

## The 16-Second Method for Releasing Fear

[By Montana Gray](#)

Sometimes it's hard to stay in "high frequencies and vibrations" when "the wolf is at the door." This **powerful NLP technique** can be used to release fear in a matter of seconds.

NLP studies the structure of how humans think and experience the world through our five senses and connections to our mind: beliefs, attitudes and thoughts.

The basic premise of NLP is that the words we use reflect an inner, subconscious perception of our problems. If these words and perceptions are inaccurate, they will create an underlying problem as long as we continue to use and to think them.

**Our attitudes are, in a sense, a self-fulfilling prophecy.**



### **LIGHTS, CAMERA... MAKE YOUR OWN MOVIES!**

Imagine that your mind has two movie screens – one on the left and one on the right. Now image your problem, fear or issue that is blocking your JOY on the left side of the movie screen in black and white. On the right side of your screen, in color see the best possible solution to your resolve your fear and dissolve this block.

### **EXAMPLE**

For example, let us say you have worries around your finances. Get comfortable and imagine in your mind a mental screen with two sides: left and right.

#### **On the left side of your mental movie screen ...**

Imagine your bank account balance at a very low amount and your bills sitting opened on a desk.

You don't have the money to pay them – and you feel stressed and worried. You are anguishing over the way your life is working – the theme that you see is "there is never enough money."

**Imagine this "movie" in black and white.**

#### **On the right side of your mental movie screen**

Imagine yourself in your beautiful home with your fabulous car parked outside. Now, you are inside, in your home office, and on your desk, you see your bank statement opened: You see that you have thousands or even hundreds of thousands of dollars in it.

Hear yourself talking about how great it is to have your bills paid with ease and to live effortlessly. FEEL the FEELINGS of how wonderful it is to have this life, this reality.

**Imagine this "movie" in color.**

Now, make the image on your left side black and white screen get smaller and smaller as you simultaneously make the image on the right side of your screen in color get larger and larger.

Keep enlarging the positive image until it overflows and fills up both mental screens – and keep diminishing the fear image until it is a tiny dot.

Then imagine the dot fading away to nothing as the movie of your happy outcome fills your entire mental screen.

### **REPROGRAMMING YOUR MIND IN 16 SECONDS**

You can do this in about 16 seconds – and each time you do you are giving a powerful message to your subconscious mind to create that positive reality. Remember, the power of this kind of work is that the mind cannot tell the difference between an “imagined” reality and a “real” one. Your mind thinks everything is a reality! Quantum physics proves that we create with our Attention, Focus and Observation. So make your “reality” what you WANT!

By putting your Attention and Focus on a happy solution and diminishing the original fear “movie,” your subconscious mind goes to work immediately to create that happy solution – or one better – for you.

You may use this technique for anything. Start rewriting and directing your new life’s movie now!

- to imagine yourself perfectly fit and at your desired weight
- to see yourself in a happy relationship with your perfect soul mate
- to manifest and Attract new desires of any and every kind.

### **CHANGING THE NEUROPATHWAYS IN YOUR BRAIN – BY CHOICE**

This practice actually changes and “reprograms” the neuropathways in your brain using your internal language – hence the phrase “neuro-linguistic programming.”

Use this technique often. The more you do you, are training your subconscious self to take control of your thoughts and not surrender to lower – constantly incoming – vibrational thoughts like fear, anxiety and the messages / language of limitation.

### **BONUS!**

As you change your mental movie to a positive and healthy one for yourself, your RAS (reticular activating system) will also become more and more Focused and “active” so that you will begin to only hear, see and put your Attention and Focus on the things you WANT, the movie in your mind of your best life – in color!

*“...the purpose of life  
is to live the grandest version of the greatest vision  
we ever had about who we are.  
When we do that, we are finally in agreement with God.  
God’s will and desire is to know itself through us  
and that God may know God’s magnificence  
only when we are magnificent.”*

~ Neale Donald Walsch  
*Conversations With God – Book 1*

Suggestion: Watch the movie, *“What The Bleep Do We Know?!”* You will learn about neuropathways and much more!

EnJOY your day – 16-Seconds at a time!

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