A Blushers Guide to Enlightenment

10 Steps to Banish Excessive Blushing.

By Gina Pickersgill

This process will consist of ten steps to help a person suffering from excessive blushing. It's normal and even natural for people to blush, but those that have a severe form of it might find this process helpful. Even if it gives them an insight as to what an NLP session might consist of so they have an idea of the sort of treatment that might help.

Step 1. Take a moment to see yourself having an experience where you have been able to notice what you felt.

Step 2. Be able to take a mirror to yourself so that you can see what is happening in your reflection.

Step 3. Focus on the ideas that are going to get you the behavior you want. Take a moment to do that as you focus on your image in the mirror notice what ideas begin to surface in your conscious mind. Realise that you are being what you need in this moment. This is the moment you need to take notice of. When the ideas begin to flourish you can take them and decide how to use them in the future.

Step 4. Bring a moment of clarity into your thinking as you notice how those ideas are going to manifest in a way that helps you to stop blushing when people talk to you or when you feel you are not being who you are supposed to be. Blushing is just a symptom of not noticing who you are. When you notice who you are by looking in this mirror you can focus fully on what it is you are meant to be doing in the moment. There is an honesty within you that needs to express itself no matter where you are or who you are with. And so therefore there is no need for any embarrassment. You don't need to be anybody else but your own self and that is worthy of admiration.

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Step 5. Begin to notice how the behaviors you choose will be the ones that let you find a focus of getting the ideas that show you how to behave differently. You are the one who can transpose your life into something meaningful. You are the one who has the power to notice who you can be. You are the one who has the power to understand your own self knowledge is being focused through you, to you and for you.

Step 6. Take a moment to breath in the energies that allow you to focus on your feelings inside. Take a moment to *be* what the ideas are giving you.

Step 7. Wonder who you are without the old behaviors. Is it something you want? Is this person someone you like? Is it something you want to do differently? Notice who you are without those old behaviors. Notice how you shine in the face of others. Notice how you are perfectly in balance. Notice, notice, notice.

Step 8. Manifest your desires by being in the state of wondering how you are able to notice more about how you can improve. Take an idea at its' best and enhance it. Enhance it so that it becomes part of you and you it. Your life is manifest in ideas. Your life is growing within. All life is within.

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Step 9. Smile on the inside until it begins to show on the outside. Smile at your fortitude at being able to change how you feel and the programs that used to run the old behavior are now something that you don't need. And that you realise you can have anything else that you need instead of things that you don't want because you are in the state of being that allows you to challenge anything that is not within your desires.

When you challenge things that are responding in a way that you not only don't need; but you don't have an idea of how to use it instinctively, because it is not you. And it does not fit your way of being. Your way of being is only a way to notice how much more you can have fun and listen with all your heart to your desires. An evolution of your being will be a result of having not one but two motivations to go further into the space of finding a person that you realise you can be and that is just something that can be expressed within you.

Step 10. Your focus of ideas has been arranged in a different way so that you are now able to continue your life in a more productive and exponential wonderful manner. Realising that you have your own states of knowing how to *be* within the moments you aren't able to focus on the special being you are. You can now focus on taking one more element of your experience and putting it into a practice of embellishing the magnificence of who you are. The creator of your experience is you. You have the means to take all those fantasies and ideas and make them a way of being that enable you to live a future that is not focused on the past and that is only forfeiting your ability to ride the emotions that pertain to the ideas of growing a special thought for the time being.

Learn how do these steps with one to one coaching with the author who is an International Online NLP Treatment Specialist– (English Speaking Only)

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