

A new approach

Hypnotherapy Scripts



Weight R E L E A S E Thin Within



By
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TABLE OF CONTENTS

In Control.....	2
Wisdom Light	8
Love To Exercise	12
Body Sculpting	17
Parts Therapy.....	22
Set Point.....	27
Metabolism.....	33
Power Of Thought.....	37

A multi-session approach utilizing Love To exercise and In Control, Power of Thought, Body Sculpting, Parts Therapy, Set Point release, Metabolism Increase, In Control, Wisdom Light

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IN CONTROL

Take a nice deep breath, fill your lungs and let that breath out, and as you let it out let go of some of the tension or the tightness in your body.

Now take another nice deep breath and with this breath let yourself relax even more as you exhale.

Feel your body really letting go and notice any areas in your body that might be tense or tight and every time that you breathe out, feel the tension leaving that part of your body.

Feel yourself letting it go and that part of your body becoming heavy and loose and limp.

Every time you breathe out, feel your body becoming more relaxed, loose, and limp.

Good.

And now, just continue breathing and notice your breath, notice the way that it feels and how your breath is soft and easy and how gentle each breath has become, almost as if your breathing is like velvet soft, smooth, natural and easy and continue to just notice your breath a velvety softness as if each breath gets more velvety soft than the last.

Each breath becoming more peaceful and relaxing.

Now notice the color of the velvet and let that color begin to move in and out of your lungs with every breath.

Feel that soothing color beginning to relax you and as you breathe in let that color begin to move through your body, moving all the way into your body and everywhere that that color goes it releases tension and tightness, it relieves any discomfort that you may be feeling, it creates a deep sense of calm in every cell in your body.

And as I speak, let the sound of my voice relax you even deeper, and any sounds around you that you hear, any ordinary everyday sounds will continue to relax you even deeper.

Now imagine yourself going into a sort of state of suspended animation, a state of suspended animation in some warm comfortable safe place.

A place where it's safe to just let your body be, so that it's ok if you begin to lose touch, just suspended and floating, beginning to float, let your body become even lighter now, and float and drift.

Allow your body to become so light that you feel as if you're losing touch with your body, that there is no discomfort, there is only a sense of calm and lightness, of floating and drifting, and you can float and drift into the darkness, into the colors that you see.

You can drift towards the lights or the calm and soothing peaceful colors.

And now as you're floating and drifting so relaxed you can begin to notice a wonderful

sensation and it seems that you are just your thoughts, your energies; your awareness now is that you are actually your spirit.

A wonderful place where you know that you're more in touch with who you really are, with your real self than ever before, just feel yourself losing touch and at the same time getting in touch with who you really are, your spirit.

Every time that I say the word "down deeper" you'll find yourself drifting deeper and deeper down, becoming twice as relaxed as you were before, twice as relaxed as you were before whenever I say those words "down deeper" and you just allow yourself to drift into this warm and comfortable safe place where you are just your energy, just your spirit drifting deeper and deeper down, now, down deeper, letting go, down deeper, let the sound of my voice find that place in your mind, that place deep in your inner mind where you can make changes, where you can create whatever you desire, where you can have everything that you want. Allow my words to find their way into that place in your inner mind.

Down deeper.

There is a place in your mind where you have the ability to create whatever you desire and now you want to create a lean, strong, healthy body. So let that place in your mind hear my words as you float and drift down deeper.

Down deeper, breathing your velvety soft breath, letting your breath carry you, allowing you to float, and every note of the music relaxes you, down deeper, it's almost as if you feel the music moving through you, all around you.

You can feel the harmony inside of yourself, in your spirit, in your energy.

Down deeper, twice as relaxed now.

The thing that you desire, to have a lean strong body, that place in you that knows that you can have that, allow that part of your mind to hear my voice, that part of you that is confident. Your confidence in yourself is going to make it easier and easier for you to release weight and you begin to know now the great truth that taking control of your eating is to take control of yourself.

And being in control of yourself allows you to be in control of your life.

And being in control of your life makes it easy for you to achieve whatever you want to achieve. Allow these words to float and drift to that place where you know that you can create what you desire. It's only necessary to want to do something and know how to do it in order to be able to do it.

And we can all decide to do whatever we want to do. We all have free choice.

Deeper down, relaxing even deeper, that place in your inner mind, hearing my voice, relaxing deeper, we all have free choice.

So when it has seemed in the past that there were things that you could not do, you begin to realize that these things were nothing more than things you would not do.

And now you realize this and you can decide for yourself whether to do these things or not.

You can simply decide to do these things or not do these things.

And as you exercise your right of free choice to decide for yourself the things that you want to do and the things you do not want to do, your sense of self-worth and your self-respect grows day by day, day by day becoming stronger and more powerful.

Deeper down now.

Day by day allowing you to be as you truly want to be.

You realize now that whatever other people think about you is a result of their own thoughts, their own lives and their attitudes and sometimes you might be misjudged and we all are sometimes, but when others misjudge you it is simply their own error of judgment, their mistake, and whatever that mistake is, whatever they think they see is based on their lives and their attitudes and their fears and hopes and worries, nothing more than their own thoughts.

Deeper down.

And you're not responsible for those things and it doesn't change the facts, it doesn't alter the real you, because you know your true worth, your true integrity, and you don't mind people making mistakes sometimes, so now as you exercise your determination, your own free will to do the things that you know will slowly but steadily help you to release weight, you find your sense of self-worth increasing with every pound of body weight that you release. Every pound of body weight that disappears and releases from your body is evidence to you of your ability to take charge of your life, to take charge of yourself.

Deeper down.

And you're going to find it easy to release the weight, to release the fat from your body; you will now find it easy.

You release three or four or even five pounds this week or even more.

Your body is very efficient and it knows exactly what to do as you release from your body three or four or even five pounds or more from your body of fat every week and you always, always release a minimum of one pound of fat from your body.

And as you steadily begin to release the weight you'll begin to find yourself increasingly happy and delighted, thrilled with the way you look.

Look at an image of yourself right now in the future.

See the shape and the curves in your body, the way that you want it, the muscles; notice how happy you are to be so proud of the way you look, having your figure, your muscles; even your face looks different.

And as you look at this future image of yourself, you know inside of yourself that you deserve to look good, that it is ok to look good, it's ok to be slim in all those places where you really want to be slim, those places where you should be slim, where you deserve to be slim because you realize now fully that the way for you to feel really good about yourself is to be in control of your life.

You realize now that the way for you to feel really good about yourself, is to be in control of your life.

Now see that image of yourself and notice that what it takes for you to feel this good about yourself now is the feeling of control, control of your eating habits, and control of yourself, in control now and in the future.

Feel that place in you right now that is confident that you are in control, that place in you that knows that you choose what you eat and what you don't eat and you do that easily and effortlessly, and let that place of confidence in you begin to grow.

You realize now that the way for you to feel really good about yourself is to be in control of your life, in control of your eating and in control of yourself.

In control, feel it growing, let that part of you grow, let it get stronger, you know that you are confident and in control now and in the future.

You easily and effortlessly make good choices for your body, you eat good nutritious foods, and it's easy for you now because you're in control.
You drink lots of good clean water, you do that because it tastes good and you know that you choose to do that because you are in control.
You're creating new eating habits, a lifestyle that fits you, that fits you just right. It fits with your confidence, your control, and your desire to be thin and lean and strong.

You enjoy being healthy.

And now, your sense of well being, your sense of self-worth and your feelings of self-respect grow day to day, increasing each and every day.
You'll find in the next few days that your energy level begins to increase.
Every morning when you awaken you'll feel more in control, more confident that you absolutely have what it takes to be lean, strong, and healthy.
Every morning when you awaken you feel energized, excited, ready to put movement in your body, to stretch, to exercise.
You enjoy the feeling of exercising; you enjoy the way that your body responds when you work it, you look forward to this feeling.

Even now as you hear my voice you're beginning to get excited about exercising, you're feeling the muscles in your body, everything begging, asking for it, wanting to get that movement, wanting to get the oxygen flowing through your body, you can feel that sensation beginning to grow inside you, it comes from the place of confidence, the place in you that is in control.

The place in you that wants more than anything to be healthy, lean and strong.
You allow this to be your reality because you are in control.
Because you make good choices in the foods that you eat, in the things that you drink, you eat slowly, you enjoy the taste of your food and you allow your body to tell you when it's had enough.

You realize now that the way that you feel good about yourself now is to be in control of your life, in control of your eating, in control of yourself, in control now and in the future.
You choose to be slim, lean, and shapely.
You know deep inside of yourself that you do deserve to look good. It's ok to look good and it's ok to be slim and shapely.
You deserve to be slim, lean, and healthy.
You enjoy being in control and you enjoy the benefits that it brings when you are healthy... able to breathe and move and exercise.

And even now as you hear my voice; your body is beginning to look forward to moving, stretching and getting oxygen-pumping through your body.
Your body begins to crave and desire this exercise more and more every day upon awakening your body, your mind, and your spirit is excited and eager to get movement in your body.
Your day is not complete until you have exercised your body.
And your body responds beautifully when you give it the exercise, the stretching, the vigorous movement that it loves.

Now take a nice deep breath, good and let it out again, and let yourself relax
...even deeper down now,

...deeper down now,
...deeper down now.

You can let your mind drift and wander and take you wherever it would like to take you, into the future perhaps, into a time where you are enjoying the benefits of being lean, and strong and healthy, enjoying your friends and your family, enjoying the things that give you great pleasure, that you can enjoy even more now that your body is healthy and strong.

And as you let yourself drift beautifully and gently into the future, that place in your mind hears my voice, allowing these words to create an affect on your body, your mind, and your spirit and to allow these words to have an ever increasing affect on the way that you feel and think and behave.

I love to eat good foods.
I love to eat good foods.
I love to eat good foods.

Good foods are nutritious, nourishing, healthy foods.
Good foods are nutritious, nourishing, healthy foods.
Good foods are nutritious, nourishing, healthy foods.

Nutritious and nourishing foods are vegetables, and fruits, good proteins.
Nutritious and nourishing foods are vegetables, fruits, proteins.
Nutritious and nourishing foods are vegetables, fruits, and proteins.

My body knows which foods are harmful, and it easily rejects those foods. They just don't appeal to me anymore.
My body knows which foods are harmful, and it rejects those foods.
Those foods just don't appeal to me anymore.
My body knows which foods are harmful, and it easily rejects those foods.
Those foods just don't appeal to me anymore.
I desire fresh vegetables, fruits, lean foods. I enjoy eating those healthy, nutritious foods.
My body desires those foods and I enjoy every one.

Now in a moment I'm going to ask you to return your awareness to the room, to my voice, to your body.

