

Mastering Your **Internal States**

*A treatise and story about how you can enrich
your internal states and live a happier life*

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Content:

[Introduction](#).....3

I- Your Life in an Over Stimulated Society.....4

[Your Brain is Made for Survival](#).....5

[How your emotional states will bring you MORE than you think](#).....7

II- The Easiest Way to get a Happier Brain.....11

[“Just Think Positive” Yeah... Sure](#).....13

[Taking the Trash Out \(Almost Literally\)](#).....14

[Why Hypnosis and Meditation? And what do they have in common?](#).....16

[Rewiring Yourself for Happy States](#).....17

[The Compounded Effects of Positive Feelings](#).....23

III- Manifestation: Unifying The Law of Attraction with NLP.....28

[When you Become Lucky Beyond Logic](#).....28

[The Missing Ingredient to Make it Work](#).....30

[The Magical State Within Which You Get Everything](#).....35

IV- Your Personalized Daily Training: Make it SIMPLE.....49

[If Your Mind Works Against You](#).....50

[How to Learn a New Skill](#).....52

[Building Your Personal Mental Routine](#).....55

Sources.....62

Introduction

You have already heard it all. *Positive thinking, affirmations, visualizing your future and it will manifest...* There was a time when just mentioning it would have gotten you burned on a log. Today, all those things have almost become part of our culture and daily conversations.

However, no matter how much knowledge is accessible about these topics for free, there are still so many people feeling stuck in life, not knowing how to handle their minds and emotions.

In this manual, I don't want to sell you any new method or presumed discovery. All the methods I'm talking about here can be easily found online.

No, what you will read here is my experience in using them. The times where it worked and the times where it didn't. And the incredible results I got when I made them work. Results involving money, relationships, and life changes that went beyond what I thought possible.

One of the biggest misconceptions commonly shared is that it's all about your knowledge and willpower:

- ***You gotta want it badly!***
- ***You must push harder!***
- ***You need to study more!***
- ***Etc.***

But seriously, do you really need a 5-year nutrition degree to know that you need to eat more fucking vegetables and less sugar... No, all the things you need to master your mind are already in there anyway.

However, there always seems to be something holding you back, as if your mind was your worst enemy. It doesn't really matter how much you *know*. And I bet you already know more than enough. It's actually *using* this knowledge at the proper time that is missing.

I will share with you here the most important breakthroughs I've had on **how to make your mind your best friend**, always **working hand in hand with you** instead of against you.

In the end, we will create together an easy mental workout you can practice on your own in less than 10 minutes per day, based solely on **your personal needs** and affinities (removing the fluff and constraints). It will help you get the results you're really looking for **in your life right now**.

I- Your Life in an Over Stimulated Society

Our current society puts a strong emphasis on action-taking.

- ***If you want a better house... work harder at the office***
- ***If you want a better body... spend more time in the gym***
- ***If you want a good job later... study more at school***
- ***Stay late... work more... hustle... push harder... work hard and play hard...***

So many words and concepts describing the perfect “*busyholic type*” burying all his problems into his daily activities. Obviously, taking action is not optional when it comes to getting results in life. That’s an obligation. But what about all the foundations? To me, taking action is only the last part of the equation. That’s worthless if you don’t take care of your internal states prior to and during the journey.

If sole action taking was really the answer to everything, how come the best results are still achieved by only 1% of the people? How come most of the money is made by a few startups when practically all startup founders work 80 hours a week?

My ex-girlfriend used to work in a massive MLM company. I’ve never seen anybody working more than her. But she was still frustrated about not making more money. Meanwhile, she was craving the position of another guy at her company. He was younger, worked less, but was making about 5 times what she was making.

And back when I first tried to understand how to get a girlfriend, I joined a pickup artist group (not my best idea, but you need to start somewhere) and I used to see guys approaching literally 20 to 40 women a day, several days per week. One of them did that for almost a year and barely got 3 or 4 dates during the whole process (which didn’t even end well.) In the meantime, there was this homeless-looking guy I had seen a few times during parties who had almost gathered a harem around him (and he was far from being the best looking or the richest.)

Based on what I witnessed and my own personal experience in life, I come to think it all comes down to how good you are at handling your internal states, or “*emotional mastery*”. How do you deal with the emotional states you experience every day. Usually, people who are good at that have no clue how they do it. “*I just do it,*” they say.

Your Brain is Made for Survival

“Why do I keep beating myself up for that...”

“Why does it always happen to me...”

“Why the good things only happen to others...”

“Forget it... I’ll never make it, I’m not good enough, better giving up...”

Sounds familiar?

You can find countless models and explanations for why your brain works a certain way. Neurological studies will explain to you how certain chemicals go into your body and give such or such a physiological response.

Psychoanalysis will explain to you how your childhood fucked you up in ways you can’t imagine and that it’s the source of all your problems.

Some spiritual teachings will tell you there are magnetic energies or even souls of dead people attached to you and causing certain effects in your life.

Personally, I don’t really care about who is right or wrong, I only care about what works and can be replicated. To me, the only model/metaphor/concept you need to understand is this one:

“Your Brain is Made for Survival”



Nothing more, nothing less. There's only one thing your brain is intrinsically good at and made for: *survival*. That's all. It will keep on looking for what's wrong or what can be dangerous until you teach it to do something else.

You can read 50 psychology books or learn everything about how food affects your emotions and understanding how you work will be very interesting, for sure. But in most cases, it won't go past that point: *understanding*.

Solely understanding yourself won't help you to change much. Until you learn how to shift your emotional reactions, it doesn't matter how much you "*know*" and "*understand*" about your psyche or emotions. Your brain would just keep on doing the same things:

- ***Running scenarios of potential future disasters***
- ***Obsessing over what you don't have or what you could have achieved if only...***
- ***Exaggerating horrible future events that will most likely never happen***
- ***Rehearsing the worst mistakes you have made in the past***
- ***Inventing dialogues to say things you would never say in real life because of the repercussions***
- ***Tightening your body and blocking the air as soon as any source of stress shows up***

That's what brains are great at: Avoiding danger and keeping you alive. And this mechanism is of great use. Human beings would probably be dead as a species by now if we didn't have that. But there is one massive problem. This survival mechanism has been shaped in our brain at a time where most of the dangers we had to face every day were actual life or death matters.

In your current life, how many problems are actual imminent life or death situations? Does it make sense to want to punch your boss in the face because he made a joke about your work? Does it make sense to feel massive anxiety because your ex is calling you after you broke up? Does it make sense to keep worrying about losing your house when you're making more money than 90% of the middle class?

None of those things are logical by themselves, but they represent what our brains do best: worrying about "dangerous" things. Since our societies don't approve of all our traditional reflexes like biting your enemy at the neck to kill him or physically running away as soon as you're scared of something, we tend to stuff down and bottle up everything. Burying what we really feel until we don't even feel it anymore (or at least we think so.)

If you have understood this concept, you have saved yourself about 1000 hours of reading psychology books, because they will just give you more and more complex explanations for why this happens and how to call the unwanted effects. Things like: *neurosis, post-traumatic stress syndrome, personality disorders, alexithymia, etc.*

Of course, I don't condemn those books and teachings because they can still be helpful sometimes. But as I said, in most cases, they won't help you much to deal with the massive trash of bad feelings that may have accumulated in yourself over the years. Focusing on the problem and how it

works will even tend to bring more of it because you would start to focus your attention on it all the time.

Do yourself a favour and keep your studies low and short about *how* and *why* you feel bad, that will save you a lot of trouble. Some people tend to unconsciously self-hypnotize themselves into feeling bad because they have read their “personality type” *should* feel bad in such or such situation. Therefore, they will make that assumption true every time they can, exactly like the *placebo effect*.

How your emotional states will bring you MORE than you think

If you have read or heard anything about the Law of Attraction, you probably know about that concept: “*Like attracts like.*”

This basically means that if you think and feel something daily, you will get more of it. Now, there are two schools of thought to explain this phenomenon.

1- Something mystical like God, the Universe, your Higher Self, or whatever you want to call it, is affecting your physical environment to match what you think and feel on the inside. (more esoteric approach)

2- Your unconscious mind just keeps on seeing and catching opportunities that will make you get more of what you already feel. (more science-based approach)

Even if I will be referring sometimes to the first explanation, I prefer to center this document on the second version: How your unconscious mind actually expands what is already there.

When you hold a certain emotion or thought for a long time, your mind will just find more reasons and ways to justify it. Just because you feel fear, you will tend to engage in more fearful job opportunities and relationships, because they will match what you already know. Even when those new situations have nothing to do with what caused your fear in the first place. Your mind will just try to make you feel what you have stuffed down without knowing it.

Your mind is naturally trying to avoid change because change “can be dangerous”. It will keep on making you see, hear and take opportunities that keep amplifying what you already think and feel. And that has been the big problem: 99% of the thoughts and feelings we have are outside of our awareness, so how to change what we don’t see?

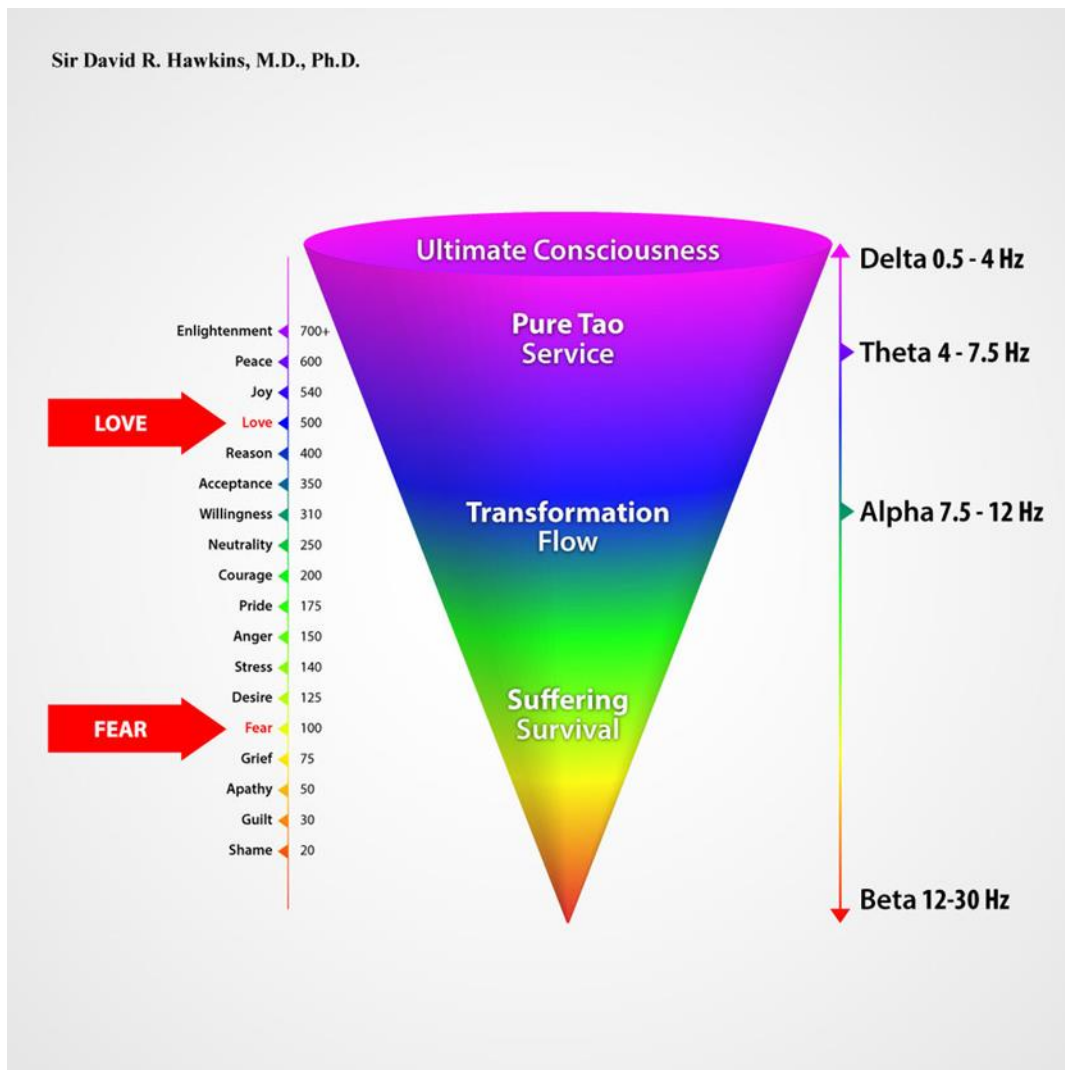
Coming back to my ex-girlfriend who was fantasizing about the position of that colleague at her job, I once learned something interesting about it: That guy and she had arrived in the company at about the same time. They were hired because the company was shifting and creating new positions of

authority. When arriving, he and she both had the opportunity to choose the position they wanted within the company.

Turned out the position that guy chose would be way more paid later in the future than hers when the company grew and expanded again. But there was no way to know that when they signed up for it. Was it really **ONLY** luck? After having seen this phenomenon happening again and again in various situations, I come to think our unconscious minds are perfectly able to catch those opportunities that are outside of our awareness.

After all, if most of what we feel and think is outside of our conscious understanding, then how could we measure all the *positive opportunities* that are hidden outside of our awareness RIGHT NOW, at the current stage we are in our life? Why only the bad stuff could be *repressed and stuffed down*? Why couldn't it be good things that are hidden within your head and waiting to come out?

My interpretation is that this guy at my ex-girlfriend's job was in a much better emotional state than she was when they made their decision.



This graph shows that every “emotion” or “basic feeling” has a relative score. We won’t get here on what exactly those scores mean but keep that simple fact in mind: *The lower you are on this chart, the worst it is!*

Basically, if you are stuck on feeling “anger”, you will tend to detect unconsciously other people who are on the same level and find a way to have an argument with them. But this happens without your conscious awareness. It’s just what our minds, or the Law of Attraction, does: expanding what is already there. Or, as they say: *“The Law of Attraction is like a massive worm that keeps growing and amplifying what already is.”*

But even without mentioning the mystical effects related to that idea, our sole minds are already responsible for a lot of the “unexpected” events happening in our lives, both the wanted AND the unwanted ones.

