

I HAVE A
FEELING
IT'S OVER!

DEAR SUBSCRIBER (ADVENTURER INTO NEW
UNDERSTANDINGS)

I KNOW THIS LOOKS A LITTLE WEIRD.
A HAND WRITTEN REPORT WITH THE WORDS:
IT'S OVER! ON IT.

WHAT IS OVER, FOR ME, IS THE
BAD FEELINGS. THE LITTLE WORRIES
OR STRESSES. NOW I'VE NEVER BEEN ONE
TO WORRY MUCH, MOST PEOPLE TELL ME
(TO MY FACE) THAT I'M VERY RELAXED

BUT WE ARE ALL HUMAN).

EVEN THE DALAI LAMA
GETS STRESSED SOMETIMES

LET ME EXPLAIN.

I HAVE JUST RETURNED HOME FROM LONDON. THE BIG CITY - I LIVE BY THE RIVER THAMES IN ONE OF ~~OXFORDSHIRE'S~~ THE UK'S MOST BEAUTIFUL TOWNS.

AND BIG CITIES CAN BE FULL ON PLACES.

THE REASON I WAS IN LONDON IS BECAUSE OF MY SLOGAN OF THE MOMENT.

HELP PEOPLE, HAVE FUN,
LEARN MORE & EARN MORE.

I HAVE JUST HAD THE OPPORTUNITY TO USE MY SKILLS TO HELP PEOPLE. PLUS I GOT TO DEEPEN MY LEARNING IN HYPNOSIS & NLP.

FOR THE LAST 8 YEARS (ABOUT 30 WEEK LONG SEMINARS, PLUS SHORTER 1, 2 & 3 DAY EVENTS) I HAVE BEEN PART OF A SMALL TEAM OF PEOPLE WHO HAVE ASSISTED DR RICHARD Bandler AND PAUL MCKENNA TO TEACH THOUSANDS OF PEOPLE FROM ALL OVER THE WORLD NLP & HYPNOSIS.

THE REASON I CONTINUE TO SPEND
MY TIME (AND I THANK YOU FOR INVESTING
YOUR TIME READING THIS HAND WRITTEN REPORT)
IS BECAUSE OF THE FIRST TWO WORDS
OF MY MAXIM: HELP PEOPLE.

THAT'S ALSO THE REASON I'M WRITTING
THIS FOR YOU (KEEP READING, VERY
COOL TECHNIQUE COMING UP !)

" THERE IS ALWAYS ROOM FOR
MORE HAPPINESS AND LESS
STRESS IN LIFE . "

THAT WAS MY PREVAILING THOUGHT,
MY MOTTO WHEN I USED TO TAKE
ON CLIENTS FOR ONE-TO-ONE CHANGE
WORK

BECAUSE MY MESSAGE HAS SPREAD FROM
FREEING PEOPLE OF FEARS, PHOBIAS ETC
TO TEACHING PEOPLE TO BECOME FREE, HAPPY,
HEALTHY AND WEALTHY I LIKE TO HELP
SPEND MY TIME HELPING THE BEST
NLP TRAINING TEAM IN THE WORLD

NLPLIFETRAINING.co.uk , DR RICHARD
BANDLER & JOHN LA VALLE . THIS IS
NLP AS IT'S (CO) CREATOR INTENDED

AND IT'S A LIFE CHANGING
EXPERIENCE

LET ME EXTEND THIS CHALLENGE
TO YOU.

THE 7 DAY WHIRLWIND

THE DAY BEFORE I WENT TO LONDON I RETURNED HOME FROM MARRAKECH (ANOTHER BIG VIBRANT CITY) I WENT THERE FOR A WEEK OF SUN, EXPLORATION, FUN AND SOUND RECORDING (MORE ON THAT ANOTHER DAY!) AND ALSO TO CELEBRATE MY 40TH BIRTHDAY.

MY 30TH BIRTHDAY CAME AND WENT LEAVING ME FEELING THE SAME. NOT A LOT CHANGED OVERNIGHT, AFTER A COUPLE OF YEARS ~~THE~~ THE CHANGES SLOWLY SETLED IN... I WAS NO LONGER "IN MY TWENTIES".

BUT 40 THAT'S A BIG ONE

I WAS PLANNING HOW I WAS GOING TO BE DIFFERENT BEFORE I REACHED 40.

I SPENT 7 DAYS SPINNING FEELINGS EACH AND EVERY DAY, MULTIPLE TIMES.

THE DAY BEFORE I WENT AWAY ALL MY WEBSITES DISAPPEARED DUE TO SOME DATABASE ERROR I KNEW NOTHING ABOUT.

IT'S A GREAT VIEWPOINT TO HAVE THAT,
IT'S THE UNIVERSE (OR GOD) GIVING YOU
THE OPPORTUNITY TO...

