the *behaviors* you routinely engage in that control your destiny, whether it be with your finances, relationships, career, health, or in other areas of your life.

However, unless you're the exception to the rule, you probably have behaviors that are holding you back from greater success and robbing you from the full joys of life—and you find them very hard to change.

This leads to the biggest gap in the self-help arena today.

1. We all know successful people do things differently than the rest of the population (whatever area they have great success in—be it financially, romantically, professionally, with their bodies and health, happiness, and anything else).
2. Because of a great many high-quality books, courses, and seminars, we're easily able to learn *what* successful people do differently.
3. BUT, despite this, most people feel unable to actually change their behaviors and natural inclinations for any significant length of time to actually emulate their role models and reap the rewards.

On top of this, we all have things that we truly yearn to change about ourselves, but many of those things just seem out of our control.

Well, I'm here to tell you that if you've ever been down on yourself because you can't seem to make the changes you dream of—i.e., you seem stuck, destined to be this way forever, and unhappy about it—it's really NOT your fault.

Why?

Because there's nothing wrong with you.

You've just been taught an ineffective strategy.

Most of us have learned as we've grown up that the only possible way to try to change our thoughts, behaviors, and habits is to try to change them *directly*.

When we get stuck in life, we try to *behave* differently.

The problem, though, is that when it comes to patterned behaviors—the habits that run the overwhelming majority of your life—trying to change these things directly is actually NOT the most effective way.

In fact, it usually guarantees you'll experience struggle, guilt (from constant relapses back into the behavior you're trying to avoid), and a lot of pain.

So, what is the biggest secret when it comes to *effortlessly* changing behavior in a way that lasts?

Well, fortunately, it is actually very simple—***start with your emotions.***

Let me give you an example...

Smoking is one of the most difficult habitual behaviors to break, we all know that.

Most smokers try to give up smoking by attempting to discipline themselves to avoid having another cigarette.

They try to resist their urges, and it's very tough work.

If, however, the same smoker learns how to change the way he or she *feels* about cigarettes—from overwhelming desire to disinterest or even repulsion—then suddenly he or she won't need to fight against the urges; the behavior will change effortlessly, without willpower.

A few more examples to think about...

How hard is it to act confidently when you don't feel confident?

How hard is it to thrust yourself full throttle into life if you feel depressed?

How easy is it to appear calm and unflappable during a critical business negotiation, if inside you're stressed to the hilt?

Your Emotional State Is the Greatest Leverage Point for Behavioral Change

Attempting to think or behave in a way that runs *counter* to the emotional state you're in is extremely difficult, no matter how much willpower you have.

On the other hand, it's easy to act in a way that follows your natural feelings.

If you *feel* confident, for example, you'll naturally and automatically act with confidence.

So why do people fight against their emotions when they can *use* them as a friend and ally? It's simple—no one's taught them how our emotions really work. We learn how to drive cars, surf the net, read and write— isn't it time we also finally learned how to direct one of the biggest controlling elements in our lives more effectively—our own emotions?

“Willpower is needed *only* if you are trying to behave in a way that runs counter to the emotional state you’re in.”

These things are very, very difficult, aren’t they?

That’s because attempting to think or behave in a way that runs counter to the emotional state you’re in is extremely difficult, no matter how much willpower you have.

On the flip side, how easy is it to act confidently if you really are feeling confident?

How easy is it to go out and consume life if you’re feeling passionate, happy, confident, and truly alive?

How easy is it to be calm and unflappable in a critical business negotiation if you really feel able to handle

anything with ease, and you’re coming from a calm, collected, and centered state?

These things suddenly become not only easy, but also effortless.

Why?

Because they’re the natural and automatic consequence of the emotional state you’re in.

Your emotions drive *all* of your behaviors.

If you only learn one thing from me, get this principle. Because if you learn how to direct your emotions, everything else follows automatically.

The big question now, of course, is how do we change our emotions?

Isn’t that also extremely hard too; just as hard as trying to change behaviors directly?

Well, not if you learn a few critical insights and tools that make all the difference. And that’s where we’re heading now.

To start with, let’s immediately clear up two dangerous misconceptions about emotions that most people seem to have—misconceptions that can hurt, damage, and keep anyone stuck for years.

What are these misconceptions?

It’s all explained in the next point...

2. If You're Stuck in Any Way in Your Life, Here's the Reason Why

(Or "The Left Side of Your Brain Does NOT Hold the Answers")

There's a destructive belief that seems to be sweeping the globe.

