

## Peak State: How We can master this and How we can use them every time we need?

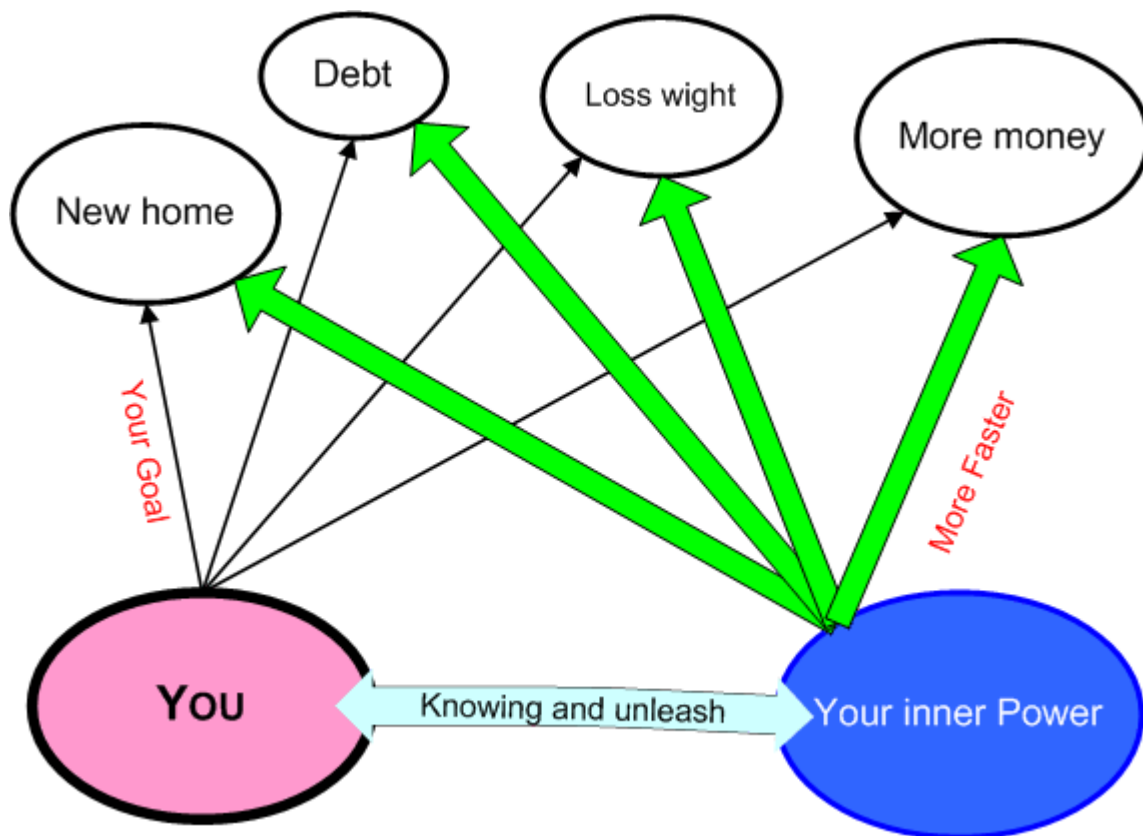
What do you desire most in your life?

What do you want => with specific?

Maybe you need more money, or more good healthy, new home, or maybe you want make your weight ideal?

Actually you have power, inside you, to achieve all your goals. This power is inside you, your own. With this power you can achieve your goal faster than before.

What you must do is just understand about that and use this power.



## A. Peak State: What is that?

Maybe you have experienced in a moment where you very - very brighten up and at that moment all the business you do felt easy .