According to these David Hawkins’s researches on emotions, the emotion of “desire” has a trait to some sense of *craving obsession* for something. I know I have been stuck on that level several times in my life already. This was my unintentional self-imposed nightmare: Only obsessing over what I *don’t* or *can’t* have, and completely ignoring what I had already accomplished or was already possessing.

I have referred to my ex-girlfriend’s obsessive behavior for “more money” but I didn’t mention yet that I was the same. When I started to build my online business on NLP, for a long time the only thing I was obsessed with was the money I didn’t have yet.

That was quite frustrating to me because when my ex was talking about how much money she was making, I knew it was about 10 times more than what I was making at this stage. But she kept obsessing over the money she “didn’t have yet”. I thought it was dumb, but I realized later all the things I had already accomplished at that point in my life, that I wasn’t feeling any gratitude for, and that a lot of guys could be craving for in the exact same way:

- ***I was already in great physical shape, had a great diet, and was very athletic***
- ***I could do public speaking easily without any stress***
- ***I could approach any woman in the street or in a club without any fear (and without alcohol)***
- ***I would always have the self-confidence to start any life project, no matter how scary it is***

But despite all of that, I was somehow seeing in my life ONLY one thing: the money I didn’t have yet. On a side note, it makes sense that her and I were going along so well, we were the same: Obsessing over what we don’t have. We found in each other what was already within us. From there, you can guess it’s practically impossible to find a “better partner” if you don’t change yourself first, because you will keep falling in love with people who match what you are on the inside.

So, coming back to this emotional chart above, being stuck on the level of “desire” was just making me see and hear more evidence that I was missing something. Because despite all the accomplishments I already had in my life, and even when my income finally jumped, I was still coming

back a few weeks later to “Yes, but I still can’t afford this or that...”. I kept finding new and more creative evidence that “I don’t have enough” because I was stuck on that “desire” level.

If you have been stuck on the same level for years, you probably don’t feel it anymore, it has just become part of your everyday experience. When somebody reads to you the description of that emotion, you would probably go “Meh, I’m above that...” But maybe you’re not. If you want to know what you feel deep down these days, including things that you can’t express consciously:

- ***Pay attention to the people you think about the most or spend most of your time with***
- ***Pay attention to the movies you want to watch the most***
- ***Pay attention to the songs you want to listen to the most***

The feelings associated with those people and things are usually the feelings you need to experience more fully at the current moment. It can be positive feelings too, of course, but if you repress anything bad, it will find a way to come out somehow.



The emotional level you spend most of your time on, consciously or not, will make you see around you only things that confirm it and will make you completely blind to everything else. For example, you can only feel an amount of fear regarding outside events that are proportional to the fear you’re already holding within yourself.

If you’re stuck on Fear but keep stuffing it down through watching Netflix compulsively and scrolling down your phone, someday you would start to get very excited and optimistic about the wrong kind of things. You would get pumped up and delighted at the idea of joining that new guru on his personal development retreat, only to discover later he is a scammer and has stolen your credit card details. Which will bring more of... FEAR!

And the reverse works too, when you spend most of your time feeling peace or joy, you will start to find opportunities that people don't see around you. You start to see pathways where people complain about giant piles of rocks. You start to smile for no reason when people keep rehearsing what might go wrong tomorrow... People who only feel joy and peace from within tend to calmly think that *"It's okay, we'll find a solution to that."* No matter how bad or deadly the situation looks like.

I remember when I was trying to go to clubs and get laid the same night, it was never really a success... But one day I learned how to charge and higher up my sexual energy just before going in. Turned out I started to see all around me clear signals of which women were looking for sex that night, and which ones were completely closed to it. The friend I was with kept saying *"It won't work, they're all drunk and don't look at us..."* I wondered at that moment if we lived on the same planet. Needless to say, that night ended up really well for me, but not so good for him.

That's my view on it, whether it is only coming from your unconscious mind, only from the Universe, or from both at the same time, your intuition is always pulling you magnetically toward the things that match what you already feel. You start to see and let your attention be caught by things that people who are not on your level never seem to see.

Now that we've agreed on that, the question remains: **HOW** to feel more often these higher emotional states? The ones that keep on drawing good things to you. Most resources on the topic usually explain that you need to let go and release all the negative emotions before you can experience the positive ones daily. First, that is only *one way* of doing it, certainly **NOT** the only way.

And second, the method for *"how"* to release them is often unclear or incomplete. A few words of advice on breathing here and there but not much more. Consequently, let's explore together the next step on our journey.

II- The Easiest Way to get a Happier Brain

Back when I started to study Psychology in college, there was something that felt wrong to me. For sure all these names and complex models about how the mind works seemed interesting. But I spent months and months waiting for the teachers to tell me ONE USEFUL THING I could do in my life. And that never really came.

In the meantime, I would get my hands on several books about *Neuro-Linguistic Programming*. And I was amazed, the teachings and techniques allowed me to redirect my thoughts in a positive way. It was not about burying them down and putting on a mask to hide your defaults, it was about noticing what really happens in your mind when you see pictures and hear negative voices, and redirecting them

into some positive energy. And it worked! I was starting to get happier than ever. I had found my personal fountain of youth!

On top of that, it seemed like all my concerns and disappointments about the field of Psychology had already been shed into light by somebody else years ago. **Richard Bandler**, one of the creators of NLP, had already mentioned that problem several times.



He said when he approached the field of psychology, there were like 50 schools of psychotherapy battling fiercely to know who was right and who was wrong. But in the end, most of them were doing the same thing: Describing what happens when your brain seems fucked up, and finding more and more complex and fancy terms to describe it. In the end, almost none of them was giving any practical advice on how to change what is negative into something positive.

Coming from another background, Richard Bandler thought about “studying what *works*” instead of “studying what *doesn’t work*”. Instead of studying phobic people to learn about the phobia, he posted an ad to meet people who *had* successfully gotten over it, to study them and find a way to replicate what they had successfully done with their mind. This was the foundation of the NLP methodology: Finding out what works and create a simplified model that everybody can use.

“Just Think Positive” Yeah... Sure

“Just think positive”

“You need to let go of the past”

“Stop thinking about what you don’t want”

“Stop complaining”

“Stop being afraid and be confident”

“Happiness reduces stress levels by 53%, which means you need to stop being unhappy now”

How exactly are you supposed to do all those things? If I ask you right now to forget about the worst and most painful thing that happened in your life, chances are it won't be that easy. Otherwise, you would have already gotten over it a long time ago and laugh at it or feel relieved about it today.

Honestly, most of the personal development advice out there is only about describing what it's like when life is good, without giving you an actual methodology for how to get there, other than sheer willpower: *“You need to”, “Have to”, “Start to”, “Time to”, “Be more of that”, “Do more of this” ...*

But there's a problem with that: sole willpower will never take you that far. It's great to start something but it doesn't last long. Think of all the times you tried again that new diet/workout/money-making plan, to stop it 1 month later and get back to the same life... All those personal development principles seem to be applicable only when you already feel good somehow or when you are in the lecture room with other participants learning about it. Once you get back to your daily life, the shit tends to come back...

How many times did you really stop in the middle of an argument with your partner to rehearse affirmations about a positive mindset? How many times did you stop worrying about money to actually do meditation to relieve that stress? I guess only a few if any. Any mental enhancement method needs to be practiced regularly, and not ONLY when something bad happens. Because at that point, it's too late to get a quick fix like it was promised.

Most of the time, those tools seem to never be available to your mind if you feel down. This is a paradox since it is especially when you feel down that you need them. This is the reason I am recommending a “daily mental routine” that will be built and simplified based on your own personal needs.

There's no perfect routine, we will build your specific one together. Since the unconscious mind and the Universe keep growing and amplifying what is already there, by practicing your simplified mental routine, you will attract more good things to you. But more on that later. For now, let's look at an easy method to unload what you don't want anymore.

Taking the Trash Out (Almost Literally)

“People shower every day, but they never think about cleaning all the garbage on the inside”

Depending on how many negative feelings you have accumulated throughout your life, you may need to “take the trash out” or “let go and release” all the bad things that are stagnant in you. This is what I call the “decompression phase”. Needed when you have been storing too many things to really maintain anything positive in the long term.

This phase is not always necessary, and I have certainly seen people getting better without needing to go through it. However, if you want to experience it, that can only bring more positive results.

Hypnosis, Self-Hypnosis, Meditation, HRV Training, and all sorts of healing methods can all help with that. Basically, what happens when you truly experience a sense of letting go, is that you start to decompress and unload the pressure that was being held inside. Slowly but surely. Until it vanishes completely.

Sometimes, it starts with a lighter sensation in your chest or in some other part of your body. Sometimes it sounds like that negative inner voice that has been annoying you for months is now starting to say nice things on a warmer tonality, or even fades away completely to give birth to a comforting silence.

Maybe the thing that needed to be released was an old trauma, or maybe it was just a ball of terrifying anxiety that grew over the years. But the magic thing about the mind is that it has impressive plasticity. Anything that was once true can change into something more enjoyable. A massive amount of guilt or anxiety can always be educated and taught like you would teach a young curious child.

When exposed to the right resource, it is like your negative feelings can be taught how to change their bad habits, they start to grow and become more mature adults, who have stopped making noise for no reason, they start to work in your favor instead of doing silly things. And all of that is the matter of a few thoughts.



When engaging in a process of letting go of bad emotions, whether it is through meditation, HRV training, or anything else, you may experience a continuous “unload” that will take a few days or weeks before it is completely processed.

People who have been burying down their emotions for years will slowly unload and unpack all the dirty stuff, and start to feel like they can breathe more freely as the days are going by and start to have old memories coming up (in a good way). They become more and more relaxed as their body releases all of the physical tensions that were once linked with the internal pain, and they sleep better and become more creative too.

A simple method leading to a sense of *Letting Go*:

- 1) Set your timer for 15mn of meditation. Put the most relaxing music you can find. Start by doing deep belly breaths, imagining the air getting inside is lifting the top of your skull head. Exhaling it as slowly as you possibly can. Every time you’re about to inhale, imagine what it would be like to **“allow”** a breath instead of **“taking”** a breath.

This will help you to unload progressively all the tensions. Do that for 5 minutes while imagining that all the thoughts that come to your mind are exactly like clouds during a windy day. They are passing by and fading away quickly. And your jaw and facial muscles are loosening up melting more and more every time you exhale.

- 2) During the remaining 10 minutes, while you keep on doing that breathing process as much as you can, imagine a big, bright and shiny ball of white light appearing behind your solar plexus, within your body, at your center. And you can see an affirmation written somewhere inside you. It says *“I am releasing everything that needs to be released”*. Rehearse that phrase in your mind as you look at this affirmation bouncing back all around the white sphere inside you and all-around your torso. In the beginning, that may not do much.

But after a few minutes, you may start to notice some unwanted feelings or thoughts. Breathe deeply as you acknowledge them and let all the negative sensations and tensions be processed all throughout your body. Imagine it grows and it is going everywhere it needs to go until it is completely processed.

(That’s also an old martial concept for pain control: letting the pain grow and expands to every part of your body, until it fades away, instead of keeping it stuck in a tiny emplacement where it would have been staying stagnant and persistent for a longer time).

- 3) Repeat this process once per day for 7 days. Or do it as long as you feel any lingering tensions or pressure in your body or in your mind that seems to never really go away, even when you try to relax. You will start to see clearer and have a quieter mind as you go on with this process.

Why Hypnosis and Meditation? And what do they have in common?

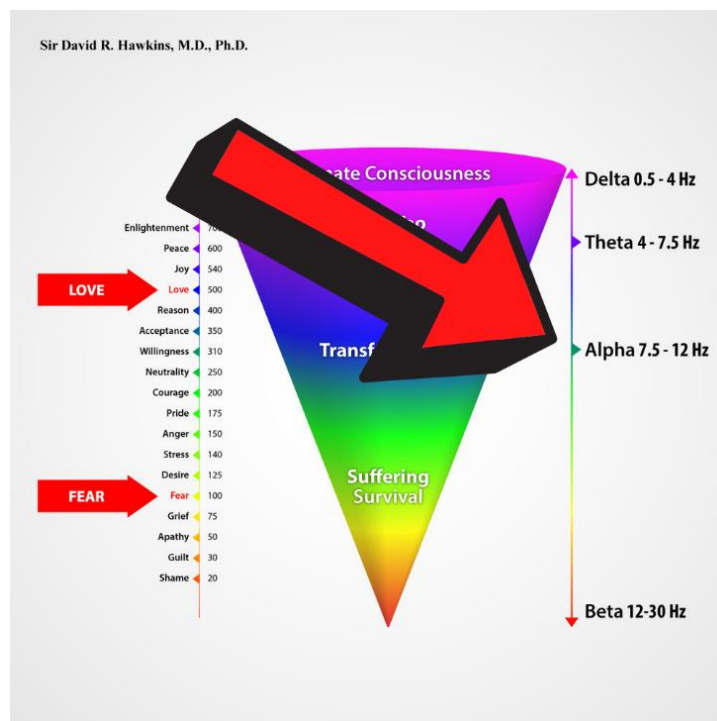
One popular concept in psychology that I think is highly relevant is the one of *Defense Mechanisms*. Your conscious mind is always trying to protect you from experiencing something dangerous or harmful. (Brain made for survival, remember?)

Those mechanisms will produce various effects like the parent yelling at his son to unload his anger rather than directing it at his boss, which could get him fired. Or the classic situation of intellectualizing through facts and numbers *why* you did *what* you did, even if deep down, you know it was wrong.

All those mechanisms are helpful to live in society, they avoid a lot of unnecessary bad situations, but they are a pain in the ass when trying to handle your internal problems. Because whenever you're about to make a discovery that could make you change for the better, these mechanisms tend to fire off randomly to prevent you from seeing or doing what you need the most.

Saying "*Nope, change is dangerous, we never know what is over there, let's stay the same!*" The comfort zone you are in right now may suck, but at least you are used to it, it's still comfortable to stay there even if it makes your life suck. Or at least, that's what your conscious defenses keep rehearsing.

