

NLP techniques that can increase focus and energy

Below are powerful NLP techniques that increase focus and sustainable energy almost instantly by engaging the subconscious mind, shifting state, and activating the nervous system in a regulated, resourceful way.

1. State Anchoring (Instant Focus Reset)

What it does: Reconnects the body and subconscious to a peak state like clarity, confidence, or focus — on command.

Why it works: The subconscious associates emotional states with physical triggers; this rewires your nervous system to recall that state automatically.

How to do it:

1. Recall a time you felt highly focused, productive, and energized.
2. Close your eyes and relive it vividly — what did you see, hear, feel?
3. When that feeling peaks, press your thumb and middle finger together.
4. Release after 5 seconds and open your eyes.
5. Repeat 3–5 times to strengthen the anchor.
6. Later, when you need focus, press those fingers together while breathing deeply — your subconscious recalls the focus state.

Result: Immediate shift from mental fog to grounded concentration.



2. Swish Pattern for Energy and Motivation

What it does: Replaces a draining thought/image with an energizing one in seconds.

Why it works: Interrupts negative neural loops and trains the brain to associate action with pleasure.

How to do it:

1. Visualize the image of yourself feeling tired, unfocused, or procrastinating.
2. Now imagine the version of you that's vibrant, energized, and laser-focused — standing tall, breathing deeply, eyes bright.
3. Place the "tired" image in front of you, then SWISH! it away — shrink it, make it black and white.
4. Bring in the energized image quickly, full color, bright, filling your mind.
5. Repeat 5 times quickly — "swish" between the two until the positive one dominates.

Result: Instant emotional and energetic reprogramming — your brain begins choosing the energized state automatically.

3. Submodality Shift (Mental Brightness Control)

What it does: Refocuses mental energy by changing how the subconscious encodes information.

Why it works: Your brain stores focus and motivation through internal “settings” like brightness, size, and distance.

How to do it:

1. Visualize your current task or goal.
2. Notice how that image looks — is it dim, far away, dull?
3. Now turn up the brightness, make it larger, move it closer, and breathe energy into it.
4. Feel how your motivation increases as your sensory coding changes.

Result: Sharp mental clarity and instant motivation — literally “brightening” your subconscious picture.



4. Physiology Shift (Somatic NLP Regulation)

What it does: Uses body posture and breath to rewire focus through the vagus nerve.

Why it works: The body leads the mind — changing your physiology instantly changes your mental state.

How to do it:

1. Stand tall, shoulders back, eyes slightly upward.
2. Inhale through the nose for 4 counts, exhale through the mouth for 6.
3. Smile softly — even a micro-smile changes neurochemistry.
4. Say internally, “I am alert and ready.”

Result: Within 90 seconds, you’ll feel more awake, confident, and focused.

5. Parts Integration for Mental Balance

What it does: Aligns conflicting parts — like the part that wants to focus vs. the part that feels tired or distracted.

Why it works: Integrating parts releases internal resistance, freeing up mental energy.

How to do it (quick version):

1. Hold out your hands — one for “the focused part,” one for “the tired part.”
2. Let each part express what it needs (silently or aloud).
3. Ask both parts to find a shared intention — peace, clarity, alignment.
4. Bring your hands together and take a deep breath, visualizing integration.

Result: Mental harmony and immediate calm focus.



Want to experience more techniques?

Book a Clarity call with Krystal online or by texting 714-794-5438