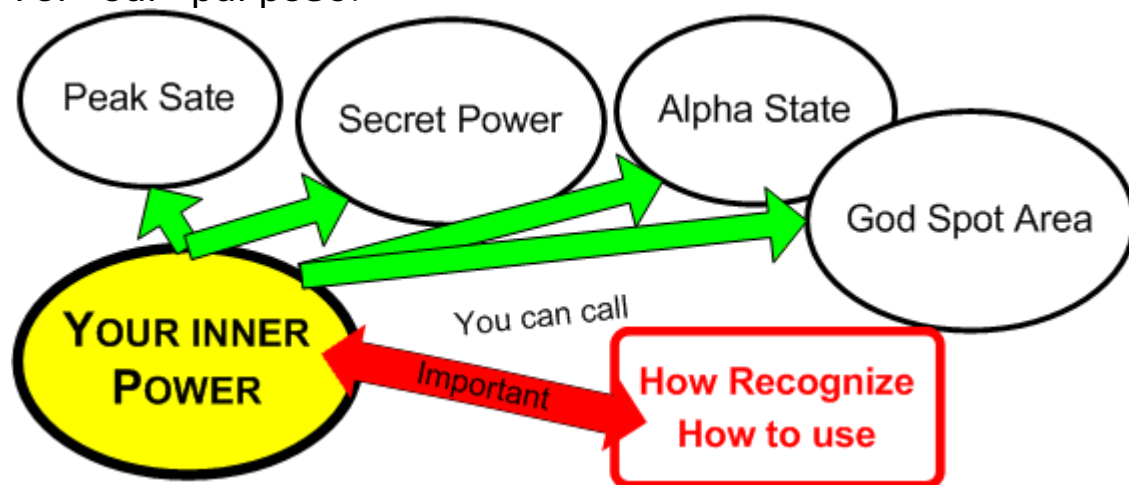
Or, you have stayed in the very dangerous situation that, Hallelujah, you can handle the situation easily.

Possibly you have been pursued by the dog and, wonderful!! You can skip the fence as high as 2 meters.

I very sure you have faced the same situation at your past ===> or possibly you are in this time face the moment - crucial moment. I hope you can finish the problem better.

That is, the moment when your inner power show up automatically. The power that automatically save your life and solve your problem immediately when you hopelessly.

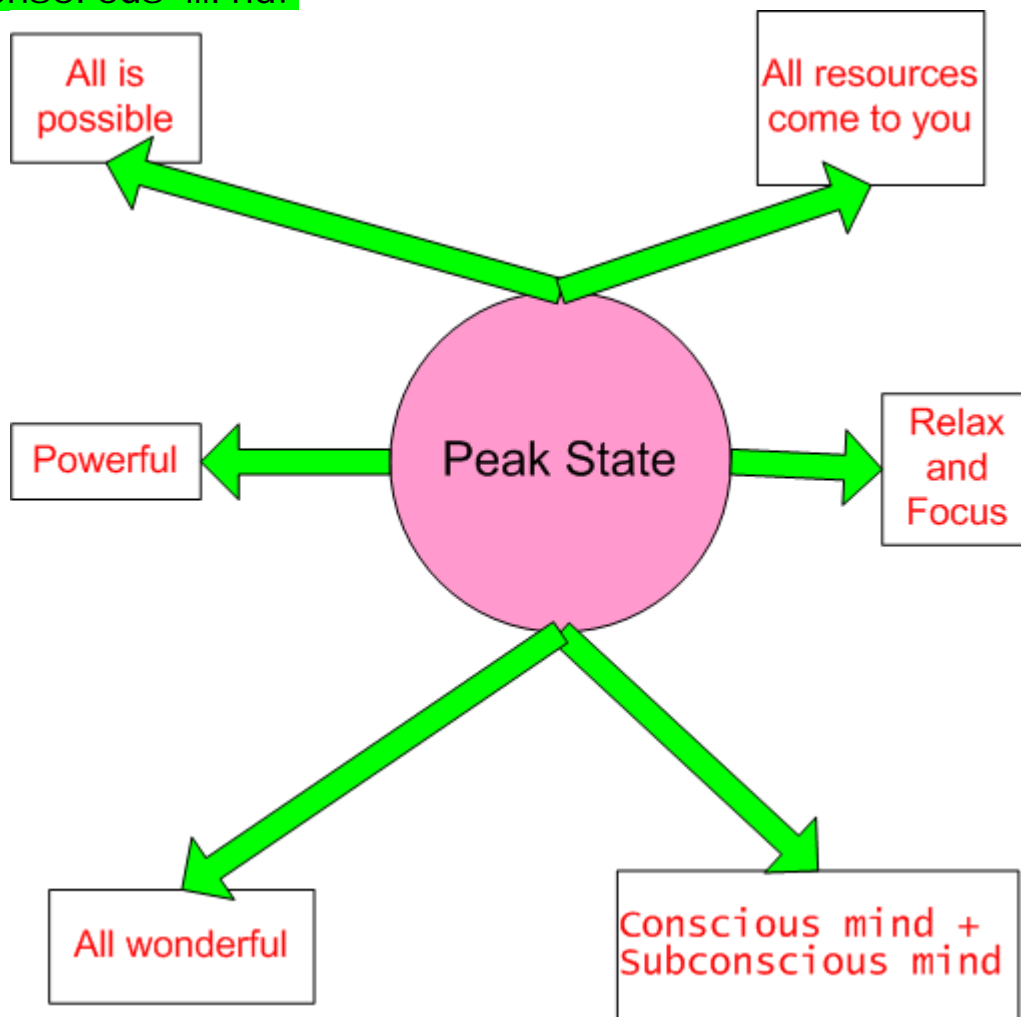
Now, we call this power Alpha State, Peak State, Secret Power, Subconscious Power, God Spot Area, and etc, etc. According to me, this strength may be named any kind of do, most off all is how do we can recognize it and then work along and exploit this strength to reach for our purpose.