Every time you listen to this program and every time you hear my voice you will go into a deeper state of trance.
Every time that you hear me say the words "deeper down" you will go into a deeper state of trance.
As you sleep tonight and every night your mind will continue to strengthen the affect of these words, creating a greater and greater effect in your mind, your body, your reality.
Now as I count from one to five bring all of your energy and awareness back to the room and back to your body and to my voice.
And when I get to five you will feel very refreshed, very wide-awake. If it's time right now for you to go to sleep you will now reach over and turn off the program and when you turn it off, you'll find that you go into a very deep and restful sleep.
You reach over and turn the program off now and you will go into a very deep and restful sleep.

Now bringing your awareness back to my voice, it's time for you to start your day, when I get to five you will feel very energized, very comfortable, better than you've felt in a long, long time.

One, bring the energy back into your legs and arms.

Two, bringing that energy back into your body.

Three, your body balanced.

Four - your eyes will feel cool and refreshed as if they've been bathed in clear spring water.

And five, wide awake, clear-headed and refreshed, take a nice deep breath, good, and let it out.

And one more nice deep breath, good, and let it out.

And when you're ready, open your eyes and have a fabulous day.

WISDOM LIGHT

Hello and welcome.

This program has been created to help you to feel better, to feel energized, to feel hopeful, and to feel positive and good about creating whatever you desire in your life.

Find a comfortable place to relax, take a nice deep breath and let it out and let go of any tension or tightness in your body, begin to allow the sound of my voice to relax you deeper.

If you've listened to this program before, your mind is ready, receptive, and prepared to allow the sound of my voice to take you into a deep and relaxed state of trance.

Deeper down now.

And now, continue to relax with each and every breath that you take, notice you breathe in and you breathe out, let it become soft and velvety.

Easy and comfortable.

Every breath that you breathe relaxes you deeper; every time you exhale you let go of your cares or worries of the day.

You begin to focus on the sound of my voice and every word that I say relaxes you deeper.

Deeper down now.

Notice the way that your body feels and release any remaining tension or tightness from your arms or your legs.

Every time that you exhale, allow your body and mind to relax deeper and every time you hear my voice say the words "deeper down" you double the level of relaxation you're experiencing, your body becomes heavier, completely surrendering, letting go.

Your mind letting my words go to that place, that place deep in your inner mind that knows how to create whatever you desire.

That place in your mind that knows how to make changes.

Deeper down.

Now as you relax and each time that you breathe you relax deeper, you'll hear my voice and you allow my voice to find its place inside of your mind.

I want you to imagine as vividly as you can that you're standing on the very top of a hill in a soft, velvety darkness.

A soft, warm, velvety darkness that seems to envelop you, envelop you in a wonderful sense of warmth and comfort.

When you look upwards you can see a million stars, glittering in the clearest of midnight skies, some of them seeming so bright that it's almost as if you could reach out and touch them, while others seem so faint that you're only just barely aware of their presence. And as you look down the hill and your eyes gradually become accustomed to the starlight, you can see a narrow path that winds its way gently down and down into a beautiful wooded valley.

And deep in the valley away in the distance you can see a faint glimmer of light, a faint glimmer of light with kind of a blue tint that somehow seems to give it warmth and life. The light begins to beckon you, seeming to offer comfort in some way, in a way that you don't quite understand yet, and with a sense of wonderment and curiosity you begin to make your way down the path, just catching the faint and delicate tinkling sound that might be bells from a temple somewhere, somewhere in the distance. And as you move along the path just following one easy step with another, a sense of well-being seems to fill your whole body.

A sense of tranquility and calmness that begins to increase as your step becomes steadily lighter, until now you can barely feel your feet touching the ground and it seems as if you surely must be floating on air.

And eventually now you realize that you've left the hill and you're wandering lazily across a grassy plain.

The faint tinkling sound might be temple bells coming from somewhere in front of you as you move closer to that faint glimmer of light, that faint glimmer, but the gentle blue tint, it becomes more distinct and you realize that it seems to be coming from somewhere far above you.

Coming from somewhere high in the clearest of midnight skies and extending in a column towards the ground.

And as you get closer you can see rays or atoms moving through that gentle light.

I don't know whether you can see those rays moving downward or whether they seem to be moving upward or whether they seem to be moving in a random fashion, but your mind knows.

That powerful subconscious mind of yours knows exactly what is right for you, exactly what feels right for you.

And as you look up toward the top of that column of white light with the bluish tint, I don't know whether you can see where it comes from or if it just seems to gather somehow, somewhere in that clearest of midnight skies and when you look down to where that column of light meets the ground,

I don't know if it seems to you that it forms a pool of light or if it seems to simply disappear into the earth.

But your mind knows that powerful subconscious mind of yours knows exactly what is right for you and however that column of light seems to you, that's exactly the right way for it to be for you.

And as you gaze in the wonderment of this light, you realize that the faint tinkling sound of the temple bells seems to be coming from somewhere inside of it.

Now stretch out your arm and allow the light to play around your fingertips, feel the light on your fingertips, there's a warmth, almost a tingling sensation, just right there, let the light play with your fingertips for a moment.

That wonderful tingling sensation in your fingers, you really feel it now, it's warm and soothing.

There is something that feels so good in that light you can feel yourself almost eager to know more about that light.

A wonderful sense of well-being, illuminating your hand.

And a part of you knows something about this light, a part of you understands that this light, this column of light has the power to heal, to rejuvenate, to reenergize and now you begin to drift lazily into it, marveling at the wonderful sense of tranquility and well-being and calmness and completeness that surrounds you.

Inside this column of light it's almost a magical place. It seems to stretch into the distance in all directions as far as the eye can see and it seems to you that you can see waterfalls and rock formations, mountains and forests, there are fountains and beautiful trees and far in the distance a golden domed temple, shimmering in a blue tinted haze.

And just now you realize that the atoms and the rays that surround you are accelerating your body's natural healing process, connecting with the healing wisdom of your mind.

Your mind and your body's natural ability, the natural resources that allow you to find a wonderful sense of inner strength and inner calm and you can actually feel those atoms and rays giving you a sense of health, energy, and well-being.

Feel these atoms and these rays giving you something that is infinitely good and taking away from you all that is not good, leaving you feeling totally relaxed, totally comfortable and completely at ease within yourself.

And it may be that while you're here you can find that you can float up, float up to the very top of this column of light to its very beginning, you can float up to find the truth or perhaps you can float downward toward the pool at its base, or maybe down into the very earth itself where your mind may find answers to questions or maybe rare sources of healing, sources that your mind knows so well, so naturally how to use.

And I don't know what you'll find there, I can only wonder, I cannot know what you'll find or even where you'll travel while you're in this place.

But I do know that whatever happens is absolutely the right thing for you.

Whatever you find there is absolutely the right thing for you to find because that powerful and all-knowing subconscious mind of yours knows exactly the resources you need.

Let yourself be guided now, deeper into the light, drifting upward or downward or to the beautiful pool of light.

Allow your mind to go where it knows you need to go.

Allow yourself to be guided now.

Play with the colors, with the streams of rays and atoms and notice the power that your thought has on the colors in the light.

Notice the power that your touch has on the light.

Find the wisdom that you seek.

Go right to the source of wisdom that's in this light and find the answers and the wisdom that you seek now.

Allow your higher self to guide you to the source of wisdom now (long pause).

Now you feel yourself surrounded in this wisdom, surrendering to this wisdom, allowing your body, your mind and your spirit to learn the absolutely perfect way that your body and mind will now learn.

Allowing your body, mind, and spirit to know just what to do with this new wisdom and this new learning.

Allow this new wisdom to create a tremendous benefit in your life and your body and in a way that is for your best and highest good (long pause).

Now begin to feel a sense of gratitude.

Grateful for this wisdom that you have received...allowing it to be communicated to your body, mind, and spirit.

And in a moment you realize that everything that you want and desire is available to you, that you can have whatever you desire, you can be whatever you choose.

And in a moment you realize that it's time to leave this wonderful place and you begin to slowly make your way back, along the valley on the path towards the hill with an easy, slow step that seems to carry you with hardly any effort at all, so easy that you're moving, barely realizing that you're climbing up the hill until you're at the very top and after just a few more steps you can turn and look around you and it seems as if the whole world is spread out before you,

it seems as if the whole world is spread out beautiful before you and you can see that glimmer of the column of light below, down there in the valley in the distance and you know that you can always find it whenever you want to, whenever you need to simply by going down that hill into that valley into your mind into the soft, velvety darkness.

And as you look around you now, from on top of this hill you realize with a sense of absolute wonderment that you are on the very top of the world.

You realize now that you absolutely are on top of the world.

Now in a moment you begin to bring your awareness back to the room.

If it's time for you to sleep, you'll be able to turn the program player off and after you turn the player off you will go into a very deep and restful sleep, you will sleep better tonight than you've slept for a long, long time.

You will sleep deeply, comfortably and now you can reach over and turn the player off and go into a nice deep sleep.

And if you're ready to begin your day, in a moment I will count from one to five and as I do - the energy will begin to return to your body.

You'll feel more balanced and centered today, more energized, more clear-headed than you've felt in a long, long time.

Now send a wave of gratitude from the top of your head all the way down to the bottoms of your feet.

A wonderful wave of gratitude for what you're creating, for the things you're choosing in your life, the ways in which you're treating your body, your mind, and your spirit, with respect.

Now send another wave of gratitude from the top of your head all the way down to the bottoms of your feet, good.

And now as I count from one to five, allow the energy to come back into your body, with each number your energy returning and when I get to five you'll feel very clear-headed, very wide awake and refreshed.

One, bring the energy into your legs and your arms,
and two, bring the energy all the way into your body,
and three, your body balanced and integrated, your physical body, your spiritual body, your emotional body, your mental body integrated and in balance.

Four, your eyes will feel cool and refreshed as if they've been bathed in clear spring water,
and five, wide awake, clear-headed and refreshed, take a nice deep breath.

Good.

And let it out and when you're ready you can open your eyes.

LOVE TO EXERCISE

Take a nice deep breath and as you let it out let your body begins to relax. Notice the way your body feels where you're laying or sitting and notice any areas where there maybe tension or tightness.

And every time you exhale, let go of a little bit of that tension.

Just blow it right out and away from you.

Every time you inhale breathe into that place, that part of you where you feel that tension.

And then as you breathe out, every time, let yourself sink a little bit deeper, let yourself relax a little more comfortably and notice the way your legs feel where they're resting.

And notice any tension or tightness that may be there and let go of that.

Exhale it away.

Notice the way your arms feel right now and as you've been relaxing just for these few moments, notice if your arms have begun to feel a little bit heavier, relaxing a little bit more.

