

Title:

How to Use the Power of Visualization to Control and Conquer Anger

Word Count:

531

Summary:

Visualization trains your mind to focus on what you truly want, and helps in marshalling all your power. This article explores and explains the Power of Visualization and suggests a practical technique.

Keywords:

hypnosis, hypnotic, hypnotism, hypnosis techniques, hypnosis training, self-hypnosis, learn hypnosis

Article Body:

Visualization is not idle wishing or daydreaming. It is a practical method to discover and achieve your goals.

This article explores and explains the Power of Visualization and suggests a practical technique.

We all get angry sometimes due to something or the other. Most of the time we become victims of our anger. The following visual sequence will not only control your anger, but also motivate you to turn it into power.

Picture your anger as a ball of fire next time when you are angry. The angrier you are, the bigger the ball of fire.

Notice the distance of the ball of fire from you. If it is too closer to you, put it away at a distance.

Anger makes us feel helpless over a situation. You feel helpless because all your power becomes the power of the ball of fire.

Command the ball of fire to return back all the power it has taken from you. If you get no response, repeat the command.

Do you feel the power in your heart? Do you feel the power return back to your head? Good! Some power has returned.

But, if there is any flame left in the ball of fire, roll it out mentally to a large reservoir of water.

Now, push the angry ball of fire into the water. Do you hear the hiss of the ball of fire when it hits the water?

On the other hand, you have taken the power away from your anger and kept it with you. You are now in control.

In fact you are VERY VERY POWERFUL. Use your Power to your advantage.

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