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BETTER BRAIN BETTER YOU

SET WAYS CREATE DANGEROUS HABITS - INTRO

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We all know that one person that just refuses to do things differently. They are just so stuck in their ways that nothing matters except for the things that they believe in. Which are things that have work for them. Their habits can be harmful, dangerous and life-threatening but yet they still have no consideration of their safety and the safety of others. Some habits may not be this intense but at the end of the day or at all cost, satisfaction is met and the mind is placed on autopilot confusing the brain to think the habit is normal and categorize it as a daily routine which of course can become harmful to a human mentality.

Join me today for my better brain better you discussion to learn some NLP techniques to get even the most programmed person to change their ways and see things differently

SET WAYS CREATE DANGEROUS HABITS

Hello my name is Kimberly Wright Davis, I am a Certified Master Elite NLP Practitioner. For those who are unaware of NLP, Neuro is the mind, linguistics is the language, and Programming is rewiring. What I do is teach you how to learn the language of the mind using NLP techniques to rewire the brain to communicate with the body without creating bad habits, blockages, cycles and patterns. I help your brain do what it needs to do for you to live out the life you were created for.

Today we will be talking about **SET WAYS CREATE DANGEROUS HABITS**. How many of us hate change. How do we feel when people come into our lives and tell us what we need to do or stop doing. It makes you feel some type of way right? What if they're right? What if they have observed you enough to make a valid statement or to make minor suggestions? Here's where the NLP comes in. Ask yourself this? Have you heard multiple people say the same thing about your set ways and habits? If so, nine times out of ten, what they observed is probably true.

Let me help you become more open to the changes that need to take place by introducing you to SWISH THERAPY. Swish Therapy is just a simple technique done by NLP Practitioners to get clients to change how they think, feel, and act simply by getting the individuals to listen to other people's point of views and try to get an idea of how they are viewed. It's like looking in the window at yourself for self observation instead of looking outside at the problems directed towards you. Just like looking outside, the set up is still the same. But when you get tired of the same old scene, you start to make changes. That's how it should be when it comes to your habits. Start to break away your set ways and habits that are unhealthy. Sometimes we don't realize how bad or even how dangerous our habits have become until others start to continuously mention them to us. It's impacting others at this point, but if things are being said they care enough to assist with the change.

Let's try some Swish Therapy so you can have an idea how to help others to see you the way you really are.

- When being spoken to about anything you've done that may have seemed offensive, show empathy and repeat back what they mentioned, but only the part where they let you know what was wrong, that's it. Then kindly state that you apologize and will find ways to improve.
- If at any time you are put under pressure, overtime you may have developed a go to habit or react a certain way. Next time when this occurs, try doing something different like avoiding the habit and replacing it with a light activity. If you are in doors, maybe at work, or in a setting where you have to maintain your control, try writing down some positive affirmations of things you would like to see change within.
Example: I am worth living and is a valuable asset to the people around me.
I am the change I want to see.
I am the energy that is needed to impact people positively.
- If outdoors go for a walk in a safe but different setting other than what you have been exposed to. Take a seat and look at everything around you and show the universe some gratitude..
- Lastly, another swish therapy technique is visualizing yourself how you want to be viewed. Play out in your mind the person who you know you are, but having trouble becoming that. Practice becoming that person in your mind because that is the true you. Work on this daily and I promise you will start to see the change, and so will others.

You know what else will help? Some good ole herbs. Yes there are some herbs that will help you with peace of mind. Consuming these herbs while you are in the process of breaking habits and coming out of your set ways will definitely ease the tension.

Lemon Balm	Calms the nerves, aids anxiety, and lowers blood pressure.
Chamomile	Also calms the nerves and helps with relaxation, just in case you become overwhelmed
Holy Basil	Holy Basil is an adaptogen helping the body respond to stress.
Ashwagandha	Has anti-stress properties which helps lower cortisol levels (The stress hormone). This herb is not recommended for pregnant women.

Please consult with a primary Physician before consuming any herbs and please do self research on dosage and side effects. All of these herbs can be consumed as tea. These herbs have been carefully selected for this particular topic and have been carefully researched to inform the audience of a more holistic approach to healing the body naturally.

Thank you for joining me for today's discussion "**SET WAYS CREATE DANGEROUS HABITS**", please subscribe to receive daily "**TIPS FOR CHANGE**" to help maintain a healthy brain. Join me tomorrow as we discuss "**MAINTAIN HEALTHY HABITS PERMANENTLY**". Make sure to follow us on all major social media platforms @MYSTICHAVENUSA. Support MYSTIC HAVEN NLP & HEALING PODCAST by subscribing and becoming a VIP member to receive exclusive emails, VIP topics only, events, prizes and gifts. Also visit Mystic Haven's Store to purchase a ready made mixture of the herbs mentioned in today's podcast. Shop product CORT-lax Blueberry Tea, this tea targets the stress hormones, helps with relaxation, lowers blood pressure, aids anxiety, and calms the nerves. Seems like we all can benefit from this blend. I really appreciate you all! Have a great day! Thank you for listening!