Now in the next few moments you can let your mind and your body relaxes so deeply that your mind will begin to learn in a new way.

There are things that you want, things you'd like to discover or learn, things you'd like to experience.

The more that your body relaxes the more open and receptive your mind can become.

So in these next few moments, give yourself permission to really let go and know that right now nothing else matters.

There's nowhere that you have to be, there's nothing that you have to do and there's absolutely nobody wanting anything from you.

So now, I'm going to count from ten down to one and with each number as I count downward give yourself permission to really relax and let go.

Let all of the sounds around you relax you deeper and feel how good it is to give yourself what you really truly want.

Now with each number just sink and float down.

Let the chair or the bed or the couch underneath you get very, very soft so that when I get to one it feels as if you're almost sinking right down into the chair.

Ten, now feel your body sinking, good.

Nine, let all of the sounds around you relax you deeper.

The sound of the music, the sound of my voice, eight, really let go, with each number feel yourself relaxing twice as deeply.

Seven, and then notice the way that your mind begins to relax.

Notice the way that your mind floats right down with each number, six.

And let the music float into your awareness all through your body. Let every note of the music find its perfect place in your body.

Five, so good to let go.

Four, any of the sounds around you outside of your room that you're in will relax you deeper, even the ordinary everyday sounds that you hear will relax you deeper.

Now let your mind drift right down, four, three, even deeper relaxed now.

Two, nothing that you have to do and nowhere that you have to be, absolutely nothing to do except relax,
One.
Now you can continue to relax every time you exhale.
The more that you relax the more open and receptive your mind is going to become to my voice.

There is a part of your mind that's hearing my voice right now.
A part of your mind that knows how to help you to have what you want.
Now that part of your mind is hearing my words.
This part of your mind hears my words and it knows just what to do to allow these words to help you, to create for you what you desire.
So allow my words to find their way deep into your mind, deep into that place in your subconscious mind where you can have what you truly want.
Where you can feel, see, and think the way that you desire.
Where you can be who you know that you deserve to be, so let every word that I say help you to let go and hear my voice in a new way now.
Now you can let your conscious mind drift and float wherever it will and the more that you relax the more that my voice will stay with you.
Allow my voice to stay with you.

And now, let your arms get so heavy, so relaxed and loose and limp that part of you almost wonders if you could even lift them and maybe another part of you knows that you can but you begin to notice a curious feeling, a sensation that your arms actually are too heavy to lift, that your arms actually feel as if they're sinking so deeply into the place that they're resting that they actually do feel now too heavy to lift.
And if you wanted to you could test them just to prove to yourself that your arms are indeed too heavy and too relaxed to lift and then you could stop testing them and relax even deeper, let your arms sink even deeper and feel how good that feels.
And then notice the way your eyes feel, all of the little tiny muscles around your eyelids and any remaining tension or tightness that's there, let go of that and let your eyelids relax so deeply that your eyelids actually feel heavier, softer, and too relaxed to open.
Let your eyelids relax so deeply that they indeed do feel too heavy to open.
And when your eyelids are relaxed that deeply, then you could test them, just to prove to yourself that you have relaxed your eyelids too deeply to open.
They just don't work.

Now stop testing them and let them relax even deeper and now that feeling in your eyelids, let it float down through your face, through the muscles in your face, your cheeks and your jaw, down into your neck, even the back of your throat relaxing, relaxing right down into your neck.
Your shoulders sinking, letting go and down into your arms so your arms become even heavier. Now let that feeling from your eyelids again float down like a wave, floating all the way down through your spine and all around your back, your hips, down into your legs, let it float all the way down into your knees and your feet as if the bottoms of your feet are actually receiving that same feeling that was in your eyelids.
That wonderful heaviness floating all the way down through your body to the very tips of your toes.

Now I'd like you to let your mind relax as deeply as your body.
As I count from five down to one allow my words and my voice to find its way into that very special place in your mind, in your inner mind,
...five, let my words go right there, four, to that place where you can make these changes

and have what you desire, four, three, deeper, let it go, two, all the way down, one, to a very beautiful and special trance, deeper relaxed, good.

Now you know there is something that you want to do, something that you would like to do, something that you've been wanting to help yourself to do.

And there is a part of you that knows how to do that.

Now you're going to find that part of you that really wants to keep you healthy, that wants your body to be strong, to be filled with energy, to feel wonderfully vibrant and alive.

I'd like you to go back to a time where you had just finished exercising, one time when you had had your best workout ever.

Take yourself back there right now, let your mind take you back and remember just what it was that felt so good, now that you just finished exercising. Let your muscles feel the way that they felt then. The way that they've been worked and strengthened, the way that they feel so completely relaxed and let your mind feel that special kind of peace, that wonderful calm that is come over you from all the endorphins flowing through your body.

And notice the sense of accomplishment, the pride that you feel because you've worked out, you've given your body what it needs, the strength, the oxygen, the increased blood flow.

Feel how proud you are and that feeling you have right there, that's the feeling that you want, that you desire and you know that the way to get that feeling is by working your body, by exercising, by increasing your breathing, letting your heart get strong.

So this part of you that absolutely loves to feel this way, this part of you is listening right now. This part of you knows that it is so good for you to exercise and that you actually do love to exercise.

And if you would like, you can give this part permission to have as much strength and power in your decision-making as possible.

Imagine right now that there's a dial that controls the amount of feeling that this part has.

Find that dial right now and imagine that you could actually turn up that feeling by turning up that dial.

So do that just a little bit now, turn the dial up and feel yourself increasing that good feeling, that accomplishment, that pride, that strength in your body, the endorphins that flow through your body, the oxygen, the peace, turn it up, let all those feelings get even better.

Now turn it up just a little bit more and feel your body going into that same state just after you're done exercising, just after you've had your best workout ever.

And then turn the dial up a little bit more, even more, and as you turn it up more, there's something that you may begin to notice, maybe you've already discovered that even now in this relaxed state of mind it feels as if you actually want to go out and workout, that you really feel like exercising.

So maybe you're thinking about the clothes that you wear to exercise or the activity you do, if it's running or bicycling, or an exercise machine, and perhaps you're feeling a little bit of a pull, feeling a little bit drawn to doing that exercise right now.

Or maybe all it takes for you is imagining your shoes that you wear when you workout.

So allow your brain to do something very special for you right now.

Whenever you think of, visualize, or actually see, or even hear the word "exercise" or "workout", I want you to give permission for your brain to turn up that dial, to begin to turn up those feelings that are so good, those feelings of pride and strength, those feelings of endorphins flowing through your body, of your muscles feeling so wonderfully relaxed from working out.

So now this part of you that loves being healthy and strong, that really does love to exercise is going to have permission to turn up the desire, to feel almost an irresistible urge to go out and work your body, to strengthen your heart and your muscles, to increase the flow of oxygen through your body, to allow your head to be clearer, sharper, to have more mental energy, to release any frustration or stress that you've had so that all you'll need to do is just to give a thought to word "workout" or "exercise" or to think of the shoes that you wear when you exercise or the piece of equipment that you use to exercise on, that's all you need to do and you can let your brain take care of the rest.

That part of you that absolutely wants you to be healthy is now in charge.

And just imagine how good this will feel when you realize that you exercise almost everyday. That you realize that this is just the kind of person that you are, that you love to go out and workout.

You do it, not just because it makes your body look good, but because it feels so right.

But you know that everything is better, you're more successful, you're clearer, and your memory has improved. You're happier; you're able to love your body even more.

So for the next few minutes, allow your subconscious to really connect with the dial that is going to turn up your desire to be healthy, strong, and fit.

Focus on that dial right now and then let yourself see or hear your exercise key which is the word "exercise" or "workout" or the shoes that you run in or the equipment that you use to exercise. See that or hear the word now and turn up the dial.

Feel the desire increasing.

You want to workout,

you really want to workout, it feels so good, it's the right thing to do and you know how much more you love your life when you workout.

It's easy for you to do it everyday, turn up the dial. Notice your key, which is either your shoes, the equipment, or the words "workout" or "exercise".

Turn it up.

You love to exercise everyday, in fact, the days that you forget to exercise or that you don't have time you just want to exercise, you want to workout, your day doesn't feel complete unless you workout.

It has become such a part of your life that it feels as if it's the most natural thing to do.

Now in a few moments, I'm going to ask you to bring your awareness back to the room and back to your body.

If you're getting ready for sleep you can simply reach over and turn off this program.

And as you sleep tonight, your subconscious mind will continue to connect this dial with your love of exercise and all night, while you sleep, your mind will increase the desire, the wonderful attraction, that feeling of exercise being irresistible to you.

If you're ready to start your day, in a few moments, the program will count from one to five and you'll feel very energized and very wide awake.

So now if you're ready to sleep, reach over and just turn the program off.

And now I want you to bring your awareness to your body, to my voice, and to the room.

Take one nice deep breath, good, and now as I count from one to five bring all of your energy right back to your body, when I get to five, you'll feel very energized, very wide awake and clear headed, one, bring the energy into your legs and arms, two, bring that energy all the way up into your body, three, your body balanced, integrated and at peace, four, your eyes feel cool and refreshed as if they've been bathed in cool spring water, and five, wide awake, clear-headed and refreshed.

Take a nice deep breath and just notice what it is that you want to do now, perhaps your body is ready to exercise now or perhaps you'd like to take a few more minutes to just meditate and relax as you're getting ready to do your workout or your exercise. After listening to this program you may notice that if you exercise right afterwards you have a greater endurance, greater strength, and you just love it more. So allow yourself to enjoy the next moment or two of peace and do whatever it is that you feel most inclined to do.

BODY SCULPTING

Take a nice deep breath and as you let it out let your body begins to relax. Notice the way your body feels where you're laying or sitting and notice any areas where there may be tension or tightness. And every time you exhale, let go of a little bit of that tension. Just blow it right out and away from you. Every time you inhale breathe into that place, that part of you where you feel that tension. And then as you breathe out, every time, let yourself sink a little bit deeper, let yourself relax a little more comfortably and notice the way your legs feel where they're resting.

And notice any tension or tightness that may be there and let go of that. Exhale it away. Notice the way your arms feel right now and as you've been relaxing just for these few moments, notice if your arms have begun to feel a little bit heavier, relaxing a little bit more. Now in the next few moments you can let your mind and your body relaxes so deeply that your mind will begin to learn in a new way. There are things that you want, things you'd like to discover or learn, and things you'd like to experience.

