

Tame Your Brain For Success (2)

~ By Jan Tincher

JAN TINCHER
HYPNOTHERAPIST &
MASTER NEURO-LINGUISTIC PROGRAMMER
Forest City, Iowa 50436
Contact information: jan @ tameyourbrain.com
(Remove space before and after @.)
[Http://www.tameyourbrain.com](http://www.tameyourbrain.com)

This is a free ebook! You can give this ebook away freely, as long as you do not alter this ebook in any way, shape, or form. It must remain in this original PDF form with no changes to any links contained within.

Copyright Notice: Jan Tincher and “Tame Your Brain!” All rights reserved. Any unauthorized use, sharing reproduction or distribution of these materials by any means, electronic, mechanical, or otherwise is strictly prohibited. No portion of these materials may be reproduced in any manner whatsoever, without the express written consent of the publisher. Published under the Copyright Laws of the Library of Congress of the United States of America, by:

Jan Tincher

Tame Your Brain <http://www.tameyourbrain.com>

Any and all links and recommendations are for instructional and informational purposes only and are not warranted or guaranteed for accuracy, content, reliability, or reputation, or any other expressed or implied purpose.

If you would like to become an affiliate of Jan Tincher’ products and earn commission, email here: Jan @ tameyourbrain.com (Remove the space before and after the @.) Please put Affiliate in the subject line.

Limit of Liability

DISCLAIMER: Jan Tincher and/or “Tame Your Brain!” do not guarantee or warrant that the techniques and strategies portrayed will work for everyone.

About the author

Jan Tincher is a Master Neuro Linguistic Programmer. Visit her website at <http://www.tameyourbrain.com> She is an award winning writer and has written hundreds of articles on the techniques and strategies of NLP. Check out the last page of this ebook if you are interested in an ebook or ecourse in learning how to succeed.

This is a FREE e-book. Learn from it! Share it!

If you are a webmaster,
feel free to offer it on your site as a Bonus Book!

Here are four articles that will teach you:

How Your Brain Thinks In Pictures

How A Little Known Secret Can Help You Be A Hero

How A Circle Of Power Can Help You Feel Powerful On Que

How To Make A Success Picture Tailored For You

Your Brain Thinks In Pictures

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Your . brain . thinks . in . pictures. This is something I want you to remember FOREVER.

If I asked you to visualize a cow, guess what? Most of you could visualize it easily, because you know exactly what a cow looks like -- many know what it sounds like, and a lot know exactly what it smells like. <grin>

If I asked you to visualize a purple chair, you could “see” that, too, couldn't you?

If I asked you to visualize a red pencil, yep, you could “see” that, too, couldn't you?

If I asked you to visualize a “not,” could you? Probably not, right? Because where's the picture?

So, what if you are saying things to yourself that you “think” will help you stop a habit? What if you are saying, “I'm not going to smoke. I'm not going to smoke. I'm not going to smoke.” Where does your brain go?

Straight to the smoke picture, right? If that's your habit, that's what your brain is most familiar with, that's the picture your brain will make.

How about this, “I'm not going to eat that cookie. I'm not going to eat that cookie. I'm not going to eat that cookie.” Where does your brain go? Straight to “cookie,” right?

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

How about this, "I'm not going to chew my fingernails. I'm not going to chew my fingernails. I'm not going to chew my fingernails." Where does your brain go?

Now, if you want to stop any of these habits, the words you say to yourself **MUST** go to a picture your brain can identify with, thereby giving it something to gravitate toward.

How about "I have a clean, healthy body."

Man, that's a picture, isn't it? Look at it as often as you can. Give your brain a direction to go toward, not away from. If you find yourself going to the picture of your body as it is now, and it's one you're not happy with, change it immediately back to the clean, healthy body!

How about "I have a slim, trim, healthy body."

How about "I have strong, healthy fingernails."

Give your brain pictures that both you enjoy looking at. Can you imagine the pictures you **HAVE** been giving it? For shame, huh? Because, what did it do? It saw the old picture and made it your life.

Give your brain good pictures, live a good life.

Thank you for reading.

