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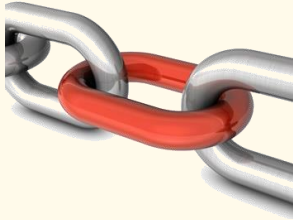
One Super Easy Technique To Become More Successful

This technique is super easy to learn.
Anyone can do it.

Camillo Loken
- Author & Speaker -

LOGO

You have probably heard about **the mind body connection**. It's a well know scientific fact that we cannot separate the mind from the body. They are connected.



There is one special and **important body-mind connection** influencing our lives that not many people know about it. It's the **connection between your handwriting and your subconscious mind**.

The Power Of Handwriting



One of the most powerful ways to use affirmations (positive statement we repeat to ourselves to reprogram the subconscious mind) is **to write them down while in a lower brainwave state**.

Writing down your affirmations in a notebook before going to sleep is a powerful way to influence your subconscious mind.

When you go to bed and relax, your brainwaves slow down automatically. Writing your affirmations in a notebook while in this lower brainwave state will have a strong impact on the subconscious mind.

Not only are you writing the information, you are also viewing it on the paper.

Handwriting is a great tool for the brain. The information you write goes **directly** to the brain via the central nervous system.

The study of handwriting is called *Handwriting Analysis*. It's the umbrella term that describes all forms and theories about understanding character from handwriting. Sometimes it is also referred to as Graphology.



The Super Easy Technique

The basic thought behind handwriting analysis is that a person's writing is not just the conscious act of applying pen to a piece of paper, but also the direct expression of the subconscious mind.

Handwriting analysis, or Graphology, is used worldwide as a psychoanalytical tool to give us insights into someone's personality.

Some claim graphology to be a pseudoscience. They say there is no scientific evidence that our personality is reflected in our handwriting. However, one of the worlds' top Forensic Handwriting Experts begs to differ.



His name is Bart Baggett and when asked the question: *Is handwriting analysis a science or an art?* he answers:

It is a clinical science. The Library of Congress categorized it as a credible social science in 1981. It is not a hard science like chemistry. It falls under the same category as psychology.

Handwriting is often referred to as “brain writing.” Research scientists in the fields of neuro-science have categorized neuro-muscular movement tendencies as they are correlated with specific observable personality traits.

Each personality trait is represented by a neurological brain pattern. Each neurological brain pattern produces a unique neuro-muscular movement that is the same for every person who has that personality trait. When writing, these tiny movements occur unconsciously. Each written movement or stroke reveals a specific personality trait.

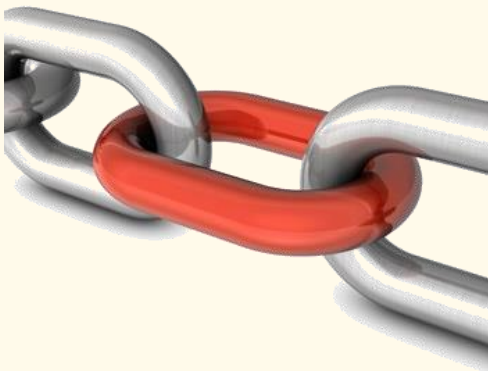
Handwriting analysts identify these strokes as they appear in handwriting and describe the corresponding personality trait. Handwriting is like body language, but is more specific and is frozen for a more detailed analysis of our unconscious movements.



The Super Easy Technique

According to The British Institute of Graphologists it is *evident that no one continues to write exactly the way they were taught and everyone's handwriting looks different. In fact as soon as someone can write, he or she gradually alters the shapes and sizes of letters in accordance with individual likes and dislikes. Why is this?*

The reason is that our personalities affect the way our handwriting develops after we were taught to write. This is because handwriting is the pattern of our psychology expressed in symbols on the page and these symbols are as unique as our own DNA.



In other words, there is strong connection between **your handwriting and your subconscious mind**. Understanding this connection can help you change your life. It's possible to utilize this **direct route** to the subconscious mind to alter it.

Since handwriting is a subconscious act, it provides the most direct route **back to the subconscious** - that mysterious force which runs each of us. The good news is that the subconscious mind is **highly susceptible to suggestion** and since we can reach it with handwriting we can change it.