The more that your body relaxes the more open and receptive your mind can become. So in these next few moments, give yourself permission to really let go, to know that right now nothing else matters. There's nowhere that you have to be, there's nothing that you have to do and there's absolutely nobody wanting anything from you. So now, I'm going to count from ten down to one and with each number as I count downward give yourself permission to really relax and let go. Let all of the sounds around you relax you deeper and feel how good it is to give yourself what you really truly want. Now with each number just sink and float down. Let the chair or the bed or the couch underneath you get very, very soft so that when I get to one it feels as if you're almost sinking right down into the chair.

Ten, now feel your body sinking, good.
Nine, let all of the sounds around you relax you deeper.
The sound of the music, the sound of my voice, eight, really let go, with each number feel yourself relaxing twice as deeply.
Seven, and then notice the way that your mind begins to relax.
Notice the way that your mind floats right down with each number, six.
And let the music float into your awareness all through your body. Let every note of the music find its perfect place in your body.
Five, so good to let go.
Four, any of the sounds around you outside of your room that you're in will relax you deeper, even the ordinary everyday sounds that you hear will relax you deeper.
Now let your mind drift right down, four, three, even deeper relaxed now.

Two, nothing that you have to do and nowhere that you have to be, absolutely nothing to do except relax, one.

Now you can continue to relax every time you exhale.

The more that you relax the more open and receptive your mind is going to become to my voice.

There is a part of your mind that's hearing my voice right now. A part of your mind that knows how to help you to have what you want. Now that part of your mind is hearing my words. This part of your mind hears my words and it knows just what to do to allow these words to help you, to create for you what you desire. So allow my words to find their way deep into your mind, deep into that place in your subconscious mind where you can have what you truly want.

Where you can feel, see, and think the way that you desire.

Where you can be who you know that you deserve to be, so let every word that I say help you to let go and hear my voice in a new way now.

Now you can let your conscious mind drift and float wherever it will and the more that you relax the more that my voice will stay with you.

Allow my voice to stay with you.

And now, let your arms get so heavy, so relaxed and loose and limp that part of you almost wonders if you could even lift them and maybe another part of you knows that you can but you begin to notice a curious feeling, a sensation that your arms actually are too heavy to lift, that your arms actually feel as if they're sinking so deeply into the place that they're resting that they actually do feel now too heavy to lift.

And if you wanted to you could test them just to prove to yourself that your arms are indeed too heavy and too relaxed to lift and then you could stop testing them and relax even deeper, let your arms sink even deeper and feel how good that feels.

And then notice the way your eyes feel, all of the little tiny muscles around your eyelids and any remaining tension or tightness that's there, let go of that and let your eyelids relax so deeply that your eyelids actually feel heavier, softer, and too relaxed to open.

Let your eyelids relax so deeply that they indeed do feel too heavy to open.

And when your eyelids are relaxed that deeply, then you could test them, just to prove to yourself that you have relaxed your eyelids too deeply to open.

They just don't work.

Now stop testing them and let them relax even deeper and now that feeling in your eyelids, let it float down through your face, through the muscles in your face, your cheeks and your jaw, down into your neck, even the back of your throat relaxing, relaxing right down into your neck.

Your shoulders sinking, letting go and down into your arms so your arms become even heavier. Now let that feeling from your eyelids again float down like a wave, floating all the way down through your spine and all around your back, your hips, down into your legs, let it float all the way down into your knees and your feet as if the bottoms of your feet are actually receiving that same feeling that was in your eyelids.

That wonderful heaviness floating all the way down through your body...to the very tips of your toes.

Now I'd like you to let your mind relax as deeply as your body.

As I count from five down to one allow my words and my voice to find its way into that very special place in your mind, in your inner mind

...five, let my words go right there, four, to that place where you can make these changes and have what you desire, four, three, deeper, let it go, two, all the way down, one, to a very beautiful and special trance, deeper relaxed, good.

Find a path right out there in front of you, a path with beautiful wildflowers along the sides, beautiful green grasses in the meadow and tall, strong trees in the distance. The path is long, straight ahead, just waiting for you to discover what you can do with every step that you take, what you can change with every thought that you think, what you can create if you truly focus your intention and your desire.

So as you hear your footsteps walking on the path, notice how perfect the breeze is, the feel of the sunshine on your skin, just right, and with every step you take right now you get more in touch with your body, more in tune with your feelings and your sensations in your body, soon you will be giving a communication to all of your body to create what it is you want to create, to ask your body to be the shape, the size, the form that you would like it to be. You'll begin to sculpt your body.

So right now as you walk, with every step, just feel the sensations in your body. Enjoy the lightness in your legs and your arms, the sunshine on your skin, and that beautiful path. Up ahead you can see something in the distance; it looks like a mirror, a full-length mirror. And as you get closer, you notice you can see yourself in that mirror. Walk right up to that version of you, that woman or man in the mirror reflecting back.

And notice what it is that you truly want for yourself as you look in your face, in your eyes, look at your body. In the next few moments, we're going to very lovingly guide your body to change its form, to actually sculpt your body and to communicate to the cells in your body to instruct them to be the shape, the size, and the look that you want them to be.

So now, standing right in front of that mirror, when I count to three, let that mirror fade away so that all there is is you looking at that exact duplicate version of yourself. So when I count to three let the mirror fade away and there is that duplicate of you. One, two, three, the mirror is gone.

Now, beginning at the very top of the head, I want you to use your hands, lovingly, shape and sculpt your body.

From the top of your head the things you would like to change, the way that you would like your body to appear.

You send love through your hands and your fingertips.

You sculpt around your eyes, your cheeks, under your chin.

You send a very real communication to your skin, your muscles, the tissues to begin to become the shape that you want and desire.

And let your hands go down around your neck and sculpt just as if you were a sculptor, an artist, working with clay, taking away the excess, lovingly, gently.

Now work your way down to the shoulders and just sculpt and mold and form.

Do one of the arms now.

Create the shape in the shoulder and the upper arm, down through the lower part of the arm, into your wrist and hand, even the fingers.

Create beautiful lean, long fingers.

And then the other hand, all the way up through the arm down to the other hand, the arm changing its shape, sculpting it, just as if it were soft, pliable clay.

Removing those areas that you no longer want, sending these messages to your body that it is okay to release the excess.

Shape that arm.

Now walk around to the back of your body and begin sculpting the back, removing excess fat. Shaping it, smoothing it, tightening it, all the way down through your back to the waist.

And as you do this your subconscious mind is learning how to change the internal image of

your body, how to create the internal image or picture of the body that you truly want, that you truly desire, that you will become.

Now just below the waist let your hands move down and begin to sculpt the back even lower, all around the back of the hips, making it a beautiful shape, wonderful curves and angles that you want and desire.

An artist, lovingly sculpting and shaping this body.

Now move back around to the front and just below the neck, begin with the chest and shape the chest, remove any of the excess.

Give it the perfect tone and form, let your hands absolutely love your body and communicate in a way that tells your body the shape, the size, the muscle tone, every detail that you want your body to learn about of how it's supposed to be shaped, how it is now to begin to form to your loving fingers.

Move down below your chest now, all through your torso, down to your abdomen.

All the way down now to your waist in the front, down to your lower abdomen, strong and tight, and finish shaping the hips.

And just look at your work that you're creating, the body that you're forming and sculpting, and notice that these changes are being made inside of your mind as well and that part of your inner mind that is ready and willing to accept a new image of who you are.

Now move down through the thighs, pick one of the legs and move your hands down to that thigh, removing the excess clay, shaping and sculpting, tightening, forming the clay into a beautiful shape on that leg, around to the back of the thigh, down to the knee.

And then down to the calf, make the skin smooth and soft, beautiful.

Any areas where you used to have marks or scars of any kind just smooth them down and erase them.

There is an amazing ability that your mind has to follow these instructions.

New cells and tissues are being formed all the time and sometimes your mind is just waiting for a new communication to create these cells in a new way, healthy, strong, firm, toned.

And move all the way down through your calf into your ankle and your foot, down to each toe.

Let your hands be the hands of an artist, a sculptor.

Now come up to the other leg and begin sculpting that thigh, removing the excess, just as if it was clay, soft and pliable, easy to smooth, easy to form.

Your mind learning right now every detail of this new shape, of this new image of you.

All the way down through your thigh into your knee, into your calf, down to your ankle and into your foot.

Shaping, sculpting with loving hands all the way down to your toes, each one.

And when you're done, stand up and look at the body that you've created.

The body that you want, the body that you desire.

And perhaps your inner mind had some other image of your body, something that was stuck from long ago, from childhood, perhaps an image you formed because of what other people said or because of some thoughts you had about yourself that were negative or hurtful.

But this body that you look at right now is a body that is loved, that is nurtured by your own hands. In this body there is strength, integrity, there is good nutrition, self-discipline, and pride in what you look like and what you feel like.

Optimum health.

Look into those eyes and see what is it that's important to the person who's in that body.

Now, let that leaner version of you, that stronger, thinner version of you, reach out a hand and take his or her hand and when I count to three, that hand is going to lead you right into that body so that you become that body, so you feel it, you see through those eyes, almost like you're putting on that body and you're feeling what it's like to be inside that you, that

leaner, stronger, thinner you.

So your mind can get used to what you are beginning to look like, what you're becoming, what you're beginning to feel like.

On the count of three, just take that hand right there and let him or her pull you in.

One, two, three.

And as you enter this leaner, stronger, body, your mind learns that it is okay for you to be lean, strong, healthy, shapely, and beautiful.

Just notice that it is a good thing to feel this healthy.

That it is important to you to treat your body well.

And what a relief it is to love your body, to now accept your body.

So right now in this body you continue on the path.

You begin to walk with these legs, see through these eyes.

Let it be as real as it can possibly be so your mind learns that there is everything right with being in this body, that this truly is who you are because the more that your inner mind learns that this is positive and this is how you truly accept yourself your mind will begin to match the physical body to the image in your inner mind.

The instructions to the new cells, to your metabolism, to that part of you that decides on your appetite, the level of exercise that you get all those things will begin to change to match this internal image of your body.

Let yourself get more and more comfortable with this body.

Walk in it, play in it, dance, float, sing, walk up the path, up a little bit higher, there's a little hill there, walk all the way up to the top of that hill so you can see all around and let it feel that good to be in the body that you truly deserve to be in.

Every time you slip yourself into this body, your mind is going to become more accustomed, more comfortable, and more used to this being who you really are.

Every time that you take a walk inside of this body, your mind will believe, understand and know that this is truly who you are and that this feels right now.

And that it is okay for your inner mind to change the way that you eat, the way that you exercise, the way that you talk to yourself.

To begin to feel so good and so energized that the excess weight begins melting off, almost as if you were sculpting the body that you truly want.

And every time that you go into trance and you listen to my voice you allow my voice to help strengthen that image of your new body, of the you that you want to be.

Now in a moment I'm going to ask you to bring your awareness back to the room.