I USED TO USE THE PHRASE "IT'S THE UNIVERSE
TESTING ME..." NOW I SEE IT AS "THE UNIVERSE
GIVING ME THE OPPORTUNITY..."

AS MORGAN FREEMAN (AS GOD) IN EVAN
ALMIGHTY SAID:

"IF SOMEONE PRAYS FOR PATIENCE, DO YOU THINK
GOD GIVES THEM PATIENCE? OR DOES HE GIVE
THEM THE OPPORTUNITY TO BE PATIENT? IF
THEY PRAYED FOR COURAGE, DOES GOD GIVE
THEM COURAGE OR DOES HE GIVE THEM THE
OPPORTUNITIES TO BE COURAGEOUS? IF
SOMEONE PRAYS FOR THEIR FAMILY TO BE
CLOSER, DO YOU THINK GOD ZAPS THEM
WITH WARM, FUZZY FEELINGS? OR DOES HE
GIVE THEM ~~THE~~ OPPORTUNITIES TO LOVE EACH
OTHER?"

SO WHEN ALL MY WEBSITES DISAPPEARED
THE DAY BEFORE I WAS DUE TO FLY TO
TO MOROCCO AND HAD SET UP A '40TH
BIRTHDAY SALE' I TOOK THE OPPORTUNITY
TO 'CHILL OUT' AND FEEL GOOD. THE TRICK
IS KNOWING HOW AND THAT'S WHERE
THE 7 DAY WHIRLWIND COMES INTO PLAY.

I USED THE TECHNIQUE FROM THE 7 DAY
WHIRLWIND CHALLENGE A FEW YEARS AGO.

WHEN I WAS LOST IN LONDON DRIVING
IN TORRENTIAL RAIN & IN THE STRAND
WITH NO SAT NAV.

DRIVING IN LONDON IS SOMETHING I AVOID.
IT'S BAD AT THE BEST OF TIMES, BUT IN
THE BUSIEST AREA, IN THE RAIN, WITH NO
SAT NAV AND TIME RUNNING OUT FOR AN
ENGAGEMENT I WAS DUE AT I BEGAN
TO FEEL THE FEAR! SO I USED THIS TECHNIQUE
AND THE SUN CAME OUT (IN MY MIND) AND A
NEW WAY OUT APPEARED.

USED WITH PERMISSION
© IF YOU USE RICHARD'S TECHNIQUE
YOUNG & CREATIVE
RICHARD BANDLER
A HARRY CAMPERO

THIS TECHNIQUE IS THE CREATION OF
RICHARD BANDLER (RICHARDBANDLER.COM)

FIND OUT MORE HERE OR AT
NLPLIFETRAINING.COM.UK - PURENLP.COM

KNOWING THAT 'LIFE BEGINS AT 40' I
DECIDED TO CHEAT AND USE THIS
TECHNIQUE BEFORE I WAS 40 ON
EVERY LITTLE THING... THE PHONE CALL
I KEPT PUTTING OFF, THE E-MAIL I DIDN'T
WANT TO WRITE, THE WEBSITES THAT
DISSAPPEARED...

THERE ARE TWO MAIN APPLICATIONS
OF THIS TECHNIQUE AND THE 7 DAY
CHALLENGE.

THE REASON I CALL IT A WHIRLWIND
IS BECAUSE THEY SPIN AND CHANGE
THINGS.

APPLICATION ONE:

SPIN AWAY BAD/NEGATIVE FEELINGS.

[7 DAY CHALLENGE. YOU HAVE TO DO
THIS FOR **EVERY** BAD/NEGATIVE
FEELING YOU HAVE FOR 7 DAYS]

APPLICATION TWO:

CREATE AMAZING FEELINGS AND ATTACH
THEM TO WHAT YOU WANT TO DO!

[7 DAYS IN A ROW]

MISS SPANNING AWAY A BAD FEELING
JUST ONCE AND YOU HAVE TO START
YOU 7 DAYS AGAIN!

OK. IT'S TIME FOR RICHARD'S
TECHNIQUE ...

... AND NO LAUGHING AT MY
DRAWINGS!

THE NLP SPINNING TECHNIQUE.

APPLICATION ONE: SPIN AWAY BAD FEELINGS.

AS SOON AS YOU NOTICE ANY KIND OF NEGATIVE FEELING THAT IS HOLDING YOU BACK, NOTICE WHERE THE FEELING IS.

WHERE DOES IT START AND WHERE DOES IT MOVE TO?

ANY KIND OF UNCOMFORTABLE FEELING NORMALLY CAUSES PEOPLE TO MOVE AWAY FROM WHAT'S CAUSING IT ie: AWAY THE PHONE CALL OR AWAY FROM THE DOG (DOG PHOBIA).

I'M NOT SAYING CONFRONT YOUR FEAR, SIMPLY NOTICE WHERE IT IS AND WHERE IT MOVES TO.