Your Magical Power

The Super Easy Technique

I am about to reveal to you a super easy trick to become more successful. It's so simple anyone can do it. However, very few people know this trick. It's not really a trick as such. I'll explain more shortly.

In the previous pages I introduced you to the power of written affirmations. I told you about the mind-body connection and also explained another **important connection** influencing our lives - the **connection between your handwriting and your subconscious mind**.

If you want to change some personality traits you can do this by simple changing your handwriting. The top handwriting experts in the world teach their own handwriting classes on how to analyze the different strokes in a person's handwriting and what personality trait the different strokes relate to.



As mentioned previously, one of the world leading experts in this field is Bart Baggett. He is a court qualified forensic document examiner and has been appearing on over 1500 radio and TV shows, including Larry King Live, CBS This Morning, The Today Show, CNN, National Public Radio, CNBC, Montel Williams, Leeza, Fox News, America's Most Wanted, and even the Howard Stern Show. Bart has become a personality expert for talk shows and commentators nationwide.

Changing your handwriting will change your subconscious mind.
One tiny adjustment to your handwriting can make a big difference.



Your Magical Power

Spot-on handwriting analysis surprises iReporters - CNN.com

In 2011 Bart Baggett was asked by CNN to conduct handwriting analysis for a project they were doing. For CNN iReport's cultural census project, they collected more than 200 handwriting samples and selected a handful to be analyzed by Baggett. They wanted to find out just what handwriting can say about a person - and whether the impression it gives is at all accurate.

Baggett examined the samples and came to some conclusions about each person's personality. After Baggett dissected everyone's handwriting, they called back the iReporters to get their impressions. Seven of the eight iReporters overwhelmingly agreed with their handwriting analysis.

When it comes to finding hints in handwriting, Baggett says: *"There are about 100 different personality traits that are in different ink strokes. I'm able to weigh certain features with certain significance. So I'm able to see a certain personality rather than just certain traits."*

One very important personality trait needed for success is **high self-esteem**.

Your handwriting can easily reveal if you have a low or a high self-esteem.

I will show you how this works very shortly.

Your self-esteem is probably the most important aspect of your personality. It defines who you are and influences those around you. It is closely related to the results you get in life.

The challenge for most of us is that we have been programmed with at least some limiting beliefs and negative self-talk regarding certain aspects of ourselves.



The Super Easy Technique

This internal negative self-talk can affect our goal setting and achievement of our objectives in life. It is limiting our ability to follow through on success.

If you talk negative to yourself it will lead to low self-esteem. Low self-esteem creates more negative self-talk. It's like a vicious and destructive cycle stopping your way towards success. The good news is that you can break this cycle with a super easy technique which I will reveal to you very soon.

In order to break the cycle you need to change the programming in your subconscious mind. That's where it all started as I explained in step 2 of this program.

To get to the root of the problem is to change the internal programming that exists within our mind. To do this we must eradicate and treat the negative self-talk that is programmed within us.

Successful people in this world have either been programmed with high self-esteem from early childhood or have learned how to reprogram their minds in such a way as to give them the best possible advantages or edge.

They reprogram their own minds in ways that allow for the greatest possible chance of success **AND YOU CAN DO THE SAME.**

What you think you will become and that what you become you will think.

People who really understand this change their lives because they start reprogramming their thinking. A new world of untold opportunities opens up and the clouds of self-doubt and low self-esteem melt away and disappear.



Your Magical Power

Replace low Self-Esteem with high Self-Esteem

- discover hidden personality strengths in your handwriting

It's no secret that low self-esteem can dramatically reduce your chances of success in life. A low self-image can lead to fear of extending yourself. And as a result, no matter how badly you may want, something; your lack of self-esteem will work against you to undermine all your efforts.

We basically stop ourselves from succeeding because of negative programs in our subconscious mind, but it's never too late to change all that. Research on how the brain creates new neural networks, called neuroplasticity, shows that we can create new neural networks and habits as long as we live.

During my 10 years of research to understand more about how anyone can transform and prosper I came across probably the easiest technique ever to change a subconscious program. Anyone can do it and all it takes is a stroke of your hand. This simple technique will help you go from low self-esteem to high self-esteem.

It has to do with your handwriting. Certain letters hold powerful clues to who we are and one letter reveals your level of self-esteem.

It's the letter t.

Check your t-bars in your handwriting.
It reveals if you have a low self-esteem or not.