As I do, I'll count from one to five.

If it's time for you to go to sleep right now, you can simply reach over and turn off the program and you'll sleep deeply and comfortably tonight, better than you've slept in a long, long time and as you sleep your subconscious mind will continue to work to match your body to the shape that you've created of the new image that is who you truly are.

And if it's the beginning of your day right now, in a moment I will count from one to five and when I get to five you'll feel very wide awake, very clear-headed and energized.

So with each number begin to feel the energy coming back into your body.

One, bring the energy into your legs and arms, and two, bring that energy all the way up into your body, three, your body balanced, integrated, and at peace, and four, your eyes will feel cool and refreshed, and five, wide awake, clear-headed and refreshed, take a nice deep breath, good, let it out.

Another deep breath, fill yourself with the energy, good, of that breath and let it out, good.

PARTS THERAPY

Hello and welcome.

This program will help you to find any possible positive benefit to having extra weight on your body.

For many people there is a positive benefit, a reason why they have extra weight on their body or why they eat more than they should for a lot of people who have problems with their weight, they're eating to satisfy emotional hunger or some kind of an emptiness or for some people having a larger body gives them more power or it may give them more protection. So for you there may be a positive benefit underneath having this extra weight on your body and sometimes no matter how hard you try to lose the weight, you may find that it keeps coming back because your subconscious mind knows that it's important for you to have more weight on your body and in some way you may be threatened or in danger if you were to be thinner or leaner.

And it may not make sense to you consciously, but that's the thing about finding out the inner reason from your subconscious because these things usually don't make sense to us consciously so when we do this process what you want to do is not judge the answers from your subconscious about why it wants to be heavy.

Don't analyze them or try to figure them out. Instead just be open and receptive and accept the answers, whatever they are, even if they don't make sense to you at first, they make more sense as you go on to the different levels of understanding.

So what we're going to do as you relax is create a "part", and it's like there's a part of you that wants you to be heavy or wants you to be fat, so we're going to find that part, create that part and then ask the part what it is that it wants, why it needs to be heavy or why it needs to be fat.

And that part will answer you, possibly with a word or in your own inner voice, or it may answer you with a picture or an image. It may answer you with some feelings or emotions that you can put words to.

So just allow your mind to give you these answers and this information in whatever way that it wants to give you this information.

So what I'd like you to do right now is take a deep breath, and as you exhale let your eyes close. Take another deep breath and let your eyes close, even heavier.

Let your eyelids become even more relaxed. Notice any tension in your neck or your shoulders and let that go, let your neck and shoulders relax.

Notice your breathing and let your breathing become velvety soft right now so that your breathing becomes just as gentle and easy and soft as if it was velvet and then let every breath that you take as you exhale relax you deeper.

Allow your mind to just float and drift and sink that right now there's absolutely nothing that you have to do, nowhere that you have to be, absolutely nothing for you to do but relax.

Just ahead of you, I'd like you to imagine a beautiful staircase and slowly begin to walk to that staircase.

Notice that there are many steps going downward and as you step down each step you can begin now slowly walking down, just feel your body sinking deeper and know that with each step you allow your mind to relax deeper.

You'll be going to that part of your inner mind where the answers truly are, where the inner workings and the ultimate truths rest.

Step down even deeper, even further down and just let yourself keep walking down each step, slowly stepping down, more relaxed with each step until you've reached the point at the bottom of your staircase where your mind is ready, prepared and receptive to find the cause, the reason, the benefit of being heavy.

And I want you to notice the way that you feel about being heavy, about having too much weight on your body.

I want you to let yourself feel the frustration, perhaps even the anger, the conflict of knowing that you want to be leaner and shapelier but it seems like as soon as you start to go on a diet or as soon as you start to eat less that sometimes you get hungrier and the frustration that that brings you, let yourself feel that for a moment and in this relaxed state notice what that really feels like.

To want something so much and to always feel like it's being sabotaged and the results you get sometimes are the exact opposite of what you really want.

And then begin to notice where you feel that in your body, if you feel a tightness or a heaviness or pressure or something that you feel like there's a place in your body where that conflict rests, where those feelings have a place that maybe there's a part of you that lives right there in that part of your body, that part of you that feels that conflict, that tightness, or that emotion. Notice how big or how small that part of you is.

Notice if it's round or square. Notice if it has texture or if it's smooth.

And acknowledge that part.

That part wants something for you and it wants something for you that is positive and even if you don't understand it just yet, understand that that part does want something positive for you.

There is something that it needs, something positive that it gets from you being overweight or being heavy.

What I'd like you to do in a moment is to ask that part what it really wants and the most important thing is when you listen to it and when it answers, that you don't judge it or you don't decide that it's right or wrong but you simply notice or observe the very first answer, the first thought or feeling, even if it doesn't make sense to you, simply accept it.

So now what I'd like you to do is just go to that part and just thank it.

Thank it for trying to fulfill its positive purpose.

And now ask that part, "What do you really want from being heavy?" and wait for the answer. It may answer in an image or a word, or just a feeling.

And when it answers, thank that part, just say, "Thank you".

Now I'd like you to go to that part again and ask it again on an even deeper level, "What else do you want?" the positive reason why it needs you to be heavy or needs you to eat more food.

Ask it what else it wants and just wait for the answer.

And when it answers say, "Thank you."

Now you're going to ask that part one more time on an even deeper level what else it wants, what the positive reason is that it needs to be heavy or overweight or eat more food, ask it again on an even deeper level, "What else do you want?"

And when it answers, thank that part of that answer.

Now there's also a part of you that is a very creative part, a problem solving part, it's a very different part from the one you've been talking to just now. It's a part of you that knows how to solve problems, how to find creative solutions, how to create agreements.

I want you to find out where that part of you is right now. Just talking about it should kind of light it up or make you feel it in some way.

That part of you that gets inspirations, that gets ideas almost out of nowhere, that just figures out almost instantaneously sometimes how to solve problems.

And I want you to ask that part if it would create communication with the other part, the other part that wanted you to eat and be heavy, some kind of communication like a string of light or something that connects the two of them.

Something that can send information from one part to the other and then back to the other, almost like a loop of information.

So these parts, even though they have never communicated before can now begin to share information on an unconscious level, below your conscious awareness.

Now you know what that original part wanted.

You know what it told you was the deepest reason that it needs to eat so much food or be so heavy.

I want you to let the creative part, the problem solving part that is so wise, that is so full of amazing ideas, find a way to let that other part get what it wants but in a different way.

Perhaps through another behavior or another method or by doing something different in your life, perhaps something that you could clear up, something, a conflict that you could resolve.

And I want you to let that creative part right now present to the original part one possible solution, a way that it could help that original part get what it wants without having to eat more food or be heavy or fat.

So just listen right now as that creative part gives one possible idea, one possible solution to the original part of a way that it could help it get what it wants.

And when it gives that information to the original part or to you consciously, just say thank you to that creative part and I want you to ask that creative part for one more possibility, one more thing, a change in maybe a behavior or a thought, something that needs to be resolved or be released in order to allow the original part to have what it truly needs without being heavy or without overeating, one more possible thing that it could do to help that other part. And when it presents that possibility just say thank you.

And now I want you to see if you can get that creative part to make an agreement that it will send inspiration, information, and possible solutions to the other part throughout the night as you sleep, and even during the day during your waking time, but on an unconscious level.

You're going to create communication between these two parts and create an agreement between them that they'll be able to work together.

And this is a wonderful and amazing function of your subconscious mind and if you set up the agreement, then your mind will find ways to release and resolve the conflict.

So now ask that creative part if it will agree to do that, to continue to find ways to help that original part to get what it needs without being heavy and without overeating.

And now ask the original part if there's anything else that it needs for you to know in order to be able to release or resolve the problem with food.

Ask it if there's anything else that it needs for you to know at this time.

And just wait for the answer.

And when it answers, thank that part.

And be sure you've got good clear communication between those two parts and then just let them settle back down, right into that place inside of you where they're most comfortable.

And I want you to bring a light in at the top of your head and let that light float down inside of your head, down into your neck and your shoulders, down into your arms so that light floats all the way down to the tips of your fingers.
Let that light now move down through your back and your chest, down through your heart like a blanket of love, all the way down into your lungs, through your spine, down into the organs in your belly.

And in this light there is wisdom and a communication that you are ready to change the way you feel, change the way you think, to feel wonderfully in control of your eating, to have your body be strong and lean and healthy. Let that light move all the way down through your hips and your thighs, down into your legs, all the way to the tips of your toes so it feels as if this light is now running through you, illuminating every cell, energizing your body with a new wisdom and a new communication.

Whatever solutions or ideas that these two parts come together on, these will be communicated in this light to send the solution or the resolution to every cell in your body.

And now in a moment I'm going to ask you to return your awareness to the room.
If it's time for you to sleep right now, you can simply reach over and turn off the program and go into a deep and peaceful sleep.
And you'll sleep better tonight that you've slept in a long, long time awakening in the morning feeling energized, wonderfully refreshed.
And now if it's time to start your day, I'll count from one to five and the energy will return to your body and your mind and on five you'll feel wonderfully energized and very clear headed, very wide awake and refreshed.

One, let the energy move into your legs and your arms
and two, let that energy float all the way up into your body.
Three, your body balanced, integrated and at peace
and four, your eyes will feel cool and refreshed and five, wide awake, clear headed and refreshed.

Take a nice deep breath, good, and let it out.
And another nice deep breath, bring that energy all the way into your body and let it out.
Good.
Now, I'd like you to take a moment and either write down or make a mental note of what those things were that that original part wanted so you can look at them, understand them and maybe see the conflict on a conscious level, because sometimes when you just know about what the problem is then you have a choice about solving it or changing a behavior, but often if we don't know what the problem is, there's no way that it can be changed.
So right now if you have a pen or piece of paper, or both, go ahead and write down what those three things were that you asked the original part about – what it needed, what it wanted, and then on an even deeper level what it really wanted by being overweight or by overeating.

So write those down and just take a look at them so you can give them some conscious thought in the next few days.
And every time that you listen to this program you may find some new underlying causes or reasons that the part has for being heavy or overweight.
Or if you didn't get really clear answers this time, the next time that you listen to the program, the part may be more willing to communicate because for some people communicating with the parts of them, or what's called ego states, can be kind of new and sometimes the subconscious isn't ready to give that kind of information out right away.

So every time that you listen to this, know that that part will become more open to communicating with you and more receptive to giving you the real truth, the thing that is the bottom line so listen to the program frequently and be ready to write those answers down after you're done so you can look at them.
Good.

SET POINT

Hello and welcome.

This program has been created to change the set point, the place at which your mind thinks that your body should stay as far as your weight.