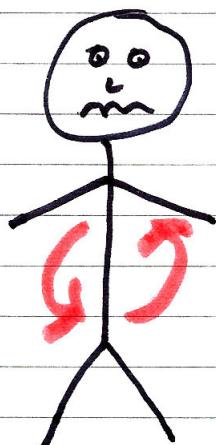


OR



GIVE THE BAD FEELING A COLOUR:

I'M GOING TO USE RED, BUT WHATEVER
COLOUR FEELS RIGHT TO YOU.

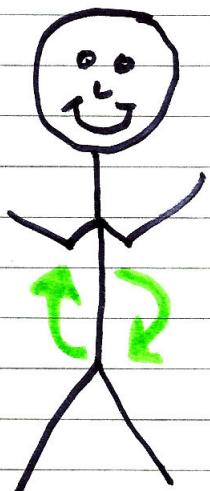


NOTICE HOW FAST
IT MOVES.

IMAGINE PULLING THE
FEELING OUTSIDE OF YOU
AND SEE IT SPIN

SIMULTANEOUSLY
CHANGE THE COLOR
AND SPIN THE FEELING
IN THE OPPOSITE
DIRECTION.

FOR MY
AMERICAN
FRIENDS



THEN PULL THE SPINNING
FEELING BACK INSIDE YOU.

SPIN IT FASTER AND FASTER
- YOU ARE LITERALLY HAVING
THE OPPOSITE FEELING -
WHILE THINKING ABOUT
THE OLD NEGATIVE THOUGHT

SEE YOURSELF MAKING THE PHONE CALL,
WALKING PASSED THE DOG OR WHATEVER
THE BAD/NEGATIVE FEELING CAME FROM.

ANY TIME YOU HAVE A BAD FEELING THAT HOLDS YOU BACK FROM DOING WHAT YOU WANT TO DO, SPIN IT AWAY AND FEEL BETTER BECAUSE THERE IS ALWAYS ROOM FOR MORE HAPPINESS AND LESS STRESS.

APPLICATION TWO: CREATE AMAZING FEELINGS AND ATTACH THEM TO THINGS YOU WANT TO DO

NOW I KNOW THERE ARE THINGS THAT MAKE YOU FEEL GOOD!

SOMETHING YOU CAN CLOSE YOUR EYES, THINK ABOUT AND IT MAKES YOU FEEL GREAT!

THINK ABOUT IT, FEEL GOOD AND NOTICE WHERE THOSE FEELINGS ARE AND WHERE THEY MOVE TO. SPIN THEM FASTER AND FASTER AND THINK ABOUT WHAT YOU WANT TO DO.

SPIN THOSE GOOD FEELINGS AS YOU IMAGINE YOURSELF DOING THE THINGS THAT ARE GOOD FOR YOU.

ATTACH AMAZING FEELINGS TO THE THOUGHT OF GOING TO THE GYM OR CONTACTING PEOPLE AND DOING BUSINESS ETC

SOMETIMES YOU WILL WANT TO SPIN AWAY BAD FEELINGS THEN SPIN UP GOOD FEELINGS AND ATTACH THEM TO THE NEW WAY YOU WANT TO BEHAVE.

IN A COUPLE OF DAYS I'M FLYING TO FRANKFURT FOR AN EVENT I'M WORKING AT. AND SOMEONE HAS JUST TOLD ME ABOUT THE 3 HOUR DELAYS AT HEATHROW TS GETTING THROUGH IMMIGRATION BACK INTO THE UK!

SO I'M GOING TO PLAN AHEAD OF TIME HOW I WANT TO FEEL!

HOW OFTEN DO YOU HEAR PEOPLE SAY THINGS LIKE "HE IS ALWAYS LATE. IF HE'S LATE THIS TIME I'M GOING TO BE REALLY ANNOYED!"

THEY ARE PLANNING AHEAD OF TIME HOW THEY ARE GOING TO FEEL.

SO I'M GOING TO PLAN AHEAD OF TIME HOW I'M GOING TO FEEL TAKING LONGER TO GO THROUGH CUSTOMS THAN FLYING FROM GERMANY TO THE UK!

REMEMBER. 7 DAYS

SPIN AWAY THE NEGATIVE FEELINGS
EVERYTIME YOU FEEL THEM FOR THE
NEXT 168 HOURS.

IF YOU NOTICE ~~THE~~ A BAD FEELING
HAS BEEN LIMITING YOU FOR MORE
THAN 60 SECONDS YOU HAVE TO
START YOUR TIME OVER.

SPIN UP GOOD FEELINGS AND
PROPEL YOURSELF TO SUCCESS.

HAVE YOURSELF A WHIRLWIND OF
GOOD FEELINGS FOR THE NEXT 7
DAYS

JOHN

P.S. GOTTA GO SPIN MY HAND IN
THE OPPOSITE DIRECTION COS IT'S
HURTIN AFTER WRITING THESE
12 PAGES FOR YA! T/C ~~BT~~ AND
HAVE FUN