



Rapid Relaxation Technique

Let's now focus on stopping anxiety attacks instantly.

Welcome to lesson two where I am going to teach you a rapid relaxation technique.

This is going to stop your anxiety attacks instantly. These attacks are subconscious program's that are running in your "hard drive", so this rapid technique will work like spam software. Don't be fooled by its simplicity. Use it and learn by your own experience.

60 Second Panic Solution™



I want you now to create a nervous feeling in your body, so think of a scenario that you know will make you feel nervous, see what you would see, hear what you hear and feel the feelings of being there now.

As soon as the physical sensations begin in your body, notice where do they begin, and focus on the feeling, where does it begin and where does it move to? Which direction does it move?

Then it begins again-right?

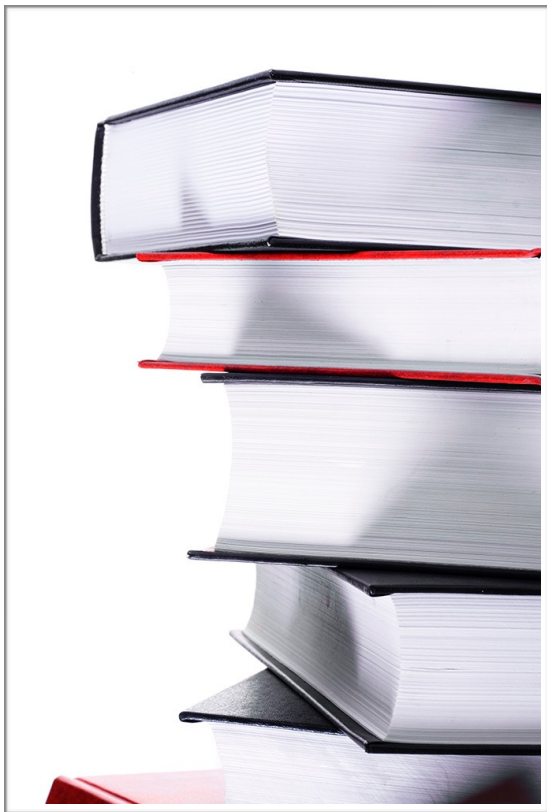
So which way does this feeling turn, because it turns either clockwise or anti-clockwise? It is usually easier to get a sense of this direction if you close your eyes and allow your hand to follow the direction of the feeling...like this... then open your eyes and look at the direction.

Now spin this feeling in the opposite direction using your hand in a bigger circle three times, and push it back into your body. Take your hand away, and...

Now check... the feeling is gone isn't it?

60 Second Panic Solution™

This will work for you in your real life situations. So when you suddenly notice that you feel bad and you don't have time to do the previous technique and search for the thought, just take a second to follow the feeling with hand, then REVERSE it bigger and push it back in.



Guaranteed this works every time!

Welcome to your next stage of freedom.