So when you listen to this program you're going to go into a future timeline and you're going to let your subconscious learn what your new set point is going to be or your new maximum weight is going to be at every point along the way so it will take you into several different points in time, up to one year in the future.

So be realistic when you look at what your new set point will be, allow your mind to really learn how to adjust your own body's set point to these new points in time.

So let yourself relax, make sure that you've turned off the phone and any other ringers.

Good.

Take a nice deep breath and let any of the everyday, ordinary sounds around you relax you even deeper.

Take a nice deep breath and as you let it out let your body begin to relax.

Notice the way your body feels where you're laying or sitting and notice any areas where there may be tension or tightness.

And every time you exhale, let go of a little bit of that tension.

Just blow it right out and away from you.

Every time you inhale breathe into that place, that part of you where you feel that tension.

And then as you breathe out, every time, let yourself sink a little bit deeper, let yourself relax a little more comfortably and notice the way your legs feel where they're resting.

And notice any tension or tightness that may be there and let go of that.

Exhale it away.

Notice the way your arms feel right now and as you've been relaxing just for these few moments, notice if your arms have begun to feel a little bit heavier, relaxing a little bit more.

Now in the next few moments you can let your mind and your body relax so deeply that your mind will begin to learn in a new way.

There are things that you want, things you'd like to discover or learn, and things you'd like to experience.

The more that your body relaxes the more open and receptive your mind can become.

So in these next few moments, give yourself permission to really let go, to know that right now nothing else matters.

There's nowhere that you have to be, there's nothing that you have to do and there's absolutely nobody wanting anything from you.

So now, I'm going to count from ten down to one and with each number as I count downward give yourself permission to really relax and let go.

Let all of the sounds around you relax you deeper and feel how good it is to give yourself what you really truly want.

Now with each number just sink and float down. Let the chair or the bed or the couch

underneath you get very, very soft so that when I get to one it feels as if you're almost sinking right down into the chair.

Ten, now feel your body sinking, good.

Nine, let all of the sounds around you relax you deeper.

The sound of the music, the sound of my voice, eight, really let go, with each number feel yourself relaxing twice as deeply.

Seven, and then notice the way that your mind begins to relax.

Notice the way that your mind floats right down with each number, six.

And let the music float into your awareness all through your body. Let every note of the music find its perfect place in your body.

Five, so good to let go.

Four, any of the sounds around you outside of your room that you're in will relax you deeper, even the ordinary everyday sounds that you hear will relax you deeper.

Now let your mind drift right down, four, three, even deeper relaxed now.

Two, nothing that you have to do and nowhere that you have to be, absolutely nothing to do except relax, one.

Now you can continue to relax every time you exhale.

The more that you relax the more open and receptive your mind is going to become to my voice.

There is a part of your mind that's hearing my voice right now.

A part of your mind that knows how to help you to have what you want.

Now that part of your mind is hearing my words.

This part of your mind hears my words and it knows just what to do to allow these words to help you, to create for you what you desire.

So allow my words to find their way deep into your mind, deep into that place in your subconscious mind where you can have what you truly want.

Where you can feel, see, and think the way that you desire.

Where you can be who you know that you deserve to be, so let every word that I say help you to let go and hear my voice in a new way now.

Now you can let your conscious mind drift and float wherever it will and the more that you relax the more that my voice will stay with you.

Allow my voice to stay with you.

And now, let your arms get so heavy, so relaxed and loose and limp that part of you almost wonders if you could even lift them and maybe another part of you knows that you can but you begin to notice a curious feeling, a sensation that your arms actually are too heavy to lift, that your arms actually feel as if they're sinking so deeply into the place that they're resting that they actually do feel now too heavy to lift.

And if you wanted to you could test them just to prove to yourself that your arms are indeed too heavy and too relaxed to lift and then you could stop testing them and relax even deeper, let your arms sink even deeper and feel how good that feels.

And then notice the way your eyes feel, all of the little tiny muscles around your eyelids and any remaining tension or tightness that's there, let go of that and let your eyelids relax so deeply that your eyelids actually feel heavier, softer, and too relaxed to open.

Let your eyelids relax so deeply that they indeed do feel too heavy to open.

And when your eyelids are relaxed that deeply, then you could test them, just to prove to yourself that you have relaxed your eyelids too deeply to open.

They just don't work.

Now stop testing them and let them relax even deeper and now that feeling in your eyelids, let it float down through your face, through the muscles in your face, your cheeks and your

jaw, down into your neck, even the back of your throat relaxing, relaxing right down into your neck.

Your shoulders sinking, letting go and down into your arms so your arms become even heavier. Now let that feeling from your eyelids again float down like a wave, floating all the way down through your spine and all around your back, your hips, down into your legs, let it float all the way down into your knees and your feet as if the bottoms of your feet are actually receiving that same feeling that was in your eyelids.

That wonderful heaviness floating all the way down through your body to the very tips of your toes.

Now I'd like you to let your mind relax as deeply as your body.

As I count from five down to one allow my words and my voice to find its way into that very special place in your mind, in your inner mind, five, let my words go right there, four, to that place where you can make these changes and have what you desire, four, three, deeper, let it go, two, all the way down, one, to a very beautiful and special trance, deeper relaxed, good.

Let your mind begin to float out into the velvety darkness.

Let your mind begin to experience beautiful, velvety darkness and somewhere out there, there is a timeline, a timeline of your future that holds all the future events, everything that you will do, everything that you will experience, things that you would like to create. Allow yourself to float, gently, slowly out, down to that timeline; it may be like a beam of light. Or it may be like a path, or just a string, or it may be like your body is moving forward in time, minutes, then hours, even days into the future.

And notice as you move out into the future a sense of curiosity that's building, a desire that you want to discover how you'll feel, what will be happening, what you'll be experiencing. You know that you have a choice that you can make it happen in whatever way that you choose, whatever way that you desire.

So let yourself float out into one week in the future. Just float over your timeline of the future, over the days and days until you get to one week in the future and let your body float right down and your feet touch down at one week in the future.

And just notice what's happened in the future, let this future moment be now and notice what has been happening in the last week.

You've been eating healthy and nutritious foods, drinking lots of cool, clean water, you've been exercising your body, feeling wonderful and you have released fat from your body, you're a little bit lighter, a little bit thinner.

Step on the scale and look at how many pounds of fat you've released from your body.

Step on the scale and just notice the number that's there.

And feel that sense of accomplishment that this time you really are making it happen, that you are in control and then float up out of that moment, of that future moment, and go out into a new future moment, even further, follow the path or the stream of light and go to a point that is one month in your future.

And there at one month in the future, let your body slowly float down and as your feet touch down just notice everything around you, how it feels to be in this future moment on your timeline at one month in the future.

Notice your body and how different it is after a month.

You have done so much to strengthen your body, to put more healthy and nutritious foods into it, to be leaner, stronger.

Look in the mirror and see in the mirror how much your body has changed and how proud

you feel, how good it is to know that you look better and you're healthier.
And notice why this is important to you.
And then, step on the scale and actually see the weight that you are at this moment one month in the future.
See the number and let that number become your maximum set point weight at one month in the future.
From that point on, that is your maximum set point that you don't go over, that your body stays underneath that point.

Now, let yourself float up out of that moment and go to three months in the future.
Let yourself float and drift all the way out into the future until you're three months in the future.
Feel yourself floating right down, your feet touching down now at three months in the future.
Notice what time of day it is, if it's dark or light out, notice if you're alone or there's other people. Notice some other things that are different about your life at three months in the future, perhaps some things that you've cleared up, some things that you've accomplished, perhaps some problems that you've solved.
And notice your body; notice what's happened with your physical body.
At three months into the future you've taken such good care of your body, exercised it, fed it good foods, wonderful cool, clean water, and your body is responding beautifully, your metabolism has been burning fat from your body.

You feel wonderful...
wonderful.
Look in the mirror and see why it is that it was so important for you to put energy, focus, and determination into having a healthy, strong, attractive body.
Step on the scale and notice the weight that you're at right now.
And now at three months into the future let that moment be as if it is a moment now, as if you are in it right now.
Let that number on the scale now be your set point, your maximum weight that you will be.
Your subconscious mind registers that number that is your maximum weight, your new set point. If at any time your weight were to come up to that point, it would go back down a pound or two, if at any time it went a pound over it would come right back down, just below that set point at that maximum weight.

Now float up out of that future moment and go all the way along your timeline or the path, floating, floating further into the future, all the way until you're six months in the future.
And just feel yourself floating, drifting, and excited, curious about what might be happening six months in the future.
And there you feel yourself floating down, floating drifting down.
As your feet touch down, notice what season it is, if it's cool or warm, notice what you're doing, where you're at.
And just be curious about why your mind is taking you to that particular point in time in the future. And notice your body.
Six months.

So much of what you've done has benefited your body, made you healthier, stronger.
Notice what it is that has made you so healthy and so strong, what it is that has made your mind so focused, so determined to be healthy, lean, strong and energized.
And now go look in a mirror and feel that wonderful pride knowing that you absolutely love the way you look.
And at this point, six months in the future, your subconscious mind is going to reestablish your set point.
Step on the scale and as you step on the scale look at the number.

That weight, that number is now your new set point at six months in the future. Your weight does not go over that set point. If it even comes up close to it your weight instantly goes right back down, a pound or two underneath that set point. At six months in the future, that is your maximum weight and maximum set point.

Step off of the scale and let yourself float up out of that moment, float up and now as you float further along your future timeline allow your mind to learn on a very deep level just what it's going to do to maintain a very good, healthy, lean body or to continue to release fat from your body.

As you float out into the future allow your mind to experience what it is that it's going to create to help you to stay strong, healthy, eating nutritious foods, loving to exercise, feeling better than you've felt for most of your life, now feeling stronger than you've ever been and float all the way out on your future timeline into one year in the future, all the way out there to one year in the future.

Let yourself feel as if you're floating downward, floating downward, floating downward, all the way until your feet touch down, right there at one year in the future.

And notice what's different, not just about your body or your weight, but notice what it is that's different about your life, about what you've been creating in your life, how certain things are important to you now, like being healthy, eating small amounts of food, exercising, feeling so good to be strong and healthy, loving the feeling you have when your body is burning fat. Notice how good it feels to know that you are permanently in a healthy, strong body.

Step on the scale.

Allow your subconscious mind to find a new set point and notice what that set point is.

Now you are completely comfortable being that weight.

You are completely comfortable being right at that weight or below it. Just notice that that is now your maximum set point, that any time if your body were to gain a pound or two pounds and get up near that set point or a little bit above it, you would instantly, easily notice your appetite decreases, you feel inspired to exercise more and you can feel your metabolism increasing to burn the fat, to bring you right back down under that set point.