It's that our emotions "happen" to us.

For example, just the other day someone told me that even though she was happy and enjoying life, she worried that in the future she might "get depression".

As if depressing feelings are a bug that can infect someone!

I've also had clients tell me that they couldn't help feeling the way they did because they had a chemical imbalance. It was in their genes to be that way.

These statements don't surprise me, because I think that more than ever, we're being hypnotized en masse—by the media and so-called "experts"—to believe that we have less control over our own minds and emotions than we really do. And I think it explains a lot of what's going on in society.

There seems to be a growing population of people who are becoming more and more passive about their own emotions. They're blaming the way they feel on their present situation, or on their past, or even on their genetics.

Well, if you and I are committed to actually being in control of our lives, we need to utterly reject notions that make us believe that we're just passive organisms at the mercy of outside elements.

Because the plain, perhaps politically incorrect truth is that we're not.

You and I have the ability to have greater control over our lives than we've ever imagined.

I learned years ago, through seeing clients, that beyond a shadow of a doubt, even the most troubled people in society have the ability to direct their minds and emotions in a way that allows them to be happier, more fulfilled, and more in control of their own destinies.

And, if they can do it, then you and I certainly can!

So why don't more people have greater control over their emotions?

Why do so many people feel stressed, depressed, angry, lonely, or addicted?

Why do so many people seemingly have very little choice about how they feel?

Well, the answer's simple—we've never been taught **how** to direct our minds and emotions before in order to awaken and harness the powerful abilities that we've all been born with.

Plus, our brains have been designed in such a way that if we don't direct our brain, it will direct itself.

So, let me introduce you to the first secret to greater "Emotional Command". It's the first major lesson when it comes to taking command of your emotions.

Logic *Isn't* the Answer.

You and I have had many experiences when we knew we shouldn't feel the way we did, but we couldn't help it.

We had "head knowledge" that we didn't need to feel the way we did, but it wasn't enough, was it?

I've met so many people who could easily explain to me *why* they were stuck.

They'd read tons of books.

They'd scoured the Internet in search of knowledge.

Sometimes they even knew all the medical and psychological theories behind why they felt or behaved the way they did.

However, they were ***still stuck***. (And, often, worse off).

This is because information, knowledge, and insight usually have very little to do with change.

People can know *why* they're stuck, what they should do differently, how they should think and feel, but it's not the same thing as actually being able to change.

Why It's Critical You Remember Emotions Are Not "Things," They Are *Processes*

We'll all do much better if we remember a big thing about emotions —emotions are not things. You can't "have" negativity, depression, or anger like you can have a table, a car, or lungs. That's because emotions are ongoing, dynamic processes. This truth, which is beyond dispute, seems to have been utterly forgotten by mainstream understanding—yet acting as if emotions are things makes it significantly harder to change them. This is great for emotions you want to stick around—such as "I'm really enjoying having such confidence," or talking about possessing "strength." It's very dangerous, however, when it comes to emotions that you don't want to stick around.

So, what is a process? Walking is an example of a process. You put one foot in front of the other, your center of gravity changes, you fall forward, you rebalance, and continue. The best part is that if you don't like a particular place you're going, you can change direction, slow down, speed up and walk past that point, among other combinations. There are variables where things can be changed inside a process, leading to a different result. It's the same with our emotions too. The only thing that makes emotions seem hard to change is simply that no one has ever taught us how to adjust these variables. The good news is that this is a skill you can learn, and learn quickly, so that you can have control over the type of emotional landscape you move through.

The Effects of the Language You Use on the Way You Habitually Feel

I've had clients tell me, "I don't feel like getting out of bed, I can't smile, and I can't be happy because I have depression." I've never, on the other hand, heard a single person say, "Hey, don't expect me to be upset about this bad thing in my life—I'm only able to be wonderfully positive, optimistic, and hopeful about my future—after all I have happiness!" Why is it that the former belief system is common these days, and even seen as valid, yet the later is non-existent and perceived to be silly? Could it be that we're being hypnotized en masse by fear to accept certain beliefs, because optimism doesn't sell as well? The process of giving names (nouns, or more specifically nominalizations in linguistics) to our emotions solidifies them so that those emotions will become (a) more enduring and (b) more robust and solid in our lives. For example, if you believe you "have" depression, it is harder to change than if you describe, "Oh, I'm currently feeling depressed" or, "At the moment, I'm not feeling so happy yet." The language we use with ourselves is very powerful because it is the self-hypnosis that runs our lives.