Your mind could tend to blank out, get tired or distract by smoking, overeating, watching Netflix, talking endlessly about random topics, or reading/watching some unrelated thing. By the way, if you have felt any fatigue, confusion, or a sense of "*Won't-work-on-me-I-already-tried-that*" while reading this manual, it was exactly that: Your defense mechanisms at play. Since you're about to make a great discovery that can change your life, there's a part of your mind holding you back from it and trying to distract you from pursuing it.



That's why using altered states of consciousness is of immense help. Whenever you use meditation or self-hypnosis, you help your mind get into states known as Alpha, Theta, and Delta (The names can vary, lots of different terminologies appeared over the years.) As you can see in the picture above, that is within those states that the best emotions can be experienced.

Your defense mechanisms tend to be greatly eased, if not **completely asleep**, whenever you reach the Alpha State and higher. That's why commercials always play in the middle of a movie because that's when your mind is the most absorbed and relaxed. This is where you are the most open to being influenced and reprogrammed because your critical defenses are at rest. Do yourself a favor and use that "weakness" of your mind to plant good things instead of letting others program it for you.

By training your mind to go there more often on your own through self-hypnosis, meditation, visualization, or your personal routine that we will create together, you will develop more and more opportunities to experience those awesome positive feelings that are available up there, because your conscious defenses won't be at work anymore.

[Rewiring Yourself for Happy States](#)

Unfortunately, too many resources treating about mastering your mind stop at the "unloading" phase. They simply stop at the stage of healing the dirty stuff in yourself. Sure, it's always good to unwind and liberate yourself from all those nasty blockages or trauma. But there is one problem with that: Brains are very basic sometimes. If you don't teach them to do something new, brains will eventually get back to the old patterns when being bored. Our western philosophy has a curious view on health. Both physical and mental:

"Only taking care of things once they are broken"

This means only starting to practice meditation, healing, or working out **ONCE** you're into a disastrous state. That's nonsense to me. Why would you start to eat healthy **ONLY AFTER** your leg has been cut out because of severe diabetes...? Why not doing small positive programming every day to, on purpose, avoid letting negative things accumulate and getting **THAT** bad.

That's why some people who experienced a positive change during some personal development or spiritual workshop end up getting fucked up again 6 months later. There needs to be some continuous practice to stay well mentally. At every stage of life, new troubles may happen that you didn't know about previously. If you don't keep your *happiness muscle* in shape, the positive changes you made years ago may not be relevant anymore.

Coming back to Richard Bandler, one of the things that amazed me the most was his ability to always seem highly energetic and fun, no matter how old or out of shape, he seemed to get. I wanted to become like that. Always high on life, without taking drugs.

Psychology seemed to always argue about and complexify ideas on how and why bad things happen in life. Whereas, through my studies of NLP, I developed skills in using *Submodalities* and *Anchoring* that solved the whole problem. Those are powerful tools to trigger positive states of mind within yourself at will.

For example, you can think back to a time where you felt ecstatic or grateful, notice how big the picture is in your head, remember the voices and sounds if there was any, and notice where does the feeling comes when you think about it (chest, belly, head, etc.) Then you use a certain method to amplify that feeling and attach a simple word or a simple gesture to it. That way, whenever you will repeat that word in your head or make the gesture physically again, you will get back more easily into that state.

Obviously, it's a skill that takes a bit of practice. You probably won't get it right on the first attempt. But, to share with you the positive benefits of this method: There was a year (2016) where I engaged in developing that skill like an athlete. Literally every day, I would train myself to relieve positive experiences in my head and amplify their feelings. From the positive effects I can recall, I was experiencing:

- **Less fatigue, easier to get going even without sleeping enough much more motivated whenever a challenge approached, less scared**
- **Burning fat more easily, losing weight without additional efforts on working out**
- **Fewer cravings for bad food, easier to make healthy food choices**
- **The girls I was approaching were always smiling at me and being more open**

There was a time during that period where I traveled for 2 weeks in Eastern Europe with a friend. We had a lot of fun, but he really couldn't get any more of me by the end... I was waking up every day feeling like a kid before Christmas. No matter how much we had partied the previous night. This had become my normal state at this stage, and I had forgotten "normal" people needed more time to recover. The worst is I was never drinking any coffee or using any sort of physical drugs. (I won't describe the picture of the last day where I took 1 espresso. My friend is still having nightmares.)



Some people seem to get naturally high like that when they engage in a certain type of activity. That's what is commonly known as the "*Flow State*". But NLP taught me how to trigger that state at will, whenever I wanted.

Obviously, there's some limit. Even if you can change your state at will, your body still needs to sleep and recover sometimes. If you never allow yourself that time for relaxing and loosening up, you will run constantly on adrenaline, which is a dangerous trap to fall into.

Some people in life are terrible workaholics who completely miss out on the childhood of their kids, or get rapidly irritated whenever you tell them about something they don't like. How to know where the limit between healthy positive energy is, and obsessive workaholic behavior?

I don't have an absolute and clear answer on that. I would say to reevaluate yourself every 3 months and wonder:

- **What has been my overall happiness level during those last 3 months?**
- **What do the people around me have said or thought about me?**
- **Is there one negative event or type of person that keeps coming back again and again?**

If the answers to these questions are rather bad, you may be running away from something and seeking states of *being high* to "shade" or "obscure" something in yourself that needs healing.

The good news though is that since you can change your state at will, you can also use that technology to trigger states of letting go, chilling out, and loosening up any time you are too stressed. It's up to you.

The Art and Science of Feeling Better

Let's get to the real meat of this chapter. I mentioned previously something called "*NLP Submodalities*". The best books I know on that are in the *Sources* section at the end of this manual. For now, let's just mention what you need: **how to use them to amplify good feelings in yourself.**

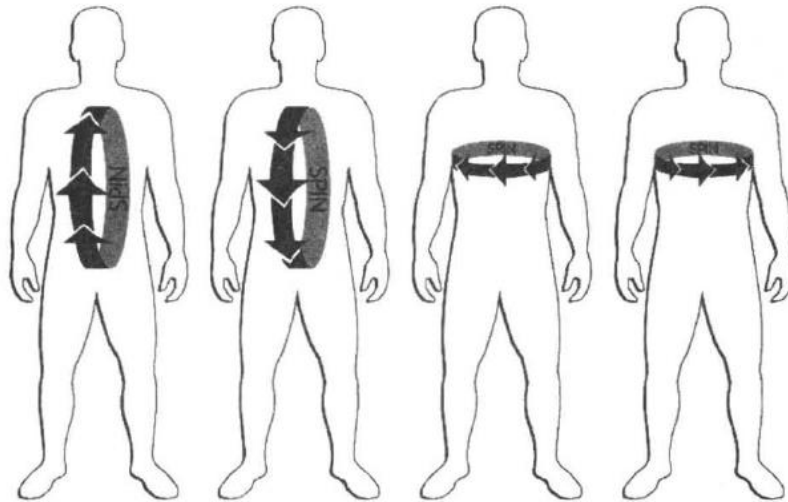
A memory that you remember as a tiny, dark and blurry picture will probably don't affect you that much. However, a memory that you remember as a bright, real-life-size, and colorful movie, where you hear all the sounds in stereo will tend to impact you more powerfully. As if it was happening *now*.

You can take the time to identify what's something pleasant that you experienced recently or long ago. Do you remember it as a big and bright image, where you see things through your own eyes? Or do you recall it as a small, dark and colorless picture? Do you hear any sound in it? Is the image or movie as big as real-life size? Or it is as small as a smartphone screen?

And the most important, beyond those modalities, are the feelings associated with it. By "feeling", please understand that we won't label them here as "*good*", "*happiness*", "*compassion*", or anything nominalized. We only want the kinesthetic sensation associated with it. Because **THAT** is the

key to amplify a feeling. Simply asking your mind for “*more happiness*” or “*better optimism*” is too vague for your unconscious mind to really know what to do with it.

The real key is to identify the kinesthetic movement associated with a feeling. Richard Bandler discovered that neurologically, a feeling is always rotating in a certain direction.



By identifying where the feeling starts, and where does it go next in your body, you will be able to intensify it and amplify its positive effects, creating more good things in your life. However, the tricky thing about Submodalities is that people are not conscious of it at all until you train them to pay attention. It's like trying to find out if a Piano song is played on *LA minor* or *RE major*. If you have never played any piano, good luck with that.

In NLP books, they usually tell you to do that directly with your head while focusing on it. That's how I learned. However, doing it every day can be quite challenging. When your mind is well rested and calm, sure it's easy to follow these instructions. But there are some days where you've been through countless anxieties. More stressful things happened at work. You had a bad argument with the same annoying person again.

Anyway, you get the point, your mental state is not at its peak every day. And if you feel low, that's quite hard to get the necessary focus to do all these complex things with your head.

Therefore, to change that and forget about the nasty stuff; the easiest, simplest, and most effective way to succeed is to record yourself with your phone, and then to listen to the recording to let your own voice guiding your mind into experiencing the change comfortably. By letting yourself be guided, you won't need to force anything anymore. It becomes easy, relaxing, and fun.

Here is a script you can read word for word out loud while recording yourself, and then listen to the recording to let yourself be guided into the experience. (*Imagine you are reading a story to a young child when you record yourself*)

As you listen to this while being seated right here, I would like you to take a deep breath and let your mind get a bit of rest. If that helps, you can imagine a box, or a safe, in which to safely store, all your cares, concerns, worries and bad experiences of the day.

When I will count to 3, you will remember the first positive memory that comes back to your mind. It may be something that happened long ago or something that happened recently.

And 1...2...3!

Now focus on that first thing that popped up in your mind. Even if that doesn't seem to be the best, you can focus on it for now.

I want you to get back fully into that memory, feel how good it felt that day or that night, and let yourself be immersed again into this experience. Remember if there was anybody else with you, what happened that day, why you were there, and what was it like to be there for real, in that environment.

Now, I want you to remember if there was any sound, voice, or specific thing about the images you see. And as you experience that fully, you can feel precisely what it felt like, locate exactly where the feeling starts in your body.

Does it start in your head, in your chest, in your legs, or anywhere else? And as you focus on that feeling, you can start to pay attention to where it goes.

Feelings always go somewhere and rotate in a certain way. As you keep breathing that feeling in and focus on the images you see, you can get a strong sensation of where that feeling goes, and how it rotates inside your body.

Now, since you have a better idea of what that feels like, you can double the image you have inside your head. Imagine you have a giant zoom doubling down the size of that image or movie you are seeing.

Then you can imagine there is a volume button, that you can turn up to higher up any sounds or voices that you hear, if any.

And then, as you keep focusing intensely on this, I would like you to spin the feeling faster inside your body. Spin and accelerate that feeling as fast as you can. Imagine you have passed the next gear of your feeling engine, and it goes faster and faster as the zoom keeps getting closer and bigger.

The more you breath in and breathe out, the easier it expands. And as you notice other powerful memories than can help you embellish and amplify that feeling inside, I want you to upgrade that sensation to the next level. To the point where you feel better and form a giant smile inside your mind.

*And now I will remain silent, and you can keep zooming on those images, make them more colorful and brighter and expanding those feelings by making the sensation spin even faster, as long as you want it to last. **(End of the recording)***

By listening to your recording or following those steps directly if it's easy enough for you, you will train your neurology to activate powerful states of enjoyment and happiness. Of course, using that process doesn't mean you'll never feel any bad feeling ever again in your life. There may be some dramatic event happening here and there unfortunately. But in any case, to enhance a good feeling, just remember this:

- ***Double the size of the image you see***
- ***Turn the brightness up, to make the details and colors more distinctive***
- ***Turn up the volume, as if it was getting louder***
- ***Notice where the feeling starts and where it goes, forming a loop***
- ***Spin that loop faster and faster in your imagination while breathing deeply***

Training your neurology to activate, reactive and amplify enjoyable states like that will make you see things more positively and will have tons of subsequent positive effects. After all, people usually keep doing those things all day long:

- ***Rehearsing negative dialogues in their heads that they never had in real life***
- ***Playing movies of what is the worst thing that can happen in their future***
- ***Focusing on the person they hate the most, even when that person is not there***
- ***Thinking about the worse mistakes they ever made, even after it's over***

The wicked thing about those bad habits is that if you focus on it (even unconsciously), it will expand and run on its own even when you are supposed to relax or enjoy time with your friends. Bandler used to explain that if your brain doesn't know any clear and easy road to feel good, or if you haven't experienced real positive feelings in a while, it will just go back to running the same old negative patterns again and focus on unpleasant things.

Remember brains are primarily designed for survival? That's right, if you don't teach your brain a proper way to enhance positive feelings, it will just keep on playing bad movies in your head. However, do you even realize you have a whole library of great experiences and positive feelings that happened to you during your life? Why not playing them more often?

What if, instead of focusing on how worse it can go tomorrow, or how badly you have been angry at this or that person today, you could play again and again the memory of:

- ***What your first love felt like?***
- ***The best day you spent with your best friend?***
- ***The first time you really won something based on your skills?***
- ***The time you have been the best student or the best employee?***
- ***The time where something great and unexpected happened to you for no apparent reason?***

Wouldn't life be more enjoyable and easier if every day as you wake up or go to bed, one of those experiences was playing in your head again and again, no matter what problems happened during

the day? What if all those things were running in your head powerfully at the same time each of those nasty dialogues and sad movies were getting darker, smaller, and inaudible?

Yes, this method may feel or sound a bit “artificial” because you are not actually living those good things but just remembering them. Somebody with a restricted mind may think that such a simple thing can’t solve his problems. And that’s why I encourage you to think about it for a minute. Day and night, people constantly try to shift their states artificially by smoking, overeating, masturbating, complaining on social media, watching TV or try various kinds of drugs to escape.

Just think about the first thing you do when you’re too stressed usually... Has this thing ever led you to long term positive benefits? The methods you use every day to try to shift your state are all artificial anyway. Because there is no program in your mind already implemented at birth for “how to feel good”. If you don’t take the lead, you’re letting random outside events dictate *how* you should feel each day.