So notice that number that's there and notice something else about what's there in your body, in your mind, in your life.

Notice what it is that is really different about you now that you've taken control, taken charge of your life.

Notice what is really different, what it is about you that allows you to be lean and healthy and strong and make it a priority.

Notice how it is that this became most important to you now.

And here at this future moment, one year in the future now, notice how you feel about some other areas of your life, something that you have accomplished perhaps.

Notice how you feel about having accomplished this, not just about your weight or your body, but about what it means for you in terms of accomplishing something that's so important to you.

You just notice that it's naturally easy for you to eat small portions, to be sure that you exercise everyday, to feel good about being in control of your eating, to look wonderful when you glance at yourself in the mirror.

And every time that you visit these future moments, your subconscious mind accepts the new set points and the new maximum weight.

Anything that your subconscious mind needs to do in order to stay below these new set points, it will do that in the best way possible, in a way that's in harmony with your physical, mental, and emotional health.

Just let yourself float and drift in this future moment, learn as much about yourself as you can, of the kind of person you are when you're in control, feeling healthy and strong, proud of

yourself.

Really let yourself learn what it's like to have what you really do want.

And now let yourself float up out of that future moment, float up above it, and just float up into the velvety darkness.

And as you float, let your mind learn right now, on a very deep level, that your inner mind has the power to change the set points or the maximum weights along the way and your subconscious mind also has the power to make the adjustments in-between the new set points to bring that set point down, bring it down every day, every week, and every month. Your subconscious has the power to do that and you can simply allow that to happen and experience changes in your life.

On some days you may notice that you just eat very small portions, other days you may discover how good you feel when you eat vegetables and fresh fruits, on other days you may notice that you just want to drink lots of water and one thing you always notice is how good it feels to exercise, almost as if it's an overwhelming desire that nothing can stop you from exercising and it is your number one priority because you know how good it feels.

You love that feeling.

And every day you begin to crave and desire the feeling you get from exercising, wanting it more and more and more every day.

Now begin to float back, all the way to your body here, back to my voice and throughout the rest of the day today and as you sleep tonight, allow your mind to make these changes in your set point.

If you're ready for sleep right now, you can turn the program off and you can let yourself go into a wonderful deep sleep.

You'll sleep better tonight than you've slept in a long, long time and in the morning when you awaken, you'll awaken feeling energized, very refreshed, so let yourself turn that off now.

If you are ready to begin your day, then you can listen to my voice as I count from one to five and with each number you'll notice your energy level increasing.

When I get to five you'll feel very wide-awake, very clear-headed and refreshed.

So with each number now, allow the energy to return to your body, feel it coming back and when I get to five you'll feel very energized, very wide awake and refreshed.

One, bring the energy into your legs and arms.

Two, bring that energy all the way up into your body.

Three, your body balanced, integrated and at peace.

And four, your eyes will feel cool and refreshed and five, wide awake, clear-headed and refreshed, take a nice deep breath.

Good.

And one more nice deep breath, fill your body up, good, lots of energy, and let it out and when you're ready you can open your eyes.

METABOLISM

Hello and welcome.

This program was created to help you increase your metabolism.

On this program you will hear me talking about balanced and optimum metabolism for releasing fat from your body.

Sometimes when people increase metabolism in their subconscious mind they feel warmer, they feel more energized, they feel livelier, sometimes you may notice that you do get warmer because an increased metabolism is going to make your body more like it's increasing the body's furnace and the body's fat burning ability.

We don't want to over increase your metabolism so every time you listen to this program remember that we are increasing it to an optimum level to burn fat from your body.

So, find a comfortable place to relax, turn off the phones, and any other interruptions.

Find a comfortable place to relax.

Make sure there will be no interruptions.

Let your arms relax. Let your head relax.

Let all the muscles in your neck and your shoulders let go any tension or tightness that you've been storing, you can just let it begin to melt away as you focus right now on your breathing, and let every breath that you breathe begin to relax you as you feel your body letting go, feel your shoulders sinking down.

Every time you exhale allow your mind to release tension from somewhere in your body.

Somewhere that your mind notices that you've been holding onto tightness or stress, as you exhale your mind will locate that area and then release it as you exhale, every time you breathe you feel your body sinking and floating down.

Allow all of the sounds around you even to relax you deeper.

The sound of my voice, the sound of the music, and even any of the sounds outside of this room, the normal every day sounds will begin to relax you very deeply.

In a moment you're going to take a journey inside of your body, a journey to explore, to see your body on a cellular level, to communicate with the cells in your body, to create the optimum condition for healing, for communication, for cell strength and growth.

So right now, if your eyes are not already closed, I want you to focus on the way that your eyelids feel.

Release any remaining tension or tightness from your eyelids; let them get heavy, loose, and limp. Let your eyelids become so heavy that right now they are just too heavy to keep open.

And as your eyelids close, feel your eyelids melting right into your cheeks, almost as if it is just one continuous piece of skin, it feels so good to let your eyelids be that heavy.

Your face now beginning to melt, the muscles in your cheeks and your jaw melting, sinking, so relaxed.

Now, as you hear my voice, I want you to imagine that you actually can take my voice with you wherever your mind floats and sinks, wherever your mind goes, wherever it drifts, there is

a part of your mind that will take my voice with you.
And as we journey inside of your body you will take my voice with you.
Put all of your attention right now on the middle of your forehead, right on the center of your forehead, a place that's called your third eye, or your mind's eye.
There is a certain wisdom, things that you can see that you never imagined you could see, things that you can envision and experience in a way that you probably never thought possible, so focus on that spot right in the center of your forehead and with your eyes imagine that they actually roll up and look at the inside of your forehead and locate that spot that is a center of energy for your third eye.
Let your body continue to relax as you focus on this spot on your forehead, your legs getting heavier, loose, and limp, your back melting down into the chair or the bed that you're on, your neck and shoulders becoming so soft that it feels as if they're warm and liquidly.
Now that spot in the middle of your forehead, notice the color, the light, even the tingle or the warmth.
And allow yourself to float down from that spot right behind your forehead, down inside of your head, down inside of your brain, imagine that you can actually float down to the place in the back of your head, right around the back of your brain, where the top of your spine begins, in that area where all of the communication, all of the information is sent from the thoughts that you think down into your body.
So just stay there for a moment on that place right at the brain stem, right at the place where all of the nerves, all of the electrical activity is funneled right there into your spine.
Let yourself begin to see this more clearly, let yourself feel what it's like to journey down inside of your body, notice if there's any sounds in this area of your body from the electrical activity, the hum of the flow of blood, the sound of harmony moving through your body as the thoughts go from your brain down into your spine.
Just listen, feel it, see the way that your thoughts are communicated down through your body.

Now, slowly begin to take a journey down through your spine, each vertebrae becoming illuminated, each place that you go to in your body is going to receive a certain wisdom, a touch that lights it up, soothes it, now move down through your spine slowly, one vertebrae at a time. And let each vertebrae become illuminated, soft, balanced, a wonderful hum.
You bring a wisdom down from your mind into your spine and all of the nerves, the bones, the tissues, even the muscles surrounding your spine begin to relax and you connect all of the information that you need in your brain, down through your body to create this kind of communication that is going to have an effect on your body on a cellular level to create exactly what it is that you desire.

Now float down a little bit further, down through your spine all the way down to the very base of your spine so that your entire spine is now illuminated, glowing with this information and this communication.

The muscles around your back so wonderfully relaxed that your back feels as if it's just melting right into the chair or the bed that you're on.
Let the music flow through your spine, all the way down to the bottoms of your spine.
And now I want you to begin to journey into the area in your belly where all of your organs are. Notice your stomach, kidneys; perhaps even your liver or your pancreas.
Allow your mind to create this connection, this very clear and powerful connection with the organs in your body that perform such wonderful functions, that continue to do their job automatically, effortlessly to keep you healthy.
And now journey up a little bit higher, up to where your lungs are and notice the way that the little tiny air sacs around your lungs take in air.
See them as getting healthier, stronger and every breath that you breathe filling them and energizing them with just the right healing energy.
Then move a little bit further up around your heart and bring that light, that wisdom right

around your heart, almost like a blanket of love, an appreciation for what your heart does effortlessly, dependably.

See the blood moving through your heart, the movement, the muscles working in a perfect symphony to send the blood flowing through all of your body.

And now take a journey down through one of your legs.

As you move down, notice all the areas down around your hips, the bones, the reproductive areas, and move down through one of your legs, down through the thigh into the knee, into the calves and all the way down through your feet and connect that wisdom of your mind with the bones and tissues and muscles, all the way down through that leg.

And then bring yourself right back up to your hips and go down through the other leg, simply observing, noticing all of the tissues and muscles and bones, how interesting and fascinating they are. What an amazing journey it is, to see inside your body, to actually be able to focus and direct your thoughts on healing your body, making your cells strong, sending them messages to them in the way that you want to grow.

Now, come back up through that leg and go all the way back up through your spine, one vertebrae at a time, all the way back up through your spine until you get to the top of your spine, back to the place where your brain stem is, where all the information flows from your brain down into your body.

And right there at that point you can create whatever you desire.

From that place you can go into your body to direct and command your cells to heal, to grow, to change the information and the way that they've been sending information to the new cells that replace them.

From here you can go anywhere in your body, taking this wisdom of change to any cells that you desire.

Now I want you to take three gentle breaths and on the third breath let yourself go into an even deeper trance.

On that third breath out let your mind and body sink into this perfect wisdom to make these changes in your body that you are about to make right now.

Each breath on the third breath you sink, deeply, comfortably into a state of trance to access this wisdom. Breathe, feel it, let it go.

Journey into your brain, into all the places in your brain that control everything in your body. Your body right now is very receptive, very open to sending messages and new information, communicating with all the cells in your body and somewhere in your brain there is a place that controls the metabolism in your body, that part of your brain that decides how quickly you burn fat, how easily and efficiently you metabolize the fat in your body.

So allow yourself to find that place in your brain where the metabolism switch or lever or dial, whatever way it looks in your brain, where that's located.

You might want to create an image of a control room with many buttons and switches and levers or you may feel as if you're just drawn right towards that place in your brain where the metabolism is controlled.

And when you find that part of your brain, notice that if you were to turn up the dial on your metabolism or move the lever or slide the switch, in whatever way it happens or perhaps you simply change the color of that area and it increases the metabolism, when you do that, you're sending the messages to your body to increase the rate in which you burn fat, to increase the energetic level of your body to burn fat faster.

This may increase the temperature in your body slightly.

It may give you a sense of increased energy, feeling better, more energized than you have in a long time.