Because, again, logic (read: head knowledge) is not the answer.

If you have any doubt about this, then I invite you to go watch a really well-made horror film late at night, by yourself, in a dark room. Discover if the knowledge that it's "just a film" keeps you feeling 100% calm, relaxed, and full of peace of mind throughout the film. I think you'll soon discover how little of an effect "knowledge" has over your emotions.

So, since knowledge, information, and insight are not the answers, how do we effectively take command of our emotions?

Well, I'll get to those issues in just a minute.

First, though, I want to cover another important insight about taking command of your emotions that I think everyone needs to know.

It's that...

3. Every Feeling You've Ever Had Has Come From *You*

(Or "Why You Can Actually Have More Control Over Your Life Than You Think")

Every emotion you've ever felt was created inside your nervous system. It's simply a biological and neurological cocktail that *you* have manufactured inside yourself. And, even though it can feel as if something or someone is "making" us feel a certain way (be it loved, happy, angry, stressed, frustrated, passionate, etc.), all that thing or person is doing—**at the very most**—is *eliciting* an automatic pathway inside our neurology, to create those feelings.

This is wonderful news for people like you and me, who are interested in getting all that we can out of life.

It means that, if we learn how to elicit those same feelings from ourselves, we can have access to them whenever we choose!

You can feel as loved, as confident, as patient, as motivated, as focused as you've ever felt in your life, simply by choosing to do so, if you learn how...

...because your emotions belong to you.

It also means that if you change the *triggers* that lead to an automatic pathway for a specific emotion inside you, you can have the very same external events make you feel completely different.

A few years ago, I was asked by one of the doctors who refers patients to me to help one of the most depressed people I had ever met; a highly suicidal patient of his who was locked up under 24-hour suicide watch in a psychiatric ward.

One of the first things the patient told me when I met her, was that she couldn't ever remember being happy, even *once*.

According to her, she had had a terrible childhood and an even worse life as an adult, and her psychiatrists had told her why—she had a severe chemical imbalance.

After a little jovial prodding from me, for a few seconds she remembered that she had felt happy "once" when she was a kid. However, she believed that, because of her chemical imbalance, she wouldn't be able to ever feel that way again.

So, I asked her to do one important thing. I asked her to remember that "one time" when she had been happy. I helped her a little, so she got back some of the details, and guess what happened? The same thing that happens with everyone—those same feelings of happiness she once had came back into her body.

Within 10 to 15 seconds she went from being miserable to having her "second" experience that was filled with happiness.

Are You Rich... *Emotionally?*

Our emotions are ultimately the juice that fills our needs, gives our lives meaning, and makes us feel so, so alive!

On the other hand, an emotionally barren life is a barren life. It's a powerful warning signal that we need to make some changes in regard to how we're living life, fast...so that we rekindle the true joys of life.

There are a myriad of wonderful feelings that we're capable of feeling; feelings that come from inside us, available at any moment if we know how to access them.

To spark your imagination, here's a short list:

Elation, curiosity, passion, desire, tenacity, cheerfulness, tenderness, love, excitement, exhilaration, patience, courage, calm, peace of mind, exuberance, happiness, self-belief, sense of humor, bliss, euphoria, joy, optimism, gracefulness, security, faith, rapture, fascination, feeling cherished, energetic, being bubbly, satisfaction, ecstasy, hopeful, full of glee, feeling blessed, outgoing, feeling grateful, feeling compassionate, humility, persistence, peacefulness, feeling loved, freedom, harmony, gregarious, excitable, in awe, cherished, vibrant, in the zone, feeling special, playfulness, intrigue, confident, energized, captivated, enthralled, compelled, driven, ecstatic.

So, my question to you is simple...

Many people strive to become financially rich. That's fine and good, and financial freedom is important.

But, is your life also emotionally rich?

How many different kinds of pleasant emotions do you experience on a regular basis throughout your life? And, correspondingly, since emotions are the basis of all meaning...is your life full of joy and meaning?

Now even though this was just the first few minutes of working with her, and far, far from being everything that was needed, I'm sharing it with you to make one important point. Namely, that anyone (even someone who's depressed enough that they have to be restrained on 24-hour suicide watch) can gain access to the resourceful feelings they need, if they're taught how. Her neurology had everything it needed to feel good, on demand; she just hadn't been taught how to turn on the pathways of happiness inside her.