Jan

A Little Known Secret That Helps Anyone Be A Hero

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Have you ever been in a meeting where everyone is trying to come up with a solution, but no one can? Everyone is looking at their papers, or gazing into space, or shaking their head in puzzlement. No one knows the answer, and they're pretty sure they're not going to come up with one any time soon.

Have you ever sat at your desk at home perplexed with something, and you didn't have anyone to run ideas by to get the juices running?

Have you had a problem with your children and come up against a brick wall as far as your teenager is concerned?

What do you do? Do you give up? I mean, if things keep going like they are, how can you possibly solve this issue?

Well, learn this and you'll know how. Not only that, but you'll be as the title says: A hero!

Now, it might sound too easy to work, but stick with me. Once you've learned this, you'll never be "stuck" again!

Are you ready? Here is the answer to how to be a hero.

When you can't think of anything and your mind is a blank, look at your thumb.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Yes, your thumb. Written on your thumb (if only in your imagination) is the word “Association”.

Look at your problem -- which we will now call a project. Look at your thumb. What can you “associate” to your project that might help? A person, an item, a date, a time, a purple elephant. Let your imagination run wild.

Now, when you’re done with that, don’t stop there. Look at your index finger. Look at your project. Look at your index finger.

Written on your index finger is the word “Combination.” What can you “combine” with your project, or parts of your project that will change it completely? Colors, items, remarks? Let your imagination run wild.

When you’ve figured that out, go on to your middle finger. Look at your project. Look at your middle finger.

Written on your middle finger is the word “Rearrange.” Take the project apart and put it back together, “rearrange” it, in a different manner, in a different area, in a different climate if you have to. When you are done, you’ll be able to see it in a completely different light.

Now, it’s time to look at your ring finger. Look at your project. Look at your ring finger.

Written on your ring finger is the word “Adapt.” What can you “adapt” for your project or a part of your project, to make it work, or work *better*? A new slogan, a new identity? Let your imagination run wild.

Look at your little finger. Look at your project. Look at your little finger.

Written on your little finger is the word “Substitute.” What can you “substitute?” A color, a texture, a shape? Let your imagination run wild.

Now, look at the palm of your hand. Look at your project. Look at the palm of your hand.

Written on the palm of your hand is the word Magnify. That should be easy enough to remember, because you can imagine using the palm of your hand as a magnifying glass. Neat, huh? Now, in your mind, take the project apart and MAGNIFY each piece or area, looking at it carefully to see what can be bigger or smaller. And while you’ve got it magnified so you can see every piece of the project clearly, you can even Associate, Combine, Rearrange, or Substitute each area or item again.

This erases the “I can’t do it” mentality, because you know you can always come up with something using those six words. (Which, of course, is much better than using those other six words: "I don't know what to do.")

The important thing is to remember the words so you can use them. When you look at something and draw a blank, that's the time to ... look at your thumb. This will give your mind a focus and start the word associations working: Association, Combination, Rearrange, Adapt, Substitute, Magnify.

Now, doesn’t it feel great to be a hero? Well, OK, I admit, you won’t be a hero each and every time, but it still feels good to save the day every once in a while!

HINT: Teach this little technique to your co-workers, your friends, and your family! They’ll love you for it!

Thank you for reading.

Jan

Circle Of Power

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Have you ever thought, "Boy, I wish I could handle situations like so and so does. He never looks like a fool, and he always looks like he knows what he's doing."

Here's a technique that will even the odds and help you if you are ever in that situation.

Draw an imaginary circle on the floor.

Stand outside the circle.

Take a few deep breaths and close your eyes as you envision an unknown person standing in the circle, with his/her back to you. Think, for a moment, about that person.

Envision in your mind each and every attribute you would ever want for yourself being loaded into that unidentifiable person standing in the circle. Maybe visualize a funnel from above loading that person up with every function you'd like to have, every ability. Love, self-esteem, self-confidence, competence, etc. Every ability you can think of that would do you well.

When you are finished loading that person up with every function you'd like to have, actually step into the imaginary circle and imagine stepping into the body

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

standing there. Take a few deep breaths, breathing in that person's aura of strength and all the

capabilities he or she now has.

When you feel that you have entered the body, open your eyes, and realize that the body is yours, and that YOU have all of the attributes.

