

Halo my Mood introduces a new tactic for self-help and mental power

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Launched by J. Qadan, Halo my Mood, is a new type of app that uses the NLP (Neuro-linguistic Programming) techniques; Association, Disassociation and Swish. Available now for iPad this app uses a unique approach to manage emotions with mood mapping & NLP powered hypnosis. The user is required to create circles as thoughts; these thoughts are then coupled with emotions depending on the color chosen, which maps the users conscious thoughts into the tab screen.

Cupertino, California - The concept of Halo my Mood is revolutionary, simply this app helps users control emotions and organize emotional thoughts. The user is required to create circles as thoughts; these thoughts are then coupled with emotions depending on the color chosen, which maps the users conscious thoughts into the tab screen. The real effort is focusing to attach a particular emotion to a circle. The app helps the user focus on emotions and thought by using voice instructions within alpha wave frequency. Alpha waves are one type of brain wave that put the user in relaxed mental state while still focused on instructions and imagination.

In addition to mapping thoughts into the screen to help users understand their state of mind, Halo my Mood also relies on NLP practical exercises. For example, using the NLP Swish technique, the user can take negative emotions into virtual prison cells to diffuse their power. For a successful practice, there is a long introduction to understand the concept and the steps. Mapping mood and emotional concepts is not new and different approaches to this idea have been around for some time; however the idea of controlling these emotions using finger tips on the screen is where Halo my Mood seeks to break new ground.

Halo my Mood is free to install and costs only \$2 to use the 3 sensory Swish techniques or the Prison Cells. The app is also loaded with great instrumental music as part of the NLP exercises as well as stunning photos to help someone stressed out escape the emotional trap.

This app helps the user to improve their concentration by stimulating the root of the sub-conscious mind; the iPad owner can develop enhanced control over their mind and increase motivation to reach their goals and objectives.

Probably NLP specialists can review the effectiveness of this app as it utilizes well-known NLP theories and practical exercises.

Halo my Mood, is available now for iOS devices in the App Store.

Device Requirements:

- * Compatible with iPad
- * Requires iOS 4.2 or later
- * This app is optimized for iPhone 5
- * 45.3 MB

Pricing and Availability:

Halo my Mood 1.01 is \$1.99 USD (or equivalent amount in other currencies) and available worldwide exclusively through the App Store in the Lifestyle category.

Halo my Mood 1.01:

<http://apps.appshout.com/halo-my-mood/>

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Download from iTunes:

<https://itunes.apple.com/app/halo-my-mood/id577041249>

Screenshot:

<http://a2.mzstatic.com/us/r30/Purple/v4/85/c2/3e/85c23ec2-4bce-3e8a-0596-ef3fc532df97/screen480x480.jpeg>

App Icon:

<http://apps.appshout.com/halo-my-mood/images/icon.png>

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