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**NLP Swirling or spinning technique**

This technique can be used to remove simple feelings of hunger, cravings and reducing the feelings associated with some forms of fear.

Start by asking the explorer or group to think of a time when you experienced that negative feeling/emotion, allow yourself to run it through your mind so that you can engage with the negative feeling/emotion. As you become aware of that feeling

Step 1

Direct your focus of attention to your body. Notice your internal bodily sensations for a moment.

Step2

Think about what you are fearing/desiring and notice the movement of that feeling (it will probably start in your tummy and move upwards towards your head and mouth).

Step 3

Using your power of imagination take this feeling out of your body and in your mind’s eye see it spinning or swirling in front of you like a wheel.

Step 4

Then imagine what colour it is and change the colour to something more pleasing.

Step 5

Then reverse the direction of the spin or swirl perhaps by turning the wheel upside down so that the wheel is spinning in the opposite direction directly in front of you.

Step 6

Then pull the spinning or swirling wheel back into you.

Step 7

Continue spinning or swirling the feeling in the opposite direction. The feeling should now be moving down through your throat into your chest and tummy ie down instead of up.

Step 8

Spin or swirl the feeling faster and faster until the feeling reduces and / or eventually disappears.