

Special Report:

How to Feel Powerful Instantly

By Mike Brescia

Alright! Let's go!

Let's take stock of ourselves, shall we?

What do we have? Legs? I wouldn't take any amount of money for mine. How about you?

How about your arms? Would you sell them? Your eyes? Would you take even a million dollars for them? Well then certainly your brain. After all those times that you cursed it for forgetting something and called yourself a stupid you-know-what?

Would you take a million for it?

Didn't think so.

Did you know that scientists and doctors have studied many thousands of people under hypnosis and have found that we have virtually perfect memories? People who have had electronic stimulation to parts of their brains have shown the same thing.

When stimulated, people have been literally "brought back" to days and moments in their lives and they remembered every thought, word, look, step, everything. Just as if they were in the moment again. Even 30+ years later.

That's astonishing, isn't it?

But to get more out of it and yourself on a daily basis, you have to be in the right state of mind. Hypnosis is simply a state of alert relaxation. In that state, photographic memory can occur.

Let's make a commitment together. Let's commit to keeping a watchful eye on our states of mind. Every moment. How else can we possibly do the things that we want to do today and in our tomorrows?

If you say and think those woe-is-me thoughts every second of the day, you're going to get sub-par or no performance at all. You're absolutely killing your chances of success and happiness...

And with a magnificent brain like yours, that is a tragedy.

So write down on a 3x5 card two statements:

1- "What is great about right now?"

2- "What am I thankful for right now?"

Calm down... there's something. You just need to find it. Even if you're an extreme optimist, do this. Tomorrow might provide you with some challenges that you don't normally have and you need weapons, too.

What could be good/great? After we come up with our laundry list, look at each one and feel it. Is this a made-up list? A fake, a fraud? Well, let me ask you what all those disempowering worrying thoughts you've had over the years and decades that didn't amount to anything are? The truth? The way it really is?

Hey, the truth is what you believe it to be. And I contend that we should bend our beliefs towards what is USEFUL-not just the way something seems to be on the surface.

What could be great? What could you be grateful for?

Oh... nothing?

Keep this thought in mind, "And this too shall pass." Life goes on. And there's never a better time to practice leveling our moods than NOW. This is not a dress rehearsal. Today IS practice for tomorrow.

Let's go...

Your physical health - tens of thousands didn't wake up today.

Your significant other - your soul mate

Your best friend - your confidant

Your boss - many don't even have a boss (or a job) to curse

Your co-workers/teammates - can't do it without them

Your children

Parents - make up with them. If you don't, ultimately, you'll wish you did.

Cousins/Nieces/Nephews/In-laws

Your country - and the freedoms it provides to you

Hey, stop reading and start writing... yes, that means you, too. These are my ideas. What are yours?

Your neighbors

Your favorite TV shows

Your pets

The habit you just gave up; the weight you just lost

Any other accomplishment - no matter how small

Your new car/house/clothes/furniture

Your education, degree

Your future prospects/next month/next year (imagining can help you feel good now)

Your new 'do /weekly massage

Your chance to learn something right now and what it will mean to you in the future

Your chance to rise above the problem and how that will make you feel

All the people at the end of the phone who are waiting to serve your needs

Mike Brescia – yeah, me. I'm here for you, too.

Wow, you sure have a lot to be in a good mood about. Now don't just read this and say, "Hey that's neat. I feel pretty good." You need to do it now...
The magic is in the doing.

Do you want to feel good today, but not be quickly able to get back here?

Nothing lasting will happen unless you get out the pencil, write it down and feel it.

And when you have a moment or a day when things aren't going well, remember that your state of mind DICTATES what you'll do next and the way you do it.

When you need to, just pull out your sheet of paper with all the things you can feel good about, and before you know it, you will feel better.

Maybe not great, but better IS going in the right direction... Isn't it?

And when you feel good, you are more likely to do good.