

*Spinning:
Restore calm,
and return to
love*

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Using spinning to control your emotions

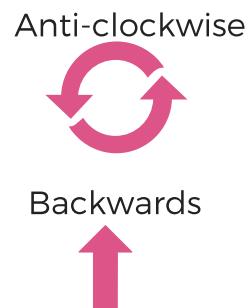
'Take control of your consistent emotions and begin to consciously and deliberately reshape your daily experience of life' - Tony Robbins

Sometimes in life there are circumstances, situations and people that trigger unpleasant emotional responses within you. For example when you are about to have an interview or do a presentation, go on a date or even meet new people, you may experience panic and anxiety.

Spinning is a fabulous technique that can be used whenever you are feeling or experiencing any emotion which may result in you feeling dis-empowered and disconnected from peace and love. It can be used at the scene when you are experiencing something, i.e. when you are sat waiting to go in for an interview and feel anxious or even when you are experiencing a feeling without being in direct contact with the experience, situation or person that triggers this response i.e. two weeks before your interview is due to take place and you are thinking about the interview.

Follow the steps below to help you to regain control, restore calm and return to love:

1. Bring your focus to the area in your body where you are feeling the current emotion you are experiencing. If it helps you can close your eyes.
2. Once you have located the area in your body where you can sense this emotion, use your focus to determine which way this emotion is spinning.



3. When you have identified the direction, allow yourself to meet the momentum of the spinning. Usually with emotions such as anxiety and panic it is a fast spin that often seems out of control.
4. Once you have met the momentum focus on slowing the spinning down. You may find it helpful to close your eyes (if you haven't already) and focus on using your breath to slow the momentum, by bringing the spinning in line with the rate and rhythm of your breath. This will also cause the intensity of the emotion to reduce. Sometimes, it also helps to also focus on spinning the emotion in the opposite direction.
5. Continue to slow the spin until it comes to a slow pace or complete stop allowing yourself to feel a pause.
6. When the spin has slowed focus now on reversing the direction of the spinning so that you are now spinning the feeling in the opposite direction. Like a battery turned back to front, it is impossible for the emotion to work if it is now moving in the opposite direction?

How do you feel? Has the emotion reduced in intensity? Perhaps even completely disappeared?

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