In many years of working with people, I've never come across anyone who was unable to feel the positive emotions they were after.

If someone has *ever* felt a certain emotion at any time in his or her life, then it means that he or she possesses all the right “chemicals” and neurological pathways inside them to have that emotion again.

What's more, that person can learn to automatically have those feelings in almost any context desired.

For example:

- If you've felt passionate at a baseball game, you can feel the same passion when working.
- If you've felt disgusted by a particular food you absolutely hate, your brain is more than capable of helping you *automatically* feel that same way about chocolate (if you wanted to stop eating it, as did a previous diabetic client I had).
- If you're confident talking to your family, but you're petrified of giving a speech to an audience at work, you can change the emotional pathway that has been automatically triggered by being in front of that audience in the past—and *automatically* feel confident from now on standing at the podium at work too.

And, again, all you've got to learn is *how*.

I'll give you one “how-to” lesson in just a minute.

For now, there is one more piece I want to cover.

This is really important because there is a lot of rubbish and a lack of accurate thinking these days in the self-help market, and this leads people to setting impossible goals for themselves and feeling hopeless, and very let down when they don't reach them. That's not useful to anyone.

Instead, by having an understanding of this one critical distinction I'm about to share with you, you will have a much more accurate—and powerful—mind-set for creating the life of your dreams, and being the kind of person you truly yearn to be...

4. The Critical Difference Between “State” Change and “Stage” Change

(Or “You Can’t Fix Everything Quickly: These Are the Problems That You CAN Realistically Change in Your Life, Right Now, Almost Instantly...*And These Are the Ones You CAN’T...*”)

I’ve built my career out of helping people change quickly and making a point that:

- 1) People helpers such as doctors, psychologists, and therapists (or anyone else for that fact) shouldn’t charge if they don’t get results.
- 2) Professionals in the helping industry shouldn’t charge per hour as it rewards them for incompetence. Ever consider that the longer they take to get results, the more they get paid?

I’ve stood on stage at medical conferences, universities, and medical schools and passionately argued that *anyone* can change their lives and their situations, fast.

Most of all, I went out of my way to demonstrate it.

My goal has always been to prove to people that fast changes are not only possible, but are actually easier than trying to change slowly.

I think I’ve been pretty successful at that over the years, but it’s also important to know that...

There Are Some Changes That Can’t Be Made Quickly.

In my opinion, this is something that really needs to be talked about because in our “quick-fix” society, far too many people set their sights on certain goals in impossibly short time frames. Then they get down on themselves if they don’t make it.

So which things can you change quickly in your life, and which things can you not?

Well, American philosopher Ken Wilber has done a very good job at pointing out the differences between what he calls “states” and “stages.”

States, as referred to by Wilber, are emotions and are fairly simple (yet can be extremely important) thinking and behavioral *patterns*.

Stages, on the other hand, refer to changes in much more *complex* thinking and behavioral *skills*.

(I’ve listed examples of various “state” and “stage” changes in the table on the next page.)

And, as Wilber has pointed out—

**“State” Changes CAN Happen Almost Instantly.
“Stage” Changes CAN’T—They Take Long-Term, Consistent Focus.**

If you have an anger problem, for example, you can change that in minutes even if you’ve struggled with it for decades of your life—since it’s a **state change**:

“I was in analysis [Freudian therapy] for approximately 30 of my 67 years, starting at age 7 (my parents were in show-biz and that was what was done in the late ’40s and early ’50s). But I think I’ve gotten more out of Michael’s CD than I EVER got in all the therapy I ever had. That’s saying a LOT, believe me! I’ve listened to the CD once, because I tend to have LOTS of driving issues (some folks call it road rage). I got results! I had a 50-mile trip in front of me—certainly the acid test. And the funny thing was that whenever someone did something stupid, I’d just shake my head and think something like 'silly little man, you’re going to hurt yourself that way,' perhaps with a little smile on my face. NO agita, no desire to beat him with anything, no adrenaline flowing; nothing but calm, sensible feelings. I can’t believe that something as simple as listening to a CD can help this 67-year-old woman stop a behavior that has been with her for the whole 51 years she’s been driving. Seems like a miracle to me, and I don’t even believe in such things.”—C. Brooke Gruenberg, PA, USA