After having tried about every natural method under the sun to change my emotional states, I can honestly say Submodalities is the best and most useful one I have ever found. This mental conditioning will bring you much more than you think, as we will see in the next chapter on **Manifestation**.

On a side note, though, Tony Robbins once referred to the human mind as a juke box. Meaning that you can play the state or feeling you want at any time of the day and feel great nonstop. I think this is a good metaphor, but I only partially agree. When bad things happen, like losing a loved one, it’s normal to feel down for a few days at the very least.

Same thing if you are in the middle of a big career transition or drastic life change. It’s normal to have stress levels higher than normal sometimes. You need a bit of time to process it when a catastrophe or a massive change happens. However, those things only happen occasionally. Since they are pretty scarce, why not feeling great the rest of the time?

[The Compounded Effects of Positive Feelings](#)

Feelings you have felt for a long time tend to compound together and expand. One of the most successful entrepreneurs I’ve met so far confessed he had amassed about 6 years of savings lined up ahead of him. Meaning that even if his business disappears tomorrow, he could still sustain a comfortable living for the next 6 years easily. Which is more than most people even dream of.

However, the only thing he was obsessed about was this particular helicopter he still couldn’t afford to buy. He kept obsessing over those guys more successful than him, trying to justify why he wasn’t there yet. *“When I will finally be able to afford that helicopter, I’ll be satisfied!”* But once the helicopter will be there, this sense of desperation will probably turn to some other shiny thing or impossible target.

Even worse: when I heard him describing the painful state he was into when being broke and struggling for money years before, it seemed like it was exactly the same state that he was feeling that day. He may have amassed millions, but his internal state hadn't changed. *Hustle and Hard Work* was still the norm no matter how much success he had already achieved. And no material possession can ever help that.



No matter how much society promised you that life will get better with more money or a better body, the truth is: your internal state and emotions will never really change until you change them from the inside. Sure, it helps to see the perfect body in your mirror or to see that brand new car in front of your house. But unless you change them from within, your bad feelings will just find a new target that wasn't there before or obsess over the new goal in sight. That's what feelings do, when they have been maintained for a long time, they:

- **Compound and amplify**
- **Tend to emerge at any random time for no specific reason**
- **Find more made-up reasons, proofs, and justifications to be there (*it's because...*)**
- **Choose new targets to be projected on (*This new goal necessitates me to...; That person caused it; It's the government's fault, etc.*)**

When I was studying Psychology in College, I noticed certain people just kept finding new reasons to explain and justify why they felt so bad. *"I'm a neurotic person", "I have such or such profile on the Myers-Briggs personality test", "I haven't resolved my Oedipus complex", "My school teacher induced low self-esteem in myself" ...*

Seems like every 5 years, there's some new psychological explanation to justify why bad feelings exist. And if reading all those technical definitions help you to feel better somehow, then great! Do that! But if you just use it to explain and justify why you *can't* change, then you're doing something wrong.

Here's a good metaphor to simplify that: This is **The Snowball Effect**. If you have been accumulating negative feelings, they will just amplify and expand for no reason. Of course, experiencing bad feelings sometimes is completely normal. Failing at something important ; Experiencing a breakup ; Losing a loved one ; Being physically or emotionally abused ; Being betrayed...

All those things are legitimate reasons to feel bad on the moment. But if you never take the responsibility to rewire your brain to feel positive in turn, then the garbage will just accumulate, and you would just find more reasons and more justifications to maintain your bad state and bad mood.



But what's the good news about this? How is that an incredibly positive thing? Because since negative feelings compound and amplify, positive feelings are doing exactly the same! Why not? Those are feelings too! Why negative feelings should have the right to keep coming back for no reason, but not positive ones?

As a big disclaimer, training yourself to re experience enjoyable and happy feelings and sensations, as it is described in the previous part, doesn't mean you would mask and shade negative states. It simply means that whenever you experience negative feelings again:

- ***You let them fade away more quickly and easily***
- ***You tend to forget about bad things as quickly as you forget about boring people***
- ***You become much more tolerant to various levels of stress, as if it was easier to handle***
- ***You keep finding more reasons and creative ways to feel even better (ex: new activities)***
- ***You find clever solutions for problems you thought were tougher than you***

Since feelings compound and expand, training yourself to feel good artificially will make you start to feel good at any random time of the day, for no particular reason. Even when you don't have any specific good news to celebrate. You will just tend to see the bright side of things in everything around you.

If we go back to the *Hawkins'* chart of emotional scale, what you are doing, according to that chart, is reaching the states of *joy, love, peace* or *enlightenment* artificially. Which may be labeled as "fake" or "only masking the problem" according to some restricted mind.

But think about it: how come a simple movie on TV can produce feelings of fear, anger, jealousy or stress within you for hours? You're not featured in that movie as far as I know... Those bad feelings are created artificially, and it doesn't prevent them from being strong. So why not starting to trigger and enhance artificial **positive ones** for once? Here is a quick sample of the scientifically proven benefits of sustained happiness:

- ***Increased life span***
- ***Lower rates of depression***
- ***Greater resistance to the common cold***
- ***Better cardiovascular health and reduced risk of death from those diseases***
- ***Better coping skills during hardships and times of stress***
- ***Positive Selection Bias: Only seeing the best possible scenario in every situation***
- ***Increased compassion for your failures or weaknesses***
- ***Increased self-confidence and courage***
- ***Enhanced creativity for problem solving at work or life in general***

Thanks to the snowball effect, even if those great feelings are artificial in the beginning, they will compound and start to expand to real life situations you are living every day. I found out when using that method that, for sure I was still feeling the lower emotions... But they were fading away more easily, and bad events didn't seem as bad as they used to be. It became easier and easier to let them go. Because my brain was too much locked on "good" to let anything too negative sustain for longer than needed.

This can be achieved in a few days or take a few weeks, depending on how "not used" you are to feeling good regularly. But also, keep in mind there's never a time you can be sure nothing bad will ever happen again. Disasters may still strike at any given time. That's why maintaining a simple and enjoyable positive enhancement routine will be of great help to face any challenge life is throwing at you on a random basis. (*More on that in chapter 4*)

When you truly feel great, it's not that repressed negative feelings don't exist anymore, it's just that they tend to become some "*forgotten nonsense*" that you barely feel affected by. According to Hawkins, millions of negative thoughts, inner dialogues, and anxieties don't have a place to exist anymore when you spend most of your time on one of those higher emotional states.

Since this whole library of great feelings is at your disposal day and night, why not using it more often? It's lying down there anyway, just need to push on the right buttons. By using the process described earlier to relieve and expand a positive feeling, you can start to play and be creative. What

about relieving *gratitude*? A sense of intense *courage and boldness*? The time where you didn't care about the outcome and were fully *immersed in the present*? Since all those things are already lying there somewhere, you can start to use them at any time to start compounding their effect.

When Positive States bring you higher in life

One of my best friends is a professional magician who was recently featured on the TV show *American Got Talent*. I have known him for many years and as far as I can remember, he seemed to “feel high” most of the time, no matter what the circumstances were. I can testify he never needed any drugs for that. Even when we were kids, he was always the most energetic and creative person I knew.



The reason I mention him is because his main dream was to become the official World Champion of Magic (FISM) and to travel the world with his show before turning 30. He ended up accomplishing both by 27. Plus, I saw him putting on more than 50lbs of natural muscle mass over the years, whereas most guys in the gym desperately crave for getting at half that result.

At least according to society, he is very successful. He never really spent much time reading anything about personal development, but he always seemed to be a natural master at “how to feel great.” As I move forward in life, I keep having more and more of those examples. People who get really successful in life in a healthy way, are simply masters at feeling good somehow. That may seem overly simplified, but it’s my most educated conclusion.

Whether you train yourself to feel good by some method like the ones described in this manual, or whether it comes to you more automatically, more and more bad things will tend to be forgotten easily or eased up more than you thought possible. The “*happiness muscle*” is just this: a muscle. The more you exercise it the more you will feel the benefits amplifying on the long term.

Pretty soon you will find more and more creative ways to feel even better, that you didn’t think existed. And you start to spot better career opportunities or to feel relaxed during that pressuring situation that used to stress you over in the past. As I will detail in the next chapter, there has been moments in my life where I was developing enjoyable states on a daily basis. And where I started to spot insane opportunities that I was completely blind to a few months before, whereas they were just there.

III- Manifestation: Unifying the Law of Attraction with NLP

When you Become Lucky Beyond Logic

Being an avid reader of everything that touches on how the mind works, I obviously came across the concept of “*Law of Attraction*” and “*Manifesting from the Universe*” quite a few times. Up until recently though, I never gave much thought to it even if I was completely open to the idea it was possible.

But when I finally decided to open all the famous books on the topic, I realized the “state” they describe as being conducive to manifesting what you want in life, was exactly the kind of state I had installed in myself with NLP whenever I had achieved the most incredible results in my life. Without really knowing what I was doing. It was purely random experimentation, but it started to make more sense by reading those theories.

Up until that point though, my studies in NLP and Hypnosis had let me believe that the Unconscious Mind alone was more than capable of producing all those effects they talk about in LOA books. For example, by looking into the old memories you had as a child and using that to refine your

intuition about who you can trust and who you can't. Even if those memories are far from your conscious awareness. Therefore, you would *"get a premonition"* for certain people for example.

So, is it really the "Universe" that is at play, is it simply the power of your unconscious mind, or both? I truly don't know and am not interested in engaging into the debate on it. Depending on if you have a more spiritual or more scientific background, you will probably prefer one of these explanations rather than the other. The only thing I want to focus on here is that the "state" they describe in those teachings indeed seems to make everything you want happening in life.



My background with NLP and hypnosis made me connect the dots. I was able to figure out more and more subtleties about what exactly is that mental state that tend to help people *"manifest"* what they want, and how to invoke it. *"Think about what you want"* or *"Feel as if you already had it"* are popular advices in the LOA literature. But with an NLP background, you can see and hear these instructions are incomplete within their structure.

"Think" and *"Feel"* are abstract and unspecified verbs. They don't tell you anything about **HOW** exactly you can activate their maximum effects and what pitfalls may be associated with them. What I mean by that is two people claiming they "think" and "feel" about what they want, may do it in a completely different way. One of them may indeed activate the Law of Attraction and succeed, while the second one may create exactly the opposite effect. But without NLP, I would have never caught the subtle distinctions that differentiate people who get it right and people who get it wrong.

The Missing Ingredient to Make it Work

So, I will refer to this *Law-of-attraction-special-manifesting-state* simply as: **The Magical State**. Once again, I do NOT know if that state works because of some divine intervention, or because it scientifically activates the hidden potential of your brain. I only know that *IT WORKS*. So, let's recap what is said about that magical state in which you seem to get everything you want more easily. It's a neuro physiological state through which:

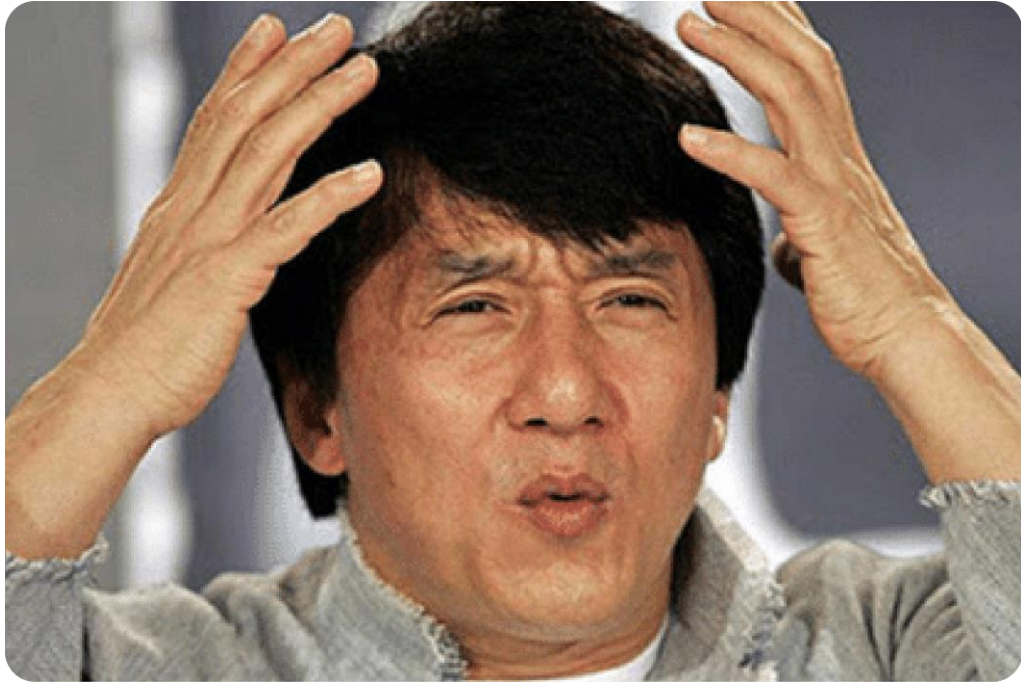
- 1) *You think about what you want, instead of what you don't want*
- 2) *You let go of every feeling of desperation or craving for it, and any fear of not getting it*
- 3) *You feel deeply grateful, exactly as if you already had it now*
- 4) *You hold a strong conviction that it will happen, even without knowing how it will happen*

Good! If we believe what they say, that's about all you need to become rich, have 3 Ferraris parked in your alley and travel in private jets all the time... But to be honest, all these instructions presuppose one simple thing I highly disagree with: That everything happening in your head is entirely and uniquely controlled by your sole willpower.

It's like all those blogs telling you that "*In order to have a better life, you need to let go of your limiting beliefs.*" And me laughing my ass off when I read that. The intrinsic presupposition of a limiting belief is that you're never fully aware of what it is. Otherwise, you wouldn't be negatively affected by it. So, how exactly are you supposed to let go of all those *feelings of desperation*, or these *pictures of what you don't want*, when most of them are below your awareness where you can barely see them...

I've been doing therapy with people for years. Almost every time, the thing that ends up changing in their mind at the end has nothing to do with what they asked for prior to the session. Because we usually have no clue about what's really blocking us. We can easily describe the symptoms as stress, chronic fear, anxiety, feeling a block or "something holding you back..."

