

BLOOD PRESSURE



&

NLP



Blood Pressure & NLP

Let's learn an NLP technique that will show you how you can reduce high blood pressure using your peripheral vision. This exercise will relax you both mentally and physically and therefore lower high blood pressure.

Sit comfortably, relax totally, let yourself go, and fix your vision on one point on the wall opposite to where you are sitting right now.

Without moving your eyes gradually see how much more you can take in.



See things on the left and other things on the right and you are widening your vision, without moving your eyes at all just keep fixed to that one spot.

You may actually see how incredible it is.

Notice how much you can observe when you're doing this.

So, In addition, do the same thing again, keep your eyes where they are, but this time, see how much you can see at the top of your vision and the very edges of the bottom of your vision.



This time concentrate on how much more you can be aware of. It's quite incredible when we use our peripheral vision, which we rarely do, to see how powerful it is.

When you do this exercise, you can then realize how relaxed the mind is.

That is because you're focused, you're concentrating hard and it shuts out everything else, to allow you to just be.

And when we're in that state, a sense of calm comes over us and with calm the blood pressure will lower.



What you want to do when you're in this nice, relaxed space is lock it in place so that you can use it again whenever you need it.

That's an NLP technique called anchoring.

So now get your thumb and clench it inside your first and as you do that and you're nice and relaxed, you going to breathe in and then clench harder and then breathe out.

As you do that you let go, your shoulders drop, and you feel more relaxed.

Your eyes are still staring at the wall.



You know, then that whenever you want to feel this relaxed in the future.

All you have to do is put your thumb into your fist.

Clench and the body will recognize that this signifies a relaxed state of mind.

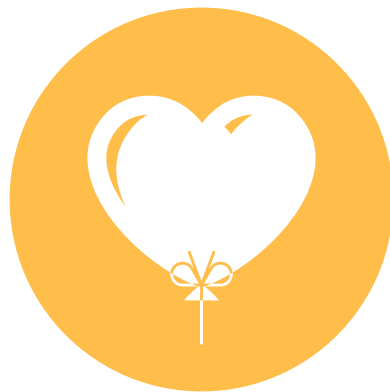
I can't stress enough how important it is to take time out of your day to allow yourself to be stress free for a moment.

To focus on nothing. You are focusing on a blank spot on the wall to give your mind a rest.



Your mind will then send back relaxing signals to your body and you will begin to feel everything calm down.

I hope you enjoyed this information and find it useful. Practice it every day as the more you practise it, the stronger it will get.



This Ebook is a collaboration between Anne McKeown, Master Coach at 2mpower.co & Global Healing Exchange

