

# **Emotion:**

**The #1 Way to Silence Your Mind  
& Fade Your Ego**

**-Rion Freeberg**

What is generally the fastest and most effective way to silence your Ego?

The answer may not be what you expected (or maybe you already read the title!)

The answer: To get emotional.

There are many other ways to get Egoless very fast that I'll introduce you to as well but this is I'd say the most effective one. If you're currently very icy and closed off there may be some other ways that would work better for you in the meanwhile.

### Getting emotional.

It works. When you are truly in an emotional state of mind like pure laughter or pure crying, you aren't really thinking. The thinking of your mind isn't keeping you prisoner anymore.

In those moments you are FREE from your mind. In those moments of pure emotion, you are Egoless.

Emotion = Energy in motion and it is VERY powerful on influencing your physiological and holistic state.

See, if we just take the 'spiritual' Egoless, it's often a difficult path to 'silence' your mind with nothing around it. But what if you consider that your emotional energy is ALSO Egoless?

Couldn't we use that? Wouldn't being in pure emotional states take us out of our mind?!

If you choose to go on this journey, welcome to a new world of empowerment because we're going to start working with your emotional energy to fade your Ego and get into more Egoless states of mind.

We're going to be getting in touch with your authentic emotional self by stripping away the layers of garbage, mud and grime (Ego and social conditioning) that have covered the diamond of you (your Egoless self).

If you think “I’m not going to get emotional”, view it in the context of your greater self. If you are ‘empowered’ with emotional energy, you have more influence on other people on the emotional level.

A laughing baby has more emotional power, thus more influence on its environment.

Might more influence be of interest to you in business and your personal life? To be more authentic? More present?

This is power that can be used to help you become a more influential, fortuitous person in your Nonverbal communication to influence people 1,000 times more than just from your thinking, logical mind.

Emotional Power that can even help you attract and manifest your dreams. I’ve attracted and manifested many things because I am using more energy than just my Ego-based mind. It’s separate training that we’ll get to, but I can show you how to ‘empower’ your Mind Reels or Mind Movies to really get the Law of Attraction working for you.

Most importantly, for now at least, is that when you open up to your emotional ‘self’ and really ‘feeling’ things, you will have the power to effectively silence your thinking Ego-based mind. The more time you spend being in Egoless emotional states, the more control you will have over silencing your Ego.

And here’s the kicker, the more emotional you can get, the faster you will be able to get into real meditative states.

What am I saying?

Watch a couple of really powerful, emotional videos to ‘open up’ your energy.

In fact, here are 3 good ones.

<http://www.youtube.com/watch?v=QWN0iVrJDsE>

<http://www.youtube.com/watch?v=oiGKW0Ji5qM>

<http://www.youtube.com/watch?v=mK29iPaQDbg>

Try and get into them. One good thing about emotional value and emotional experience is that when separated from your ego and social values, you can KEEP watching something over and over and get even more value out of it.

This will help take you into your emotional and physical energy more and it will fade the 'thinking' disease of your mind which is in the way of your Egolessness.

After watching some emotional videos and really allowing yourself to be purely affected by them, then just go into your traditional meditation deep breathing exercises.

Let me know how it goes by commenting on our page!

<http://www.Egofading.com/number1way.html>

Did you find that your mind wasn't 'as cluttered' as before? Could you see that you're entering possibly an ENTIRE new realm of holistic self-development here even?!

I have been doing emotional conditioning for YEARS and I am the only one I know in the world who does it other than professional actors (and it has nothing to do with that, wasn't inspired by it nor did I ever take acting classes).

The biggest thing for men REALLY is to give themselves the liberty to fully open up to their emotional self. I was in the military for 4 years and built up metaphorical CONCRETE walls. Nothing could 'break me'. It took some hardcore stuff (ironically, the power of women and shakti energy) to start melting down those walls of EGO.

Your Ego is blocking you from experiencing your greater power. Getting emotional in a safe, private environment allows you to be in more, real Egoless states of energy and 'The Now'. Now, you're not merely limited to the non-thinking 'spiritual' states of traditional meditation and the battle of silencing your mind.

Use videos, thoughts, memories, audio clips, etc. as emotional, Egoless 'causes' to 'affect' you into an Egoless state. This is something you can start doing today.

Build playlists based on emotion 'causing' videos before you do your regular meditation (or prayer) work.

More power, more influence so choose very emotional resources and this is a start.

Consider this as a new journey. Opening yourself up for empowerment with your emotional energy is something that will provide infinite rewards and is something to seriously consider doing. The benefits are PRICELESS.

It melts your Ego, purges and renews you and you get back in touch with your true self again. A quick emotional experience will help you effectively bring your Ego down in the mix faster than just about anything.

For me it all really started with Hans Zimmer music back in 1994. I'll talk about that elsewhere. You'll want to start collecting your own emotional resources and VALUING them on their ability to create a certain effect. Create playlists based on a specific emotion like 'happiness'.