But being able to know consciously *what* exactly those limitations are made of is almost impossible due to the nature of your brain: Always blocking from awareness what could be painful (Survival reflex, remember?) If you have a regular meditation-related practice, that will drastically help though. Because meditative states help to make your conscious defenses asleep. Therefore, you get to see more of all the mess that might be happening down below. But that still doesn't teach you *how* specifically to let go of unpleasant feelings.



Which leads me to think differently about this whole idea of *“thinking about what you want while letting go of desiring it”*. I think it’s more about amplifying what’s good than about releasing what’s bad. But let’s illustrate that by a little story that will be particularly interesting to any guy looking for a girlfriend right now:

In my early twenties, I was desperately trying to figure out how to pick-up girls, like about every young guy on the planet... I’m aware of all the deviances of the pickup artist industry and I’m the first one to recommend healthier sources when I get asked about dating and seduction for men. But one day something caught my attention when reading about it.

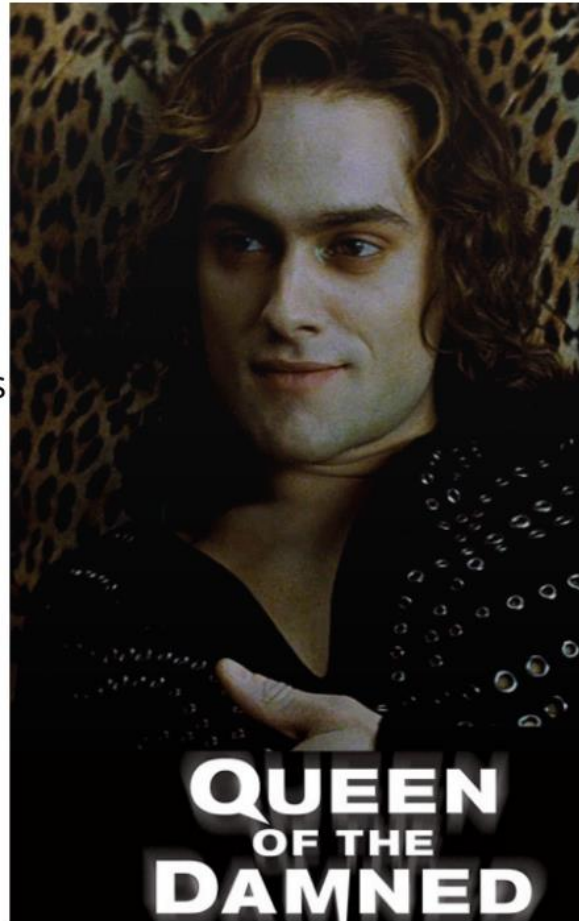
I came across the *“Flame and Ghost”* concept. Basically, it was a whole philosophy about letting happen what needs to happen during social interactions and only focusing on spreading good feelings to other people, no matter that you “get the girl” at the end of the night or not. If you dig into the whole thing, that was simply another way of rehearsing affirmations about *letting go* and *feeling gratitude for the moment*. But for some reason, the way the author was laying it out resonated better with me than when I had previously read about these ideas.

I started to rehearse those specific affirmations and at the same time, I had designed a vision board portraying various inspirational figures like the iconic James Bond, or the character of *Lestat* in the movie *Queen of the damned*. I would watch this vision board every day for 10 minutes while rehearsing the affirmations in my head and listening to songs that were making me feel elevated and very assertive in my own skin (Songs like *Heart of Courage*). To make a bridge here with NLP, this state elicitation strategy was incorporating all the sensory canals:

Visual: Images of several inspirational role models. Male figures I was looking up to for their mental attitudes and philosophy of life

Auditory: Rehearsing affirmations about gratefulness and letting go + songs with a strong emotional impact

Kinesthetic: Doing deep and rapid breathing as if I wanted to metaphorically integrate all these images and affirmations deep inside me.



I had never read yet about the paradigm of *“think of what you want in the future and feel how good it will feel to have it now”*. Instead, I took the approach of *“How confident can I feel today in my daily interactions?”* It was not appealing to me to think about what I want 6 months from now, I wanted to feel great TODAY, no matter what happens later. Which is why I created this strategy (inspired by all the NLP material I was reading at the time.)

I started to get much better results during every social interaction. I became more at ease with people, more relaxed, I could speak more slowly and without being constantly scared of *“what if they think I’m not interesting.”*

But nothing could have prepared me to what happened the next year. The very first day of the next semester, after summer, I walked inside the amphitheater to attend to the first lesson of the year. I saw my friends seated in the middle, but someone was one on my way to seat with them. A cute dark-haired girl with deep blue eyes and an electrifying smile. *“You’re on my way”* I said jokingly, pointing at my friends, but still looking into her blue eyes with my most friendly smile. She threw back a knowing smile at me and let me pass.

Curiously, my attention couldn't get off of her during the whole lesson. There was something special about her. Next thing you know, she sent me a friend request on social media without even knowing my name the day before. And she would soon become my girlfriend as well as the first girl I have ever loved.



After all the crazy-weird-meta-scientific-alien-strategies I had studied about how to approach a girl and make her like you, it had become *that* simple. Just randomly stumbling upon somebody and it was the one... Now, if you believe what is said in those LOA books, THIS was pure *manifestation*. But back in the day, I knew nothing about it.

However, I can trace back today that the time I spent triggering those confident and playful states within myself is indeed what "*manifested*" this relationship. All the states I was training myself to feel with my vision board and mental strategy got amplified and expanded when I was with her. I had been training myself to feel confident, playful, dominant, happy, carefree and brave. And all those states were amplified with her presence around me. But I had literally no clue of what exact type of girl I could fall in love with when I was doing my mental ritual, I had never even visualized it or thought about it consciously a single time, nor thinking about what it would be like to be in an actual relationship.

On the opposite side, 5 years later, when I was really struggling to make money with my online business, I turned to all these spiritual principles and tried, as they say, to consciously think about the money I wanted to manifest, while letting go of the craving and desperation for it by breathing it out.

I did that in every possible way I could think of, doing all sorts of visualizations, writing down what I wanted while describing "*I am so grateful and happy that...*" etc. Basically, all the possible things you may have read about that topic. And literally nothing of it ever seemed to work.

One day I lost hope and just said *“Fuck it, my business doesn’t bring enough money to live anyway, I’ll just get a job again to relieve the pressure and get mentally well again”*. I wrote a bunch of random emails that I didn’t really care about, and automated them in my newsletter to keep some engagement going with my audience, without much interest.

And I started to look for job offers to legitimately take one. One week later, my business income exploded, and I became financially independent for the first time of my life. Never needed to work for a boss ever again from there.



I think sole willpower is overestimated. *“Thinking about what you want to make it happen”* is, to me, an overrated concept. I don’t doubt that certain people had success with it. But from what I’ve seen so far, the people who legitimately had success with that didn’t have huge psychological blocks or limiting beliefs about the thing they wanted. If the feeling of desperation you feel about not getting what you want is linked with 12 years of trauma, good luck to just “release” that with simple affirmations. *(Can be done quickly with the right therapist or coach though, even if not everybody who claims to be competent really is.)*

However, from my experience, when your sole focus is feeling good today, while not caring one second about what will or will not happen tomorrow, that’s when unexplainable but marvelous things happen. Whether it is because your unconscious mind triggered them or because the Universe brought it to you, they happen.

My interpretation about these experiences is no matter how carefully I plan what I want to happen in the future, as soon as *“thinking too much about the future”* is involved, I get a sense of desperation and craving for *“not having it yet”* that I never seem to completely let go of. Those mental barriers created by obsessing about the future are what tends to produce massive anxiety, procrastination, or self-sabotage depending on how you process them.

As a conclusion, I don't really believe into watching out for your every negative thought and feeling to release them as they appear. Trying to release consciously every expectation would mean you need to watch out for what your brain does at every minute of the day. The missing ingredient to me is the art of focusing so much on the present feelings that you even *forget about any potential expectation* for the future.

Without counting that most of what you think and feel remains below your awareness anyway. So, "*stop thinking about what you don't want*" is nonsense to me, because most of the time we're not even aware of what we really think. Only our feelings can help. They are an intuitive feedback mechanism for what's going on in our life.

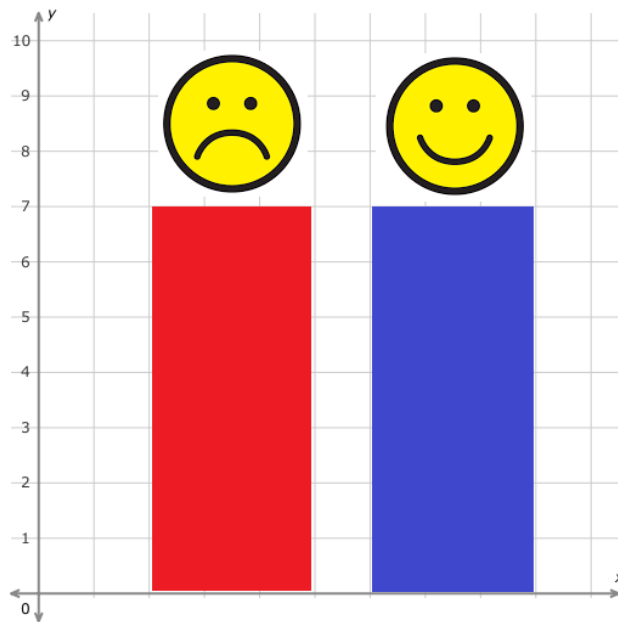
Therefore, what I do believe in is charging yourself up with such humongous loads of positive feelings that whenever you happen to randomly think about the future, whether it is conscious or not, it will be in good ways. Therefore: naturally visualizing the right things at the right time, with the right expectations, and catching the best possible opportunities that are lying around you.

Why did I walk up to that girl in that way that specific day, instead of turning around to avoid her? Why did I write those specific emails that ended up making me financially free? Because I was in the right state of mind. This **Magical State** in which I didn't care any second about what will happen tomorrow. My sole focus was how can I feel good today? And that's what we are going to develop now.

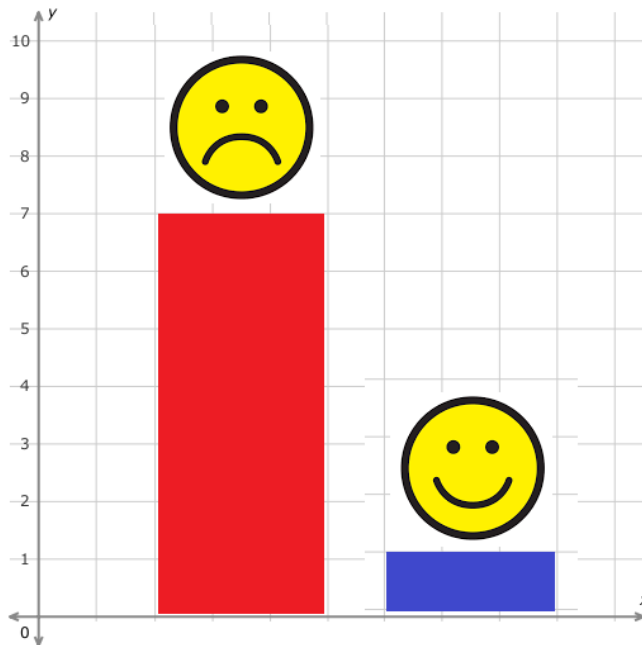
[The Magical State within Which You Get Everything](#)

"That's when you feel great without it that you start to get it"

Most of the time, it's not even those specific things that you want in your life. It's only the feelings that you think will be associated with them. The *Law of Attraction* says you need to maintain the right feeling to attract what you want. But it's often a mess up there in your mind and tons of random events during your day tend to change the emotional state you are in. Let's say this graph shows a perfect equivalence between negative and positive feelings throughout your day:



This is obviously an imaginary equivalence since our emotional states are usually more positive OR more negative during a given day. Unfortunately, for a lot of people, life looks like this most of the time:



It's in that state that no matter which good news people get, they just forget them and only obsess over the single one bad thing that happened. They let any possible tiny negative incident or bad news ruin their day. They run imaginary dialogues with people who are not there, during which they get more and more angry, and they keep imagining the worst-case scenario for their life. A pretty nasty

cocktail... It's where they may start to over intellectualize their problems and find as many labels as possible to explain why they are fucked up. Like *Internal guilt complex, low self-esteem, neurotic personality, etc.*

And yes, some of those terms can be accurate, but has reading their definition again and again ever helped you to feel anything other than more desperate and hopeless... Due to its survival nature, your brain has tended to always look for what's wrong and what could be worse. That's what I meant when saying that "*thinking*" and "*feeling*" are too vague for people to really understand how to do it. If you constantly think about your dreams, while holding or masking the big red pile of negative feelings above, nothing good will come out of it. No matter how good you are at visualization and affirmations.

That's your responsibility to activate the right kind of resources, in order to reverse the wheel. Up to the point where you get there:



Even if you have done all the right meditation, release, crying or whatever was needed to let go of the red pile of negative feelings, you still need to fill up the pile of positive ones somehow. *That big blue shit ain't gonna fill itself up right away ya know.* It needs an initial push, to then create momentum and accumulate positive experiences even when you're not looking for it. When the number of positive feelings that goes through you is intense enough, you don't even feel affected anymore by all those things that used to piss you off or get you stressed and sad.

Manifestation is supposed to happen when you feel all these great feelings in the present moment and maintain them, without obsessing in any way about your past or future. After all, people keep driving fast cars, taking drugs and engage into dangerous activities because it forces them to stay in the present moment. And avoid overthinking about any sort of unpleasant things.

But how to always stay in the present moment?

Curiously, when I have a client in therapy, I never really know what I'm doing. Sure, I can break it down later if somebody asks for it. But on the moment, I am fully immersed in the present without really knowing what I say. And yet, I always give the right hypnotic suggestion or the right metaphor to help my client to heal, no matter what the problem was.

I got that idea from a book called "*The Inner Game of Tennis*". The author, Timothy Gallwey, explains the best performers never really think about "how" they're going to win, they just focus on the win. And make themselves fully immersed in the present moment while shutting down their analytical mind.



