



The 10 Second Kazlow Anchor

www.DrKazlow.com

Ten seconds. That's all it takes. Ten seconds to move you out of stress, panic, tension, being upset, stuck or confused to back in control and back in the game.

Ten seconds.

What am I talking about? Energetics. Everything you do – every thought, every feeling, every action is either supported by your energy or not supported.

We've all had the experience of being stressed out, angry, or depressed and then something happens you go for a drive, a walk on the beach, get an telephone call from a friend, a hug from your toddler, a sloppy kiss from your dog – and the way you feel changes almost immediately.

What you've experienced is a shift in your energy. And wouldn't it be great if you could make that shift into your power position – *instantly* – whenever you wanted it? If you could always go into business meetings with confidence and strength? If you could approach problems calmly and be open to all options? If you could stop being held hostage by emotions and get on with life? If you could go to bed at night and get a peaceful night's sleep?

You can. And in only 10 seconds.

Let me teach you how to do it and then I'll explain it...

The first step is learning to recognize when your energy is strong or weak.

Think of a time when things weren't going well; one that caused a lot of stress. Put your attention on it and as you do, notice how your body is feeling. Your muscles tighten; your breathing may be more rapid and shallow. You have an over-all tense, sinking feeling – mentally, physically and emotionally. The way you're feeling now is how you feel when your energy is "weak" or not supporting what you're doing.

Then think of a good memory or situation when everything was going well for you. Again, put your attention on it and as you do, notice how your body is feeling. Your body is relaxed, you feel lighter. You feel clear. It's as if your vision is opening and you can see more. This is one way you feel when your energy is "strong" and supporting what you're doing.

It's from this position – when your energy is strong and supporting you – that you get real control. You see things clearly, find more options and opportunities, and feel confident to make decisions that are going to move you forward.

Try it right now.

- Put your attention on something that's stressing or upsetting you. Think about it. Notice how you feel. Are you feeling tight, tense, constricted, disconnected, or overwhelmed?
- Now *shift* it:
- Place your hand in the center of your chest with your fingers pointing up.
- Look down at your hand being careful not to stare or over focus. Keep your eyes natural and comfortable. It's OK to blink and have natural head movements.
- Take a breath.
- While looking at your hand, notice any place in your body that you're still holding tension and allow it to relax. Make sure you're not holding your breath.
- Notice how you feel now and how your energy has shifted.

Here's what just happened:

You just snapped yourself out of a trance. (A trance is the mechanism that we use to fix our attention on and hold onto our problem in the present moment.)

When you look at your hand – when it's in the Kazlow Anchor position – and breathe, it's impossible to remain in trance. You break free of that weakened energetic state.

Is this the same as deep breathing? Absolutely not. Just breathing and trying to relax may make you feel better for a moment but it will actually leave you in the trance and can deepen it.

The point is your energy is either helping you do what you want or holding you back – and in some cases, stopping you.

When your energy is supporting you, it's "strong." You feel energized, capable, powerful, alert, in command, and on top of your game. Your body feels relaxed, lighter – *and strong!* You get things accomplished and you feel great.

When your energy isn't supporting you, it's "weak." Your body may feel tense, heavy, and tight. You can feel caught up or disconnected. Your breathing becomes shallower, even your heart can speed up. What you want to accomplish becomes stressful, difficult, if not impossible.

If you know how to identify what your energy is at any given moment, ***you can shift it from not supporting to supporting you.*** That means you can move from being out of ***control to anchoring yourself*** in your power position. You'll have real control that brings calmness, clarity, and real confidence. And it's from that anchored state that you can see opportunities and make decisions that are going to move you forward.

If you're like most people, you think your energy won't be strong until you achieve your goal or get what you want. ***It actually works the opposite way.***

Because it's impossible to maintain two opposing energetic states, that is, you can't be "strong" and "weak" for the same thing at the same time, the **Kazlow Anchor** immediately shifts your energy to support you and get you on the path to what you want.

A strong energetic creates the conditions for you to move forward. It gives you clarity to see opportunities. And it supports you to accomplish them.

The more you notice and identify when your energy is weak and shift it to the strong anchor, the more the strong energetic will become your "predominant" state.

By using the **10 Second Kazlow Anchor** you go from being controlled by the situation to putting yourself in a power position where you can act with strength, speed and accuracy.

You'll learn to shift to it instantly – any time, any place.

And it only takes 10 seconds.

Visit <http://DrKazlow.com> to learn more!

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