Think about this for a minute. What does it feel like, to be standing there in the success circle? What are you thinking? (Make sure they are successful thoughts.)

Whenever you need any of those attributes, trigger the memory by imagining yourself stepping into that success circle. Feel all those feelings again.

Remember, if you take the time and effort to change your view of reality, your brain will put in the time and effort to make your reality become your view.

Thanks for reading,

Jan

What Kind Of Success Pictures Are You Making?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

When you have a goal, do you have a clear image or picture in your mind of the successful result you want to achieve?

Look at your picture. Do you get the feeling the goal has ALREADY been achieved? Does your picture say, "YES, I did it!"?

If not, change the submodalities in your picture. Submodalities are things like how close the picture is to you, is there a smell or scent in the picture, is there movement or sound in the picture -- things that you can change around to suit you. Rearrange things in that picture to make it FEEL successful.

Let's start by experimenting.

How about if you bring the success picture you've made in your mind closer. After you've done that, push it farther away. Test your reactions to the distance the picture is from you to see which works best for you. For some, the closer it gets the more successful they feel. For others, it's the opposite. Which one works for you? Not only what works for you, but what makes you FEEL more successful in achieving your goal. If you're after love, or peace, or whatever, make sure each submodality supports that feeling.

How about if you give it more color? Now, give it less color. Now, brighter color. Now, duller. Test your reactions to the picture to see which worked best for you.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

How about if you put movement, taste, smell in the picture to give it more appeal? Experiment with each of them, putting more, lots more, less, lots less in your picture until you come up with the perfect combination.

Work with it until each submodality is right for you.

Now, if that picture tells you you've already achieved your goal, you will feel successful, just by looking at the picture. If you don't feel successful, rearrange things again until it works. After all, who's in control here? You, right?

One thing you need to know for sure is, if you don't FEEL successful, you won't BE successful.

We all make pictures in our minds. Are yours pictures of success or failure?

Who's in control? You are! Who can change the pictures so that you go toward success, instead of toward failure? You can!

How does your picture look now? What kind of pictures are you making in other areas of your life? Change those pictures, too, until you FEEL what YOU want to feel. Good luck!

Thank you for reading.

Jan

Dear Reader,

I hope you liked reading and using “Tame Your Brain For Success(2)”. My name is Jan Tincher and I am a Hypnotherapist and Master Neuro-Linguistic Programmer in Forest City, Iowa. I trained with Richard Bandler and Anthony Robbins. AND I did the famous *fire walk*! I have had a successful private practice for over 13 years, and I definitely believe in the techniques explained above. I hope you find them insightful for how your life is going now and how you would like it to go!

If you would like to see more of my writing, please go here:

<http://www.tameyourbrain.com/> I’m sure you will find something you like!

Thanks for reading,

Jan

P.S. Check out the following page. It’s my way of saying “Thank you”!

Wait! Before you close this ebook, I want to make you a **one-time special offer**.

Let me explain . . .

I have written this **powerful ecourse** "Six Short Weeks To Success" that has helped many, many people . . . And I want it to help YOU!

However, some of you may not be able to afford it, so I have made it into an ebook -- this means that it's less money, and you don't receive support, but you get the same great information. This ebook "*Six Short Weeks To Success*" is available for \$19.99.

It's an easy read. Easy to understand.

Now, you won't succeed overnight, but when you follow the directions, you WILL succeed! And if you follow it closely, you WILL succeed within the six week period, guaranteed! Not only that, but the techniques and strategies that you will learn will help you in all areas of your life. Not only that, but you can teach them to your children, your friends, your family! It's a gift that keeps on giving!

Here's my special offer for you:

If you're willing to **invest in yourself** by grabbing the ebook of "Six Short Weeks To Success" I'll cut the price in HALF! That's only \$9.99. Go here:

<http://www.tameyourbrain.com/SuccessEbook/SuccessOfferEbook10off.php>

But wait, there's one more twist...

If you'd rather have the ecourse, I'll take \$10.00 off the price. That's only \$39.99!

Go Here: <http://www.tameyourbrain.com/successEcourse/successOffer10off.php>

Either Way -- you win!

With either option you can't lose.

Thanks for reading, and I hope I've been of help!

Jan