As handwriting expert Bart Baggett says:

*The letter **t** reveals your ambition, goals, and how much crap you are willing to take before you get out of a bad relationship.*

*Take a look at the lower case letter **t** in your own handwriting and the writing of the people around you. **The lower the cross of the t-bar, the lower their own self-image really is.***

Research shows that people with low t-bars stay in bad relationships and bad jobs way too long. On the other hand, people with high crossed t-bars tend to set higher goals, make more money, have better relationships, and are generally happier. So, where are you going to cross your t-bar from now on?

If the *t*-stem is very tall and the cross bar is very low, this indicates someone who has lots of pride & dignity, but inside has many doubts of their own ability. These people may surprise you with their lack of self-worth, because they may even be arrogant as a defense mechanism.



The Super Easy Technique

In Handwriting Analysis it is very easy to see. You can check your own handwriting and see where you cross the **t's**. If it's low just start crossing it higher on the stem. It's that easy. Super easy.

Practice your new stroke every night before you go to bed. So if you like to do affirmations before you go to sleep at night make sure to write them down and include this neat little technique and change your t-bars. Make a habit of crossing the t-bar higher up on the stem.

I know it sounds too easy, but your personality and traits are seen in the way you write. So changing a stroke will eventually reprogram that trait. Graphotherapy (changing handwriting) is a way of improving personality traits by changing your handwriting.

Cursive handwriting is a tool that can improve your life and **rewire your brain**. Changing your handwriting is deliberate intentions and deliberate motor behaviors creating new neural pathways in the brain.

You should cross your **t** at the top of the stem. If you already do, that's great. You're the type of person who will strive to do better, achieve more and will not let anyone put you down.

Check out where you cross your **t** and adjust it up to the top of the stem. And every time you consciously adjust the stroke, you are confirming improvement. You are sending a high self-esteem signal back to your subconscious mind.

On the next page you will see handwriting examples of low self-esteem and high self-esteem. The images are produced by handwriting expert Bart Baggett.



it to stem it

Shown by the t-bar crossed very low on the stem. This person fears failure and resists change. He often remains in bad situations and relationships far too long and finds imperfections with himself. He is rarely successful enough in his own eyes despite his accomplishments.

low self-esteem

strong self-esteem the
to thus time taking

High crossed t-bar. This reveals confidence, ambition, the ability to plan ahead, high goals, high personal expectations, and an overall good self-image. This is the key to personal success and happiness. Esteem increases if combined with a bold signature.

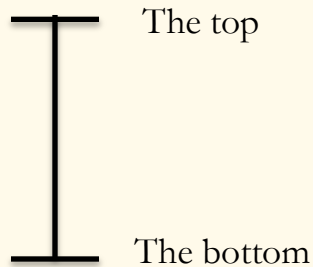
high self-esteem



It makes perfect sense to cross the t high up on the stem. Let's draw a line like this:



Now let's add a line at the bottom and one at the top indicating the lower and upper part of the line – like this:



Which one of these two ends would you associated with something positive? I am betting your answer is: The top.

We associate something that is higher up on a scale, a line or a graph as being better and more positive. So crossing your t's higher up on the stem makes perfect sense.

This simple, little adjustment to your handwriting will increase your self-esteem and as a result you will move closer to becoming successful.



The Super Easy Technique

Practice crossing your t's high up on the stem every night before you go to bed. You can write a sentence containing many t's. Write it out a few times each night. Here is an example you can use:

The cat tried to make contact with the two other cats sitting in the tea-room.

Or just make up your own sentence containing many t's.

The whole purpose is to practice crossing the t-bar high up on the stem.

Writing it out at night is very good since the brainwaves are lower and that leaves a greater impact on the subconscious mind as discussed previously in this program.

Every now and then when you are writing something **during the daytime** you might discover that the old, lower t-bar still appears. The good thing is that you notice it and are being aware of it. That's a good sign, because then the re-programming is in progress.

If you didn't spot it then the old, subconscious programming would go beyond your conscious awareness and nothing would change.

So, keep crossing those t-bars high up on the stem.

If you want to know more about the power of changing your handwriting check out this very educational and fun tool: [The Grapho-Deck Trait cards](#).

It's the World's Leading Handwriting Analysis Learning Tool!



Your Magical Power