Let's we try make definition about Peak State.

Peak State is:

1. Mental condition where everything is possible to do.
2. Condition when we feel more powerful.
3. Condition when everything we need is comes to us automatically.
4. When you feel that everything is wonderful.
5. This is time when you feel relax and focus in one thing.
6. When your conscious mind connect with your subconscious mind.



## B. How to enter and use Peak State with quickly?

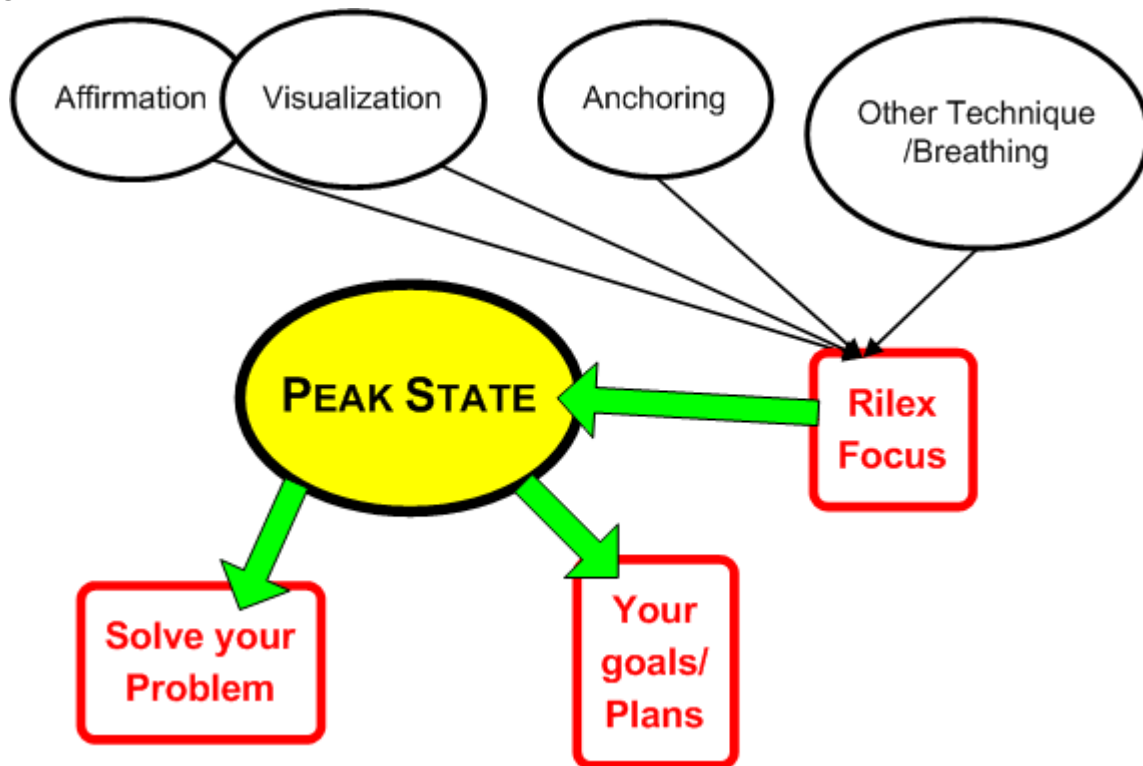
You can enter Peak State quickly with this condition:

1. You must relax first.
2. You must focus with one thing/think.
3. Your emotion must be connected with this think/think.

Generally, if you are Visual type, you can use creative visualization.

If you are auditory, better with affirmation technique. When you are kinetic, best with emotional anchoring.

You can choose one of them, or, you can use other technique that you like. The important point is you use technique that make you relax with fast, make you focus with fast, and make you enter your Peak State with fast too.



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