(For more stories like this, documenting fast successful changes with other ‘state’-change issues, please visit my web site)

Examples of a “STATE” change (can be made almost instantly IF you know how)	Examples of a “STAGE” change (requires a somewhat longer-term consistent focus)
Wiping out a compulsion to eat junk food.	Losing 30 pounds of fat.
Becoming more relaxed (rather than stressed), alert, and confident in critical business situations.	Learning to negotiate like Donald Trump does.
Feeling deep love for your partner, even when he or she does things that used to annoy you.	Learning to understand, sense, and communicate with your partner at deeper and deeper levels.
Being “disciplined,” and even loving and looking forward to going to the gym.	Adding 15 pounds of lean muscle to your body.
Putting yourself in the emotional state that allows you to automatically be at your most creative every time you write (and making writer’s block a thing of the past).	Gaining the wide array of life experiences necessary to write an amazing book that really connects with your audience.
Having the courage to try new things.	Mastering the ability to drive a car from scratch.
Operating from the emotional states that give you the courage and full access to use the wisdom you already possess.	Learning the skills required to become a truly world-class investor.
Changing your spending habits.	Building financial freedom.
Automatically feeling confident, in control, and at your best in front on an audience.	Learning the nuances of how to be a truly great speaker.
Stopping smoking.	Maximizing your health in the long term.
Getting things done right away instead of procrastinating.	Building a life of true success.

However, if you want to become a concert pianist and you've never played before, that's a **stage change** and requires you to learn and make complex neurological adjustments.

But here's something else important to consider...

Mastering the ability to make “state changes” is a prerequisite if you dream of making longer-term “stage changes.”

For example:

- If you dream of being financially independent, and are currently broke, you can't get there without moving past your fears, being consistently motivated and passionate about your goals, learning to be calm and resourceful under pressure, and lots more.
- If you dream of having six-pack abs or that perfect bikini body and you are currently overweight, you can't get there unless you can take command of your eating habits so you're actually able to follow the best nutritional plan. You also need to build in a motivation to exercise, learn to maintain focus and discipline even if your body is slow to respond, and deal with the social pressures from people around you who are not as committed to being healthy.
- If you dream of falling in love with Mr. or Ms. Right, it's much easier if you're confident, relaxed, full of life, and at your best every time you meet people. This is simply a matter of being in the right state. Then, as any relationship progresses through different “stages,” there are always challenges that arise. Whether you deal with these successfully or not depends largely on the emotional command you have, and the ability to respond with love, strength, and wisdom rather than from reaction. In other words, you're going to need to make many state changes in a relationship if you want to move to deeper and deeper stages of love.

So, to sum this lesson up...

In this quick-fix age we live in it's important to realize three things:

1. You really *can* make critical life-defining changes, almost instantly—if these changes are “state” changes (i.e., changes in emotion, thinking, and simple behavioral patterns). *AND if you learn how.*
2. There are some changes that require a more continual, longer-term focus. These are “stage” changes. And expecting miraculous “stage changes” in minutes is just that, expecting a *miracle*.
3. Making big “stage” changes require that you have the ability to also make the critical “state” changes needed along the way.

Ok, now that we've covered “state” and “stage” changes, and we realize just how important it is to get good at being able to make numerous “state changes” in your life if you want to move toward and live your dreams, it's time to move to the final part of this publication.

So, what I'm going to give you now is...

5. A Simple Technique You Can Use Now to Wipe Out the Fears That Have Been Holding You Back, Within Minutes

(Or “Automatic Change, Without Willpower—Your First Personal Experience”)

From my experience, fear holds more people back from what they truly dream of deep down in their hearts than anything else.

In fact, I'd bet that right now in your life, there is some particular pattern of fear that is holding *you* back from being closer to the very best that you can be and enjoying life more.

For example:

- Maybe you're afraid of quitting your job and going into business for yourself.
- Maybe you'd love to approach that “dream” man or woman who's caught your attention, but you're worried about rejection.
- Maybe you're afraid of heights, spiders, or even failure.

Whatever fears people have, we've all mastered the ability to connect the emotion of fear to almost any trigger.

Actually, we are born with the ability and tendency to do this, and it's mostly a very *good* thing as it protects us from real physical dangers out there.

The problem is that *sometimes* we also learn to fear a lot of things that we or others know are actually very safe *and also good for us*.

Right now, I'm sure there are fears you have that you know are ridiculous and that you know are not useful for you in any real way.