Gallwey says that when you are fully immersed in the present, you start to access your most hidden and powerful resources, you start to use all the things you didn't know you knew. Whereas, on the reverse, at the minute you try to figure out *how* you are going to beat your opponent, the battle is already lost because you will overthink it and lose your ability to improvise properly.

I always thought this strategy prevailed only for situations where you have somebody in front of you like in therapy, sales or some dating context. But now I realize the teachings of the Law of Attraction are quite similar. Staying fully immersed in the present moment while feeling what it feels like to "win" in life.

Therefore, the idea is to feel this magical manifesting state in the present moment! Great... But how to do that at all times? Focusing on the present moment when somebody is in front of you and requires your attention seemed easy to me. But consciously asking my brain to just think about the future as if I "*had it now*", without obsessing over it neither, while doing nothing in particular, was a concept that didn't really work out for me.

That's where NLP comes into play!

We already saw that Submodalities could make you remind and amplify any positive feeling you've had during your life. How come this laughter you've had with your friend years ago can still make you spend such a good time when you think about it today? Doesn't it tend to make you forget about your problems, when you listen again to this song that reminds you of the best time you've ever had with your girlfriend or boyfriend?

What I found out is that by triggering a certain type of state again and again in yourself with NLP, at some point it becomes automatic. For example, back at the beginning of my sex life, I was far from being confident in the bedroom. It was scarce that I maintain an erection and be able to stay in the moment without intellectualizing everything.

So, I obviously used this whole technology to enhance and expand massive states of sex drive in myself. It made me much more comfortable and insanely creative in the bedroom. I started to get wild and fully in the moment no matter what the circumstances were (stress - no stress, alcohol - no alcohol, being in love – simple one night stand, etc.) It became completely automatic and I didn't have to force that state in any way. It became **a habit**.

So, there is indeed a way of maintaining good feelings in the present moment, no matter what happens, by creating a habit that will last even when you don't force it. A way to feel the things you want to feel more regularly, to the point where you are just blinded to all the rest that used to make you feel down before. Where your stress levels are getting lowered. And you barely notice that coworker who tried to drag you down with his comment, or the fact you had to pay more than expected to repair your car. All those things will still be there, but you won't be affected by them anymore. You will be fully immersed and empowered by the rush of positive resources that flows through you at any given time.

Before I understand how to combine all of that together, I always needed to be taking actions or to get busy somehow. Otherwise my mind tended to go back into anxiety and overthinking about how I can get this or that... But there is a method to only stay immersed within this magical state, the one within which you only see what's good. You start to see nothing else than solutions where you used to focus on problems in the past. And that comes down to increasing your feeling of gratitude toward the things that are already around you right now.

The Component of Gratitude

Through my research and experiences, I noticed certain states tend to favor or manifest certain specific things.

- ***States of confidence and assertiveness tend to attract more women in a man's life.***
- ***States of being loved and cared for tend to attract more men in a woman's life.***
- ***States of energy and motivation tend to enhance physical and mental health.***
- ***States of gratitude tend to attract more money or any sort of outside accomplishment.***

But from all of that, the feeling of Gratitude really seems to be the one that overrides everything else in a good way. And it brings me to the most important discovery: How exactly do you define gratitude? How to specifically invoke that state? If I had a kid in front of me who just lost his mother and told him: *“Feel gratitude now about the people you haven’t lost yet and that will be okay!”* Do you really think he would be able to do it right away?

In NLP, there is this thing called ***Design Human Engineering***, where we decompose abstract useful states into clear and easy steps to follow. For example, the state of *“forgiveness”* is heavily discussed in the spiritual world, but how exactly do you achieve forgiveness? It would probably be easier if I was describing it to you that way:

- 1- Think about a person you would always care for, no matter what he/she has done. It can be an imaginary innocent child, the closest friend you’ve ever had, or anybody you would always be kind and caring with.***
- 2- Notice the feeling you get inside yourself as you imagine yourself talking with that person in a gentle way. And hear the voice tonality you’re using during that moment.***
- 3- Now think about that other object or person you tended to blame and condemn so far. Think about it while holding that feeling of kindness within you, and describe this thing you were holding resentment toward, while using this caring and gentle voice tonality.***
- 4- Then notice how those old feelings of resentment and anger start to shift in a more positive way.***

That’s a more concrete explanation than just the traditional *“forgive and let go”*, which is very vague. This strategy has been modeled after people who had mastered the art of forgiveness but weren’t able to explain consciously how they did it. Other than the usual *“I just do it.”*

So, to feel a sense of gratitude, which is an essential component of your magical manifestation state, you may need more than the simple instruction *“feel grateful about your future as if it was now.”*

First of all, the term *“gratitude”* may not be the one that will help you access the real state. If you refer again to the Hawkins Chart of emotions presented earlier, some of the *“highest”* emotions he talks about are *peace, love* and *joy*. However, if you consider what NLP says about it, every noun (or *nominalization*) is highly subjective by itself. For example, the word *“Joy”* has a strong meaning to me, but the word *“peace”* doesn’t sound that appealing to my ears. But according to Hawkins, Peace is a more valuable emotional state than Joy. Interesting...

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	† 700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	† 600	Bliss	Illumination
One	Complete	Joy	† 540	Serenity	Transfiguration
Loving	Benign	Love	† 500	Reverence	Revelation
Wise	Meaningful	Reason	† 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	† 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	† 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	† 250	Trust	Release
Permitting	Feasible	Courage	† 200	Affirmation	Empowerment

Okay... Sure we can all agree that feeling any of those states above is somehow positive. But psychologically, every noun is nothing more than what you make of it. Ever heard an ex-girlfriend or boyfriend telling you “*But you don’t love me like I love you!*”? As if the word “*love*” had different definitions. Because it does! As many as there are human beings on earth. Even if it tends to be similar, everybody has his/her own unconscious definition for abstract nouns like *love, peace, happiness, or gratitude*. What it feels like to “be grateful” to you may not feel like gratitude at all to somebody else.

That’s the problem with a lot of authors and teachers in the spiritual and personal development world. They try to teach you only by using words and nouns that have meaning for them specifically. Like *gratitude, enlightenment, the eternal, the source*, etc. Obviously, sometimes those nouns will make an echo to you and you will “understand” what the speaker means, or at least you will get a similar effect than him when he describes it.

But each noun in every human language is linked with a certain mix of abstract feelings. So, when the guru or teacher says you need to feel “Gratitude”, what does that mean exactly for him? And more importantly, do you really feel the same thing inside your body than the teacher or author who mentioned it?

How I found my personal code for Gratitude

After college, it was time for me to decide what I wanted to do with my life. How I wanted to make money. Tough decision... Yes, I had been a hypnotherapist during college, but it was mostly for fun, I wasn’t seeing myself seated in an office 8 hours a day talking about phobias and trauma.

A whole year of negative events followed. I kept taking bad decision over bad decision. The pressure of having to make money for real was making me regress. It seemed like I didn’t know anymore

how to use all my brilliant NLP stuff now that money was on the line. Started to trust the wrong people, and even got involved in “that life” if you are familiar with the term.

After a whole year of that mess and a massive depression down the road, I travelled to the US to visit a friend of mine. Somebody who had the same skills than I did, but who could bring an outside perspective. I was in the darkest time of my life when I landed.



With his help, I got back on track and erased all the limiting ideas that I hadn't been able to spot by myself. Long story short, the problem got handled. And I opened a spread sheet and decided it was time for a new beginning. Time to get away from that dark life and start a new career with a fresh mind. Here is the English translation of what I wrote down to define the mental state I wanted to feel as a new basis in my new life:

I am being enthusiastic all the time, I see the bright side no matter what I do. I have become more creative when I miss something. I always take the time to feel satisfied with what I already have. I easily generate states of gratitude and well-being on a daily basis so that my happiness comes from within, regardless of external events. I continue to focus on the most positive outcomes possible for what I am going through whenever I encounter a difficulty. I constantly have in mind the best possible results that make me move forward, I always visualize and imagine a happy lifestyle full of good surprises, even when what I'm doing isn't working out yet. I generate zest for life and creative states all day long. It's crazy to realize how much more solutions I find than there are problems to solve. I find at least three positives in every bad news I encounter; it has become like a game for me not to get something right the first time. I have fully developed all the beliefs and mindsets to make a living easily and pleasantly, no matter the ups and downs of my finances. I am always happy to live even when I do not immediately succeed in a financial project. I am having fun with my life even when my financial projects take longer than expected, it gives me new opportunities to appreciate other aspects too. My mind is innate of so many resources that I feel joyful in this life regardless of the financial difficulties, they all seem insignificant and small to me. My mind is so relaxed and filled with brilliant beliefs and swirling positivity

that I forget about problems at the exact rate they happen. I don't even realize when something goes wrong anymore because I find solutions too quickly to have time to worry. I tirelessly experience a wonderful motivation and drive to discover and embark on life every day, to have fun on my own with everything that life has to offer.

On a side note: the words I had used in my native tongue to write this were very specific to me and may not be relevant to you at all, but we will get back to this later. For now, let me tell you what happened after I designed this mental goal and practiced developing these states for about 4 months:

I decided to leave my old life behind and to start again from scratch in Thailand. Which is where unexpected positive events kept piling up on top of each other.

- ***Talked with a speaker who told me how she had created an online business based on teaching languages. She had started by giving small lectures in small towns to build her audience. So, I did the same to follow her example. Gave my first ever NLP lecture in Chiang Mai. This event created my first real audience and what would later be known as Mind Titans.***



- ***Met an incredible person I fell in love with, who changed forever my perception of women (for the better). The crazy thing being we initially met randomly at 2am in a club. Never been lucky enough before to meet such a person in such circumstances.***



- ***When I had brainstormed the idea of selling online courses around NLP and hypnosis to make a living, I essentially watched the videos of a marketing expert on Youtube. Someone who was my age but as I had been developing my skills with NLP for years, he was developing businesses and had reached the millionaire level by 25. On the exact week I moved to Bangkok, I got invited to some party in some random rooftop, and I found myself seated next to him (without even knowing he was living there.) He became the main and most inspirational role model I used to become financially independent with my own business.***

A YouTube channel banner for Théophile Eliet. The banner features a dark background on the left with the name 'THÉOPHILE ELIET' in large white letters, and 'IMMOBILIER / BOURSE / BUSINESS EN LIGNE' below it. On the right, there are three smaller images: a man in a suit, a man in a red shirt pointing at a cityscape, and a man in a white shirt standing next to a Mercedes-Benz car. A red 'SUBSCRIBE' button is located in the bottom right corner. Below the banner, the channel name 'Théophile Eliet' is displayed with a verified checkmark and '254K subscribers'. A small red box with the text 'FORMATION IMMO 100% gratuite' is also visible.



These “random” positive events kept happening again and again for almost a year. As if I was getting luckier and luckier every month. After the mess in which my life had been before that, it was unbelievable.

You want to know the craziest thing? It had already been more than a year long that people were preaching for me to teach them NLP. and that I had more than enough savings to buy that plane ticket and afford that life in Asia. All these opportunities were already available, but I was not yet in the right state to spot them. That’s what I meant earlier. Whether it is indeed gifts from the Universe or just your brain accessing its hidden resources, when you are in the right state, great things happen no matter what. Whereas if you are stuck in feeling bad, you won’t even see all the great options lying under your nose.

Today, I can track back every moment of my life where this kind of “magic luck” happened and get clear conclusions. Every time I tried to control what my future was going to be and how specifically it was going to happen, my life became a mess, and I became overly anxious or desperate.

But whenever I focused only on enjoying the present moment and having activities that were making me fulfilled, that’s where incredible things happened. Even without praying for them or visualizing them specifically. This is what happened when I wrote down this goal above before I leave for Thailand. I didn’t know it at the time, but I had found the key for my personal **magical state**. And it all comes back to this idea of gratitude. But as I said, this might not be the best term to use for you.

Finding your Unique Code for the Magical State

To be honest, the idea that “feeling gratitude” about what you already have could bring you more success in life was dumb to me. But that’s only because the noun “gratitude” is not strong in my personal linguistico-kinesthetic connections. Some words will just produce a shiver down your spine, and some won’t. We’re all wired in a different way, end of the story.

“Gratitude” never meant much to me. However, when I bring together all the moments of my life where I “manifested” incredible things, there was always the same feelings. (According to my subjective meaning of them.)

- **A sense of feeling joyful about the activities I do every day**
- **A sense of amusement and indulgence when things don’t go as planned**
- **A sense of being proud of what I create and feeling fascinated by it**

That’s exactly the state I was in every time I accomplished or received things that went beyond my control or understanding. Now, obviously, you could argue that those 3 bullet points are exactly the definition of gratitude. But to me, they’re not. In my body and neurology, “*feeling joyful about life*” or “*proud of my creative ideas*” is going way above and beyond the concept of “*gratitude*”. I don’t get the same feeling when I talk about them than when I talk about gratitude. “*Sharing warm moments with others*” is another one. I would have put that one higher than “*enlightenment*” on the chart of emotions.

And you too, have your own unique and personal code for gratitude. There’s a certain set of words that naturally appeals to you more than others. Maybe the noun gratitude is indeed one of them. But if it’s not, then you need to find the magical words that will help you to describe and reach that state on a regular basis.

Therefore, here is the real key to unlock your own, personal magical state. Or the “**manifestation state**”:

1- Think about a specific time where you have achieved something great. Whether it was through your own actions or because you “received” it from the universe. Something you really wish you could live more often. If that helps, ask yourself: If I could pay \$1000 to relieve one experience again every time I wish, which one would it be? (Important: this event must be something where you didn’t need to “force” anything. You were only enjoying the moment without any pressure.)

2- Once you have it, double the main image you have inside your head, keep breathing deeply as you remember vividly what happened back then. Turn up the volume if there are any voices or sounds. And as you start to experience fully what it felt like to live that moment for real, locate where the feeling is inside your body (chest, belly, legs...)

3- Imagine you can double up that feeling as the image gets bigger. And soon the feeling starts to grow and amplify, getting more solid or more enjoyable. As you look at these images, you can expand that warmth or that sensation into other parts of your body and make it vibrate all inside you, until it grows so much that it seems to vibrate and rotate all around you.