Collect 'causes' of happiness in a swipe folder.

And you do this valuation process separately from whether it's socially 'approved' or popular and you do it whether you 'prefer' it personally or not. Strictly value resources based on their emotional content.

That means you can HATE 'Hanson' on the personal (Egoic) or social level but on an emotional value, you may consider putting 'MmmBop' into your playlist now. Same with Elmo and the state of Joy. Elmo is a 'cause' of joy.

Start 'feeling' it on an emotional level and value the emotion. When you 'feel' the emotional state your Ego is already faded and you've stopped 'judging' it from your personal and social filters (the Ego).

Doing such a thing will set you ahead of 99% of consumers AND prosumers.

There is a lot more to teach on this subject alone. Anyways, when you can start to 'feel' everything and you feel more 'alive' and truly present. We're not talking about pansiness, we're talking about emotional POWER.

Again, with that power comes more influence non-verbally and in all of your communication around people and in media. Laughter is healing.

Releasing your emotional blocks heals and clears your energy and alleviates stress. I never get headaches and I look 7 years younger than I am.

We're not just talking about 'crying' either. We're talking about ALL emotions and all emotional State's. The full gamut and dynamic range. Other's can be the envy of all the fun, joy and feeling you're experiencing from the simple pleasures of life by you simply being in touch with your emotional energy.

Remember how you felt as a kid or teen when the world was a much 'richer' place and memories were most meaningful? When you got heartbroken you could 'feel' the pain and bitter sweetness? When you laughed, you laughed more heartily and with purity?

That's a more powerful experience of life when you're 'in' your emotional power or self. That's what we're talking about but coming back into your own as a full-grown adult. I will help open you up to that part of you again if you're ready.

You know there is power in how you feel. It influences how you behave even more than your logic. Maybe you've done some stupid things in the past because of how you 'felt'.

Maybe you've done some great things as well. But either way, with social media, marketing, advertising and commercialism there is a battle of emotional power and they're trying to affect YOUR emotional State because they know it holds more influence.

What if you could USE it to your OWN advantage? What if you could get back in touch with and then harness your own emotional power and potential power to create a greater, more dynamic experience of life as well as having additional power for influence, peak performance, productivity and genius levels of Flow?

There's about 1,000 times more power with emotion when you know how to use it and you can now start using it to condition Egoless states as well as effectively

silence your own Ego-driven mind even IF you've been unable to silence it or get into meditation.

It starts with recognizing that you have the capability for emotion outside of your Ego. Your Ego can only think of emotion. Your emotional 'self' is what can truly experience and 'feel' it. Emotion affects your mind, body and physiology.

There is more power at work. What is more powerful a force of influence on you? Thinking a happy thought (Ego-based)? Or truly being able to FEEL it to your bones (emotion-based)?

So start getting yourself into emotional states when you want to be more Egoless or before meditation. You can also use it for infinite personal empowerment.

You just learned the fastest shortcut and I'll teach you how to open up to emotion even if you have concrete walls around your heart (like I did). But it all starts with recognizing that you have an emotional 'self'.

You have a capacity to purely and truly 'feel' emotion like a baby does where there is no Ego, just pure emotion. This is part of you and it's not limited to your thinking mind. View it as an 'addition' to you.

When you can view your 'self' as more than just your Ego, you will have more power to work with to silence it and experience Egoless bliss on many levels.

For those Westerner's who only think they're entire 'self' is their Egoic self-identity, no wonder they keep seeking superficial escapes from the torture of their mind. Go sideways and silence it with your emotional power.

You can find Egoless bliss within your greater and holistic self by knowing how to influence through cause and effect your energy (sexual, spiritual, physical and emotional). I will be getting more into that which I call 'Holistic Empowerment' later.

It took the Shakti Meditation to really open me up and do all kinds of amazing things and that's how I started realizing I was working with emotional energy and how powerful a force of influence it is on effectively silencing the Ego.

Anyways, can you see where this is going? Get extremely emotional because it's a great way to fade your Ego and THEN do your meditation techniques or work and you will literally save years of time fighting against your Ego with the traditional path!

That's it for this short ebook. Try that exercise out, maybe start making your own emotion-inducing playlists because those will take you 'out of your Ego'.

Be sure to comment and let us know how it's going @  
<http://www.Egofading.com/number1way.html>

*Once your email is in the comment database you'll be informed of new comments and shouldn't have to enter it again – as well as you can comment in other upcoming areas .*

-Rion Freeberg

Rion@MindReel.tv

p.s. Got questions or comments about using emotion to silence or fade your Ego?  
Please post them here:

<http://www.egofading.com/number1way.html>

Does it sound crazy? Too good to be true to silence your mind? Please get involved! There's a lot more stuff coming up. Thanks!