However, that understanding doesn't free you, does it?

This is because, as I explained before, logic is ineffective when it comes to helping us direct our automatic emotional patterns.

So, how can we outgrow some of the fears that stand in our way?

So many people are afraid of the 9-letter word...

...“*Rejection*.” My question is, how on earth can someone “reject” you if they don't know you in absolute detail? In dating situations, what you might label as “rejection” has nothing to do with “you” but rather the other person's unconscious reflex-response in response to how you presented yourself in that moment, combined with their current emotional state, preferences, prejudices, learned likes, dislikes, AND patterns of jumping to stereotypical conclusions about who people are based on tiny, non-verbal cues that you've given off.

Well, there's a quick little-known technique that I learned years ago from an old teacher, but very few people—psychologists, self-help experts, the general public, or otherwise—seem to know about it.

I gave up teaching it as it's not quite as effective as a fuller system for directing emotions (covered in detail "[Your Instant Life Revolution](#)") BUT, it does have one huge upside...

It can be taught in just two or three minutes (whereas it takes 55 minutes to go through my program), and works for about 70% to 80% of the fears people have.

That makes it a perfect way to end this report because I really want you to *experience* the truth, which is that you honestly can make important changes in minutes even when it comes to things that are typically the hardest for us to change in our lives: our fears.

So, here's a process to wipe out fear:

1. **Choose a strong fear that you get in a particular situation, which holds you back in life** (you should get scared just by thinking of it).
2. **Feel the fear, at least a little.** Instead of running away from this fear as you may usually do, let yourself actually feel it. Don't indulge in the fear, but just feel it enough to do the next step.
3. **Notice where the feeling starts.** As you feel that fear in your body, notice where it starts and where it moves to (it will probably begin in your stomach and move up toward your chest and/or throat).
4. **Imagine pushing the feeling out of you and seeing it spin as if it's a wheel in front of you.** Notice, does it spin forward or backward? If for some reason you're not sure which way it's spinning, just guess, as people almost always guess correctly. Also, if you're not able to visualize easily, just move your finger in the direction it is spinning.
5. **If you're okay at visualizing,** you can even add a color to the fear as you watch it spin around. Either notice the color it already has, or give it a color you think is appropriate for the feeling of fear (a lot of people choose red, for example). If you can't visualize this, it's okay.
6. **Turn the wheel upside down, so it's now spinning in the opposite direction.** As you do this, if it had a color before, notice that now the color has changed to the opposite of fear (e.g., a calming blue or white).
7. **Pull this new feeling back inside you so it moves in the reverse direction to the old fear** (i.e., down from throat or chest, towards your stomach). Make sure you keep spinning this new feeling in the new direction.
8. **As you spin your new feeling faster and faster, think of the same thing that scared you before.** And, as you do this, you'll probably notice that you feel quite differently now about what you used to fear.
9. **Now, get out there and make things happen in your life!**

So, how did you go?

I hope you've gotten a lot out of this publication and thanks for reading.

If you're interested in learning more from me, then there are two things I suggest:

1. **If you'd like even more free content from me**, I'd like to give you access to two in-depth magazine interviews I did last year. These interviews cover some fascinating areas I didn't have time to cover here (eg: self-esteem, relationships, high-performance, wiping out problems, plus lots more about emotions and other topics) and I think you'll get real value out of them. [You can get instant access here.](#)
2. If you are really committed about taking full command of your emotions, thoughts, behaviours—in every area of your life—**then consider getting my *"Your Instant Life Revolution"* program sent out to you for to try for free** (all you need to cover is the postage and handling costs).

I have only been able to share with you a small beginning here. "Your Instant Life Revolution" contains my full system for helping you automatically and permanently take control of all aspects of your life, without the need for willpower—and I'd like to give you the opportunity of trying it for free.

Now, yes, I know—"try it for free" probably sounds amazing. However, it's exactly the deal I'd want if I were buying a course.

But there is one catch...

This "try it for free" opportunity—because of its nature of being generous, meaning we only have limited supplies—is only available for the next 7 days. (Less if you're reading this late).

So, if you want to be one of the few people to take advantage of this opportunity, you need to act fast.

It's all ready for you [here](#).

Thanks for your time. I really hope you've found what I've shared here to be very valuable to you.

Use what you've learnt, wipe out the fears in your way, and make your dreams happen!

Take care,

Michael Norman