4- As you are experiencing that state fully, look at your present life in your mind's eye. Look at where you live, who is around you, the things that happen in your daily life. And notice what you can already be proud of or appreciative for in this current life you're in. Maybe it is your health, maybe it is your free time, your relationship, accomplishments you've had... Think of anything in your current life that is worth feeling that feeling more often.

Triggering and amplifying this feeling more often when thinking about things you already have, is the **absolute strategy** to start finding more easily more things in your physical reality that will bring you more of that. As you do it, you can notice which words or expressions define the best what you feel. For example, as I was doing it myself when writing the process, the words "*pleinement immergé dans le moment*" came to my mind in my native tongue. Which means "*fully immersed in the moment*". To me, those words have a stronger connotation for that event than "*feeling grateful*".

Those words will become your personal anchors to access again your magical state more easily. I will tell you soon how you can make the best of it, but for now, identify what they are. Look for your own personal value words. Instead of trying to "*feel grateful*" or "*be enlightened in the now*" just because some guru gave you those ones, look for your own personal code. Which words trigger the strongest sensations in your body? I can assure you this will be much more powerful and rewarding.

I prefer this strategy to access the state of gratitude than "*think about the future and feel as if you had it now*". Because, unless you have already experienced what you want to manifest, I don't see how you can imagine what it feels like *as powerfully* as something you have already experienced for real. Plus, on my side at least, whenever I think too much about the future, I tend to obsess over it and create the opposite effect: a sense of craving and desperation for not having it yet. Which ends up bringing more and more bad decisions. The idea is to feel so great right now that you don't even care anymore about *how* this or that will work out later.

Of course, that doesn't mean you shouldn't write goals and pursue them. Absolutely do write your goals in specific terms and set action plans to follow them through. And whenever you plan it or engage into the actions to accomplish them, this magical state must be the one you access as often as possible. After you have experienced it fully several times, you will be more aware of any potential moment where you might be getting away from it, and be able to stop and adapt accordingly.

How to use that?

The possibilities are endless but here are the best ways I found to capitalize on the effects of that magical state:

1) Daily reinforcement

Obviously, the first and most important idea is to trigger that state one time per day. Consider that as your meditation time. And use it to feel appreciative every morning (or any time) of at least one thing you already have in your life. This has become a vital necessity as we are constantly bombarded with hypnotic suggestions of “*you don’t have enough*”, whenever we open social media or walk in the street. Compensating that negative programming by 5mn of daily gratitude can change the whole deal.

Even if you don’t feel like that’s enough to change anything right now, I can assure you after one or two months, this strategy will make you see and catch more and more of the opportunities that will enhance your life beyond measure. Because your mind will be set on the right channel to spot and receive the best things ever.

2) Solving problems

As you are feeling that state as powerfully as possible, at the end of your meditation session, you can authorize yourself to think about the current problems you have or things that annoy you the most right now. And spin your positive feeling strongly as you think about those problems. You will start to see they are shifting somehow. Maybe you will tell yourself something interesting about it or maybe you will see a way to solve them you hadn’t really thought about.

3) Making an important decision

If you’re about to make an important decision about your life, or can’t set your mind on which direction to take regarding your relationship, finances or career, please trigger your magical state before making that decision. This will be the most useful compass you can ever dream of. Much better than any coach or book, because this one will come from within yourself, and it will include all your personal values, desires, and best interests.

4) Enhancing Your Future

Now of course, once you are in that state, you can take the time to do the traditional visualization and imagine all the things you want to manifest in your future. Feeling that state first will make your visualization more helpful because from there, your mind will naturally make you visualize things that are right to expect right now. Things that you ACTUALLY NEED instead of things you have been brainwashed to think you need (thanks Instagram...)

5) Scripting

A common practice among LOA enthusiasts is to write down or “script” what their perfect day or life looks like in the future they want to manifest. Now that you know which anchor words are the most eloquent to describe your personal magical state, you can write down with better ease how you will “feel” in that new life, using a vocabulary that makes more sense to you and help you reach the state and feelings more easily.

Be careful though, all this mental enhancement is not a replacement for taking actions. It is supposed to be done in conjunction with the actions you take every week. It’s very unlikely that you’re going to become rich or get the perfect partner by sitting on your couch watching Netflix. You still need to get out there and take the necessary actions. But taking them while feeling that magical state more often will make you:

- ***Save time***
- ***Stop blaming yourself***
- ***Spot better opportunities that you were blind to so far***
- ***Reevaluate with a clearer mind what needs to be done when something fails***
- ***Follow through on what you started and never finished***

IV- Your Personalized Daily Training: Make it SIMPLE

Yes, by now you have all the necessary information, and yet, your life still hasn’t changed completely, I know, let’s talk about that.

Back in that year after college, where everything started to get dark and sad for me, I wasn’t using any of the mental conditioning tools I had used before. Had done a lot of that during college as I was discovering them but not anymore. Somehow, I thought *“Well, I have already mastered all of that, I reached unconscious competence, nothing else to learn.”*

But I was wrong, when confronted to new sources of stress, my mind started to regress. As I explained, human brains are made for survival, not happiness. One of the only things we inherently know how to do is worrying about what could go wrong and in which way, all the rest is learned: happiness, self-confidence, gratitude, etc.

When I got back on track and started to work on my mind again after visiting my friend in the US, and all the incredible things I discovered and experienced by doing that, I realized something that I wrote down everywhere:

“The learning only stops where you want it to stop”

If Your Mind Works Against You

Most people who engage on a new workout, a new side hustle, or any way to better themselves, stop after a few weeks. Linked with that idea of survival, there is an ingrained truth about the human system: it seeks balance and security, all the time. This is a phenomenon we call homeostasis. Whenever you're about to make a massive shift, there's something holding you back somehow, that you may have trouble to explain with words.

This is probably part of the reason people have so many defense mechanisms blocking them from getting the body, life, or relationship they really want. Because as soon as they're about to get it or get closer to it, they start to:

- ***Get lazy***
- ***Keep jumping on the next thing and the next thing without finishing any***
- ***Feel bored and distract themselves with futile things***
- ***Find reasons why "it won't work anyway"***
- ***Complain that they're not born with it, so "better giving up"***
- ***Justify that actually, their life is not that bad, so why changing it...***

You may have experienced one or several of these defense mechanisms already. At least if you have engaged on some personal change that you kept postponing over the years, it's sure you have experienced it. That's often what happens when you're about to make a great discovery or get to a whole new level. It's not what *you know* that counts. Every possible information about anything is easily accessible online these days. No, it's how good you are at **tricking your system** into *using* these information despite those mechanisms and all your fears.

When I started teaching NLP and hypnosis, I quickly became aware of that fact. Therefore, I centered my courses on rapidity and kept wondering how I can shorten the steps and make them easier. I knew that most people would give up if the course was too long or required too many efforts. Therefore, I used every possible "mind trick" I knew of to help the student progress despite his own fears and insecurities. Despite the dictator in his own head, trying to keep him stuck.

If the method you're using to change yourself is really painful or takes too much of your time every day, let's face it, you won't sustain it. Or very few will. That's why I developed a few rules over the years to design mind enhancement methods:

1. Reduce the steps

Always look for how many steps you can remove, not how many you can add. Consider your brain the laziest of all slugs. Act accordingly.

2. It must be as enjoyable and compelling as possible

If it is only pain, then you're doing something wrong. Look for the least possible enjoyable way of doing it for you specifically, and double down on that. Adapt the method to what you like and are eager to do more of.

3. Focus on your personal goal

Focus primarily on the steps that are relevant for your personal end goal. The rest comes second. You need to feel compelled about doing it every day. So, always start by the most relevant thing.

Also, this manual is about mindset changes. Which means the methods to learn all that stuff will imply that you get your ass still somewhere for 10 minutes per day and concentrate. But in the beginning, your mind will often not be rested or willing enough to do it. Every day you may experience some unexpected bad news, have unexpected stress at work, have a bad argument with your partner, or just have 10 years of anxiety built up that you don't know how to let go of.

It only becomes easy once the habit is created (takes 3 to 4 weeks), but until there it is going to require a lot of concentration. That's why using special sound waves for focus drastically helps. Use any sort of soundtrack like Alpha, Theta or Delta waves on YouTube. It will help your mind to stay centered on specific things and focus on the mental exercises despite the potential stress you've been feeling during the day.

Plus, as I explained earlier, meditative states enhance the capacity of your brain to shut down all your defense mechanisms. Which means it will be easier to get to the next level of your abilities without your monkey mind arguing over "*why it's not worth it and you should stay in your old life.*" The more you get your mind relaxed and focused through any sort of meditation or self-hypnosis, the easier it becomes to release stress and find rapid solutions whenever bad things happen. You will soon become less and less vulnerable to those defense mechanisms that used to keep you stuck in your old life. They will be too asleep to react.

If people keep failing despite everything they know, it's because the presupposition that your conscious knowledge is all you need is fundamentally wrong. If *knowledge* alone was responsible for all success, it would mean your sole willpower can allow you to use all of it at any time. Which is often erroneous. On a stressed, angry or sleep deprived mind, willpower is on vacation and all the things you know seem to not be at reach anymore. Only the automatic mental habits you have created can and will always help you.

When I was competing in Thai Boxing, the trainer told us that due to the adrenaline of a fight, any skilled fighter loses about 70% of his technical abilities on the moment. I noticed it's about the same thing with your knowledge. Confronted with a stressful or chaotic situation, most of what you know will disappear. The only thing that will help is the habits you have created and automated to get into states of *creativity, relaxation, amusement, and courage*. Once they are automatic, you can handle every situation through improvisation. And this automation in your mind only comes through regular practice.

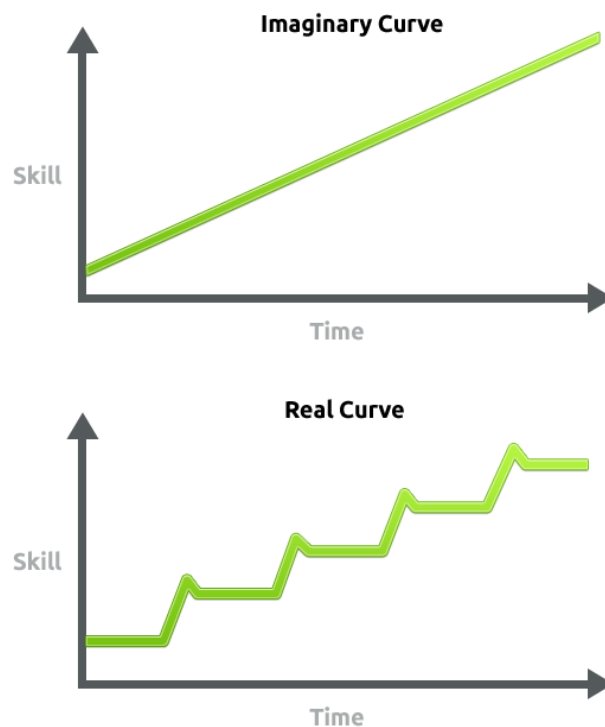
So, to let you go with useful things, we're going to build at the end of this chapter your best possible daily mental routine. Based solely on your personal needs and affinities. Removing as many steps as possible in the process. That way, you will be excited and eager to do it every day.

How to Learn a New Skill

When I started to get interested in manifestation and Attraction, I watched several Youtubers who talked extensively about it. Picked a few that I thought were legit and followed their teachings. I realized something: What they call “manifestation” is actually a skill. It’s not just “*visualize what you want, and it will happen.*” This capacity to visualize an important goal while completely releasing any stress or fear of not getting it is a skill that is developed over the years.

Same with changing your state in a minute with Submodalities... When you start to learn Cooking, Golf, or Karate, you don’t expect to be one of the top world’s experts in 3 weeks, I guess... Well, it’s the same here. The best results are not likely to happen in just a few days. That’s why I emphasize a lot that your practice needs to be as enjoyable, compelling and gratifying as possible. To overcome the moments where you make 0 or very few progress.

George Leonard, in his book *Mastery*, has the most useful and delightful explanation I have ever found on how learning really works. He explains that contrary to what society keeps promising us: *fast progress with no effort*, learning actually evolves in very small chunks, intersected by relatively long periods of plateau where it seems like your practice became useless (when it’s not.)



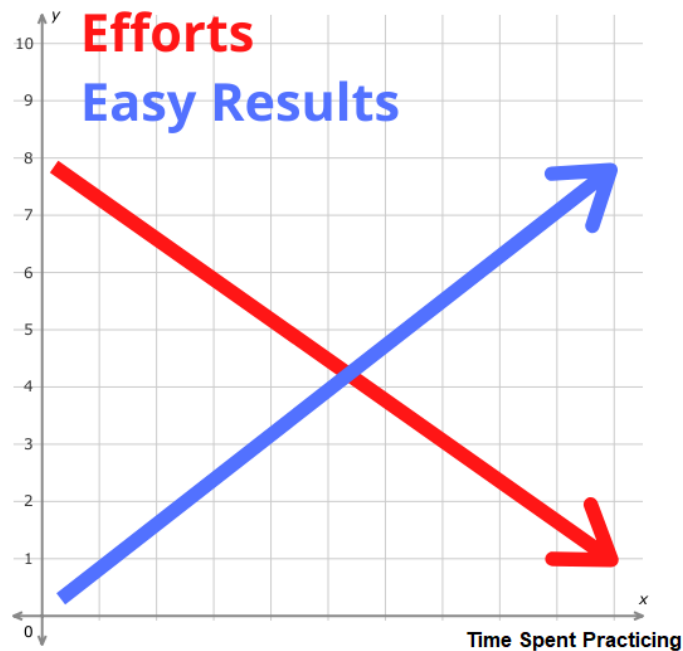
After all the various skills I have mastered in my life, I can’t express how much this graph is accurate. What is tough is the moments where you actually make progress are most often short in time compared to the time spent on the plateau. But the good news is those bursts of progress can very often exceed your expectations. You may struggle for 4 months to get one specific result, and in the end, on the fifth month, you end up passing 6 levels in 3 weeks. Happened to me quite a few times, trust me.

Sometimes you see someone losing weight extremely fast or making 3 times more money almost instantly, but you don't see the time spent practicing before this can legitimately happen. And that's a very common mistake. I started to notice it when teaching for the first time: Some of the techniques I was giving as "a killer technique that works every time to hypnotize", was in fact a technique I had myself learned after 5 years of experience.

And I was expecting students to get the same results with that technique than I was having. But it's not so much the technique as it was my years of experience that made it work so well. Same with a world-renowned cook. Give him any basic tasteless food, he will find a way to make wonders with it. Doesn't mean you will be able to do the same when starting from scratch.

You can't compare your chapter 1 with his chapter 11. Skills still need to be processed over time to reach mastery. Every time you find yourself on a plateau and make no progress anymore with your meditation or manifestation practice, it means your system is processing the last progresses you've had and makes room for the next level that will happen within a very short time.

To then get into another plateau to integrate this new level you've reached, and then again and again. Going on as long as you want to keep reaching new levels. (At any moment though, you can become satisfied about your current level and stay on a comfort zone.)



However! The great news is all the things we talk about here are happening only within your mind. No need of any complex neuro-muscular connection like an athlete does. Or to master a myriad of sub-skills to act upon many outside variables, like when building a business. The skills mentioned in this manual will therefore bring you easy results way faster than if you were learning a martial art for example.

The graph above shows that you will need less and less efforts as the habits build themselves. And as I explained, internal states just amplify and compound over time through repetition. When you have practiced feeling a state of *gratitude* and *well-being* for more than 2 months, you start to wake up in the morning feeling awesome for no reason, and you seem to be unaffected by all the crap your colleagues or employees are giving you that day.

In the beginning of course, you're not going to be at the top right away. You may still experience negative states on a regular basis. That's the time your brain needs to rewire properly. Sometimes people who have experienced such a powerful state of *joy* or *letting go* during an NLP Training are disappointed when they experience again some state of anger or despair. Wondering "*but why it couldn't last, I was feeling so great the other day!*"

But that's normal, internal states are fluctuating all the time. That's why you need a daily practice. You never know what kind of bad news or new source of stress may arise tomorrow. If you keep your mind in shape, you won't be affected that much anymore by all the crap. It's exactly like you body: keep it in shape or you'll get tired all the time. So, keep your mind in shape or you'll feel stressed and hopeless all the time.

One last thing before building your personal routine: Sometimes it is completely legitimate to feel lost or down for a few days. George Leonard explains that when you're about to reach a very important level, there may be some added resistance from your mind or body.



Not every blast of progress is the same. Sometimes you only progress a bit, and sometimes it's a drastic life change that's waiting for you. For example, when I was about to become financially independent for real with my own business, I felt tremendous resistance and stress that necessitated constant self-hypnosis and positive programming to handle it and keep going.

Some phases of life sometimes are causing your mind to completely break and reorganize itself. That's a process Nassim Taleb calls "*Antifragile*". When your system experiences massive chaos and deconstruct itself to be rebuilt much stronger than before. And you will be capable of handling a kind of stress and pressure that seemed abnormal before. As well as understanding a level of complexity in your

field of learning that used to leave you confused. Some Generals or Commanders in the Army are known for their capacity to remain calm while risking the lives of dozens of people, including their own. That's the kind of state you reach when you have been through that learning curve during your whole life without interruption.

When those "deconstruction moments" happen, it's normal to feel lost or confused for a few days. It means your system is reorganizing itself and about to reach a whole new level. However, this new level will only happen if you keep taking actions toward the goals you are pursuing. And your mind will process the change much more easily and rapidly if you have been practicing your daily mental routine regularly.

Building Your Personal Mental Routine

For too long, my take on all those tools has been "*Only using them when something goes wrong, to 'fix' it.*" I realize today how mistaken I was. That is the philosophy everybody grows up with in the western world: Only taking care of things once they are broken. And letting them break again later.

Your mind is like a muscle that needs to be kept in shape, otherwise it will just break with simple sources of stress. Some people are naturally good at handling their internal states and don't need to think about it. But if you are like me and aren't born with that skill, you can design your own simplified mental routine to enhance good feelings in yourself and see the world in a brighter way.

As a disclaimer, it's usually only after a few months the effects have compounded enough to put you in a total state of bliss, where you keep getting better and better results. In the beginning, it's completely okay if your internal states keep going up and down for no reason. Also, please don't try to use those tools to *control* your state at every minute.

Sometimes emotions just need to be expressed, trying to put them in a cage by doing affirmations to stay high all the time will just make them worse. If a very bad emotion arises, let it arise, as much as you can. Set a specific time during your day during which you enhance positive feelings in turn. And down the road, the positive ones will automatically overcome most of the negative ones without needing your attention.

Trying to control everything you feel on the spot at every minute is a very bad way of doing it in my opinion. I've done that mistake for sure, and later I realized I was in fact burying my feelings because "*I don't want to feel this... Change it now, now, NOW!*" But if you do that, they always come back later under an unwanted form.

“Can’t be that easy!” Really?

Also, let’s address the unproven idea you can’t just feel happy without doing a deep and long therapeutic work. Depending on how much shit you have buried inside yourself over the years, you may need a therapeutic intervention. But even once it’s done, it won’t prevent you from finding another new reason to feel bad, unless you take care of your internal states on your own on a regular basis.

Once in a while, I would say it’s always good anyway to consult with a professional coach or some sort of therapist or healer, just to check that everything in your life is going okay. If there is really some deep trauma buried inside you, that’s gonna be very hard anyway to heal all of it by yourself. So, better leave that to a professional who is used to seeing it from an outside perspective.

Even if this mental work doesn’t actually take care of some deep trauma (although it can), it will still be much easier to heal it and deal with it by conditioning yourself to feel great. Because you will notice more easily where exactly lies the contrast. Where exactly do you need a psychological or energetic intervention for the thing you don’t seem to be able to handle by yourself. Focusing on the good will shed a bright light on *where* exactly the “bad” is hiding.



Now, it’s your turn! I would like to give you some examples of the various techniques I have used and experimented with over the years, to give you some inspiration:

Submodalities

- **Erasing the negative**

A more traditional way of using Submodalities is to take bad memories or bad events and decrease their effects in your head. For example, by diminishing the picture you see inside your head, putting it in black and white and pushing it away. Then, you take a deep breath and say inside your head: *"It's over"* with the most caring and reassuring motherly voice you can think of. And pushing the image even further as you exhale. Then repeat that process until the negative emotion fades away.

- **Changing beliefs**

You think about something you want to believe, like *"I am confident"*, or *"I make loads of money easily"*, and you look at the picture inside your head when you think about that. Notice the brightness and size of the image, and check if you see yourself or if it's through your own eyes.

Then you do the same with a conviction you're holding. Like *"I am White/Black/Asian"*; *"I live in a house"*; *"I have such or such degree"...* Anything that is impossible to refute. Check the Submodalities of that conviction, and then stick them to the thing you want to believe. For example, if you were *seeing yourself* in the first belief, and now *you see through your own eyes* when you think about your conviction, then change the image of the belief so that you see it through your own eyes too. That way it gives the proper direction to your brain to make you get to it for real.

- **Chaining States**

When looking for ways to approach women without being scared, I once stumbled upon that strategy: 1- Think of the Tex avery song, or anything that gives you a sense of laugh. 2- Think of an empowering song like the USA national Anthem, or anything triggering a sense of courage and honor inside you. 3- Then make an *"mhmm"* sound inside your head, similar to the one you would make in front of a very appealing and juicy meal.

Then practice rehearsing that mental chain of states every time you see a girl somewhere you want to approach. At some point, it will be automatic to get into a good and empowered state every time you see a new one.

Meditation

- **Life energy**

As you seat down to meditate, imagine you are seated in a field of grass, with a warm sun above you. Every time you inhale, there is life energy coming from the plants all around you, getting inside your body from below and filling you up. And every time you exhale, that life energy goes back into the plants and make them grow.

- **White light / Energy core**

Imagine there is a white sphere, or a ball of energy within you, behind your solar plexus. Every time you inhale, it grows and vibrate stronger. Repeat that until the sphere is big enough to grow out of your body and surround yourself. Once you are within that surrounded light, choose

an affirmation that will bounce all around the walls of the sphere, and experience what it would be like to feel that affirmation fully.

- **Healing by the ground**

Seat on the ground. Calm down your mind. Take 10 rapid breaths from your belly, followed by one big, giant, slow breath. As you exhale on the giant breath, imagine there are chains, weights, snakeskin peeling off, or anything negative that is leaving your body and getting into the ground, where it goes back to the roots of life while leaving you alone once and for all. Repeat that until you feel relieved.

Spatial Anchoring

- **The New Self**

See in front of you, an image of what you want to look like. Make it clear. How do you behave, what's the look on your face, what's your posture, clothes, voice tonality...? Then take a deep breath and step into that hologram of the future you. Feel what it feels like to become that version of yourself, and imagine how your day is going to be by feeling that way today.

- **Walking up the ladder**

Pick a state you want to feel more often. Like confidence, letting go, in love, abundance, proud of yourself, etc. Imagine there is a hologram in front of you, who feels that way. Look at how that version of yourself behaves and reacts to things. Step inside that hologram and feel how it feels. Then, from that position, imagine another state, that will make your life even better, something that grows your positive results in life even more. And repeat the process, imagine the hologram of you feeling that new state, and step into it. Repeat that process until you have experienced AT LEAST 4 empowering states.

- **Leaving the past behind**

Stand up and think of a negative state in which you feel very unproductive. Like scared, bored, overthinking, bitter, upset, etc. Access what it feels like to be in that state. Then make a step back while imagining you're getting away from that state, and look at this old image of you from a distance. Take a deep breath and feel relieved to be out of that state. Then notice what you feel now, and think of what else you could let go of. Maybe some anxiety, bitterness, loneliness, etc. Repeat the process and dissociate from it, until you just "feel okay" or even "feel good".

Others

- **Affirmations**

Instead of repeating the same boring things over and over again, I liked to imagine enhanced states. The more words you have to describe a feeling, the easier it gets for your neurology to get there. Instead of just repeating "I am confident" or "I am happy", what about feeling *charismatically confident*? Or *hypnotically confident*? What about states like *Outrageously Ecstatic*, *Enjoyably in Love*, *Powerfully Dominant*, *Warmly Comfortable*, *Happily Secure*,

Positively Successful, Successfully Relaxed, Creatively Wealthy, Colorful Optimism, etc. Create your own affirmations to amplify your states.

- **Vocal Transformation**

Pick somebody who seems to feel the things you want to feel much more regularly than you. Train yourself to speak with the same vocal tonality, when talking about your life (or about the positive results you want to achieve in your life.) Do that out loud and record yourself if that helps. It will condition your body to feel the same things that person is feeling through the vocal resonance.

- **Scripting**

Journal about the things that have been holding you back the whole time. What kind of states you don't want anymore? Then answer the question in 10 lines minimum: *Who would I be, and how would I behave, without those negative states?*

- **Playlist**

Select a special playlist, put it on your phone, laptop, tablet, everywhere. That playlist is filled with songs that make you feel exactly the way you want to feel, or songs that remind you of times where you felt that way.

- **Vision board**

Create a vision board with images and symbols of what you want to feel and experience more often in life. Look at those images while meditating, rehearsing affirmations or listening to your playlist.

Your Enjoyable Creative Time

1) What is the most important result you're looking for in your life right now? Can be related to your health, career, relationships, anything...

2) Describe what that new reality looks like, what internal state are you mainly feeling in that reality? Describe it as freely as possible. What does it feel like to you personally?

3) Underline the main feelings you have mentioned in the previous question. Remember a time of your life where you have felt something that was the closest possible to those feelings.

For example, if you're looking for massive self-confidence, maybe you've never felt it before, but maybe you have already felt a burst of courage, a slight boldness to say something outrageous, a sense of

letting go of your fears... Which state have you already felt that is the closest (or identical) to the state you're feeling in your new reality? If you don't have any, simply select a moment where you were happy, that you wish you could live more frequently.

4) Get back an image of that (or those) moment(s) where you were feeling that state. Once you have it, double the size of the image, make the details brighter and bigger in that image, turn up the volume to hear all the sounds with more resonance, and locate where is the feeling in your body to spread it wildly and powerfully. Keep breathing deeply as you focus on the brightness of that memory while feeling the sensation of it amplifying inside your body.

As you spread that feeling inside you, let your eyes get captivated by the ideas that seem the most relevant to keep growing those sensations 10 times bigger than they have ever been:

- *Relaxing your mind through deep breathing (meditation)*
- *Visualizing something like your future*
- *Relieving and amplifying a state you have already felt before*
- *Writing down about your desired life, what it looks like and feels like*
- *Rehearsing specific affirmations*
- *Spatial anchoring on the ground*
- *Listening to music that make you feel the states you need to feel*
- *Something else? Explain*

Which ones of these options are the most conducive to grow and expand that feeling you need to experience more often?

5) How much time are you realistically going to allocate every day to your daily routine? (minimum 5 minutes)

6) When is it the most opportune time for you to practice your daily routine? (morning, lunch, evening...) Be specific and explain why this is the best time for you:

7) Based on your answers at questions 4, 5 and 6, what would be the best mental routine to practice daily for you? Something that is both quick and enjoyable for you? Something you feel compelled and eager to do every day:

Next, explain why this mental routine is perfect for you:

Conclusion

I hope to have helped you a bit on your journey. Whatever you learn, whether it comes from me or anybody else, nobody has all the answers. I can't change anything in your life. I can only put you in the right direction to do it yourself. It's your responsibility to take the actions and act upon the things that need to be changed.

Your mental routine will obviously change over the months and over the years. The things I needed to work on 5 years ago have nothing to do with the things I'm working on right now.

You're obviously going to make funny and interesting mistakes too at some point, no matter what is the part of your life you want to change. I won't give you the whole diatribe about mistakes being learning experiences... I will only leave you with that curious quote to ponder on:

"Mistakes are not part of the path. Mistakes ARE the path."

Matteo Morelli

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