Find what it is that increases the metabolism that sends the message to the cells that during

the next few days and the next few weeks you're going to burn fat faster, metabolize the food faster, and your body is becoming more efficient at releasing the food from your body. You increase your metabolism; turn it up to an optimum level. Now don't just turn it up to any level, let your mind show you where that most balanced, most optimum level is for good health and for burning fat quickly and efficiently. As you turn that switch up, notice what happens. You may feel a certain tingle or an energy moving down into your hands and into your fingertips or you may feel that energy actually moving down through your legs, all the way to the tips of your toes.

If you were to turn it up even a little bit more you may feel your body becoming warmer. You may feel a sense of excitement. Just notice how your body responds as you turn that up, slowly turning up the thermostat in your body, turning up that metabolism to be able to burn fat more quickly and more efficiently. And feel what happens, feel in the tips of your fingers that tingle beginning to increase, almost as if there is a higher vibration inside of your body that's sending that signal all the way to the tips of your fingers and all the way to the bottoms of your toes. Let every cell in your body receive this communication and cooperate in burning fat faster, metabolizing the intake of food faster and more efficiently, releasing fat from your body, burning that fat faster and more efficiently than ever before. And be sure the switch in your brain is set at the optimum level for health and for burning fat in your body.

During the next few days you'll notice that you have more energy, you feel better and happier than you've felt in a long, long time. You'll feel that fat-burning increase, that stepped-up metabolism working for you, as you feel more energized, more excited about exercising, more excited about being leaner, stronger, and thinner. Your entire body responds in such a positive way that you know that now you are going to become the lean, strong, healthy body that you've always wanted to be. Feel how good it is to be in control of your body, to decide the way that your body feels, the way that your cells think and communicate. You have this ability; you know exactly what to do. And you allow your body to burn fat quickly and efficiently.

Now I want you to bring your awareness back to the room and back to my voice. As I count from one to five, let all the energy come back into your body and at five you'll feel wide awake, refreshed and clear-headed. One, bring the energy back into your legs and arms. Two, bring the energy all the way back up into your body. Three, your body balanced and at peace. And four, your eyes will feel cool and refreshed and five, wide awake, clear-headed, and refreshed.

Take a nice deep breath, good. And another nice deep breath, feel that energy increasing, feel your body becoming wide-awake and energized and have a wonderful day.

POWER OF THOUGHT

This is an introduction about hypnosis and weight loss. How you can help a client understand the power of their language with their effects of their body.

Hello and welcome.

This program is about the power of thought.

We're going to talk about how it is that you talk to yourself, the way that your subconscious works and how you can get the results that you want.

You might be surprised when you learn how the subconscious mind works at what you've actually been saying to yourself and expecting to get good, positive results but actually you've been saying the wrong things to your body or to your mind to get the results you want.

So one of the things that is important in the way that you talk to yourself is simply because when you talk to yourself, when you're using your inner voice to tell yourself how you're going to feel or think, it's like you're hypnotizing yourself.

You have to imagine that you are your own hypnotist, that the words that you say, the suggestions that you make to yourself are actually going into your subconscious mind, they are being accepted and believed on a very deep level, and very often you repeat them over and over and over.

So you have a very big influence on the outcome that happens in your body and in your mind. Now some of these suggestions have been placed in there by parents or other relatives, school teachers, people from your past, ok, so some of those things that you hear playing over and over in your mind like, "Gosh, I can never do anything right, oh, I'm so stupid" or if there were things that were said about your weight, "Oh, she's just so chubby, she's a chubby little girl,"

those suggestions play in your mind and in your inner voice you may be replaying them and going "I'm just a chubby little girl"

or that maybe as a man or as a boy they talked about you being big and strong, "well, he's going to be a football player," when in fact you're an overweight boy but that was there way of reinforcing that it was ok to be overweight.

So your mind may have accepted some of these suggestions as being positive in some way.

So the first thing you want to know is how to phrase the suggestions when you talk to yourself.

If you say something like, "Every time I look at a doughnut I gain five pounds," well, what you're doing is you are actually using self-hypnosis to tell your subconscious that if you just look at food that it needs to go into a process of beginning to gain weight, and it actually is true, there was a study where they had people look at different kinds of foods and imagine eating them, and the digestive enzymes and different things about the metabolism and such were changing in a way to begin to store fat and actually make the body do some of the same things to store fat and gain weight as if it was actually eating the food even though they didn't

eat it, so it's really important that you talk to yourself the right way.

So if I were to tell you that you're going to not want to eat desserts, you don't want to eat desserts, you don't want to eat desserts, what would happen is your subconscious mind would hear the positive part of that suggestion, which is "want to eat desserts"; even though I say "you don't want to eat desserts". Your subconscious can only pick up the positive part of that suggestion which is "want to eat desserts" and here's why.

If I tell you not to think of a pink elephant right there in the room with you, don't think of a pink elephant, you don't want to think of a pink elephant, no matter what you do, do not think of a pink elephant, or like if I said don't think of a bowl of chocolate ice cream, or if I said you don't want a bowl of chocolate ice cream, notice what the first thing is that comes into your mind. The chocolate ice cream.

You may begin to smell it or taste it or imagine how cool and creamy it tastes in your mouth (I think I'll go get some right now), so anyway, you have to phrase your suggestions properly. Instead of saying, "I don't want dessert," what you want to say because your mind is only going to pick up the part that says "want dessert", you want to say, "I'm full and satisfied," or "I feel energized and completely relaxed and satisfied," something that is the positive suggestion of the way you do want to feel.

So you could say, "I won't be hungry. Today I won't be hungry" and the only thing your mind can do is be hungry, be hungry, focus on that, be hungry, so you don't want to keep promoting being hungry in your mind but you might not have even known that you were doing that. So what do you want to say to your mind instead of "I won't be hungry"? "I feel full and satisfied."

"I eat small portions. Just a couple bites make me satisfied."
"I feel more energized when I eat a small amount of food."
"I love to snack on vegetables."
"My energy level is increasing."

Things like that instead of saying to yourself, "Boy, you know, every time I go on a diet, I just, I'm so exhausted, I have no energy. I feel so tired all the time."
Well, that's the only result you're going to get because that's the only suggestion you're giving your mind.

How could your brain and your mind create any other effect or any other outcome in your body other than the one you ask for?

So, you have to choose what it is you want your body to feel as a result of the words that you send your body to communicate.

Now, one of the things to remember is how powerful this communication is in your body, ok, your body will respond based on your thoughts on a very deep level. It will make changes in the cells; in fact, there's ways that scientists can measure the response in a cell now based on the thoughts that you think, which is no big mystery, but for them to look at it scientifically, that they can actually see a cell responding to a thought is very valuable.

There was an experiment done by...I think it was Norman Cousins, and he had blood drawn,

and they tested his blood levels and his immune levels and then immediately after that for one hour he meditated on feeling peaceful feelings, strong on everyone around him being peaceful, people coming together, solving problems and everybody finding peace all around him and peace in his body.

He did that for one hour and at the end of one hour he had blood drawn again and at the end of that hour some of his immune factors went up 200% in his blood, in one hour.

And this was just based on the thoughts he was thinking for one hour.

So that's a pretty dramatic increase, so if you feel like you're getting sick, you feel like you might be getting a cold, if you say something to yourself like, "Oh, no, not a cold, oh this is terrible, I have to work tomorrow and I'm going to be all stuffed up, I'm going to be tired, oh man, this is just the worst thing," the only thing that your mind can focus on then is shutting down your immune system to satisfy exactly what it was you asked for.

But what if you tell your body, "My body is strong, my immune system knows just what to do and when I wake up in the morning I will feel completely well, completely energized and completely well.

My immune system knows how to get that virus out of my body, it can do it tonight while I sleep and tomorrow I'll feel fine".

Well, I've done this anytime that I feel like I'm getting a cold or flu, I do this the night before, well, when I go to sleep, so that that night before I'm telling my body that in the morning it will feel really, really good and really healthy.

And I'll tell you; every time I've done it I wake up in the morning and feel completely healthy and well. I haven't had a cold, haven't had the flu, so I know my immune system is doing something that's very valuable in making the changes while I sleep so that I can feel healthy and strong and you have that power to do that with your health, but even more importantly you have the power to do that with your weight.

So what if you say to yourself, "I'm having such trouble losing weight, I just can't seem to lose weight.

I don't know what to do but every time I think about losing weight it seems that I just get hungrier". So what are you telling your body to do?

You're telling it that there is a problem, a conflict.

You're saying that every time I try to diet, I just start getting hungrier, well, that is just an excellent use of a post-hypnotic suggestion, and as a hypnotherapist I can tell you it's a very effective way to word a suggestion and you are only going to get that exact result so that every time you try to go on a diet or every time you try to eat less, you get hungrier.

So what if you were to tell yourself that, "I'm really going to begin to feel in control starting today or tomorrow or whenever it is, I'm going to really feel in control of my eating.

I am going to feel full and satisfied and I'm going to know that I have what it takes to eat smaller amounts of food or eat nutritious or nourishing food, or increase the amount of water I drink, or really spend a few days concentrating on vegetables and fruits.

So you say things like that to yourself and then you actually stand a chance of making those changes.

The other way you don't even stand a chance, you're only going to get the negative suggestion that you're creating.

So, here's how profoundly the cells in your body are listening to your inner thoughts and beliefs.

In hypnosis, you can take, it's kind of a little trick you can play with the mind, but you can take an ice cube and tell someone who's in hypnosis, who's in trance, that this is going to be a hot coal, and you can place it on their skin.

Now I don't recommend doing this, but it does work and it's a great example of how powerful

your thoughts affect your physical body.

Ok, you put this ice cube on their skin and you tell them this is a hot coal that is going on their skin and that the hot coal is hundreds of degrees and it's burning their skin, and because the body has a hard time telling the difference between a hot and cold extreme, it will feel usually very, very hot.

Now, based on the words that were used to say that that is a hot coal, generally, I'd say it's probably over 50% of the people it works, their skin will actually burn.

They will get a blister and the blister will fill with fluid, they will actually have a burn on the spot where the ice cube was placed.

And this is all because of the belief of the subconscious mind sending the exact information to that part of the body to create a burn and a blister and fill with fluid.

All because of a thought or a belief that was there, it's nothing more than that. So when you think about that, when you think about that first statement I made that when I look at a doughnut I gain five pounds, you might just wonder if you're actually sending that information to your body for it to begin the weight gaining process because there is something that happens, that is set in motion, when you think about eating food.

So when you look at food in magazines, or you see those food commercials on TV, you're actually doing something to your body to make it begin the process of getting ready to store fat, changing perhaps some hormonal levels or something like that, and I don't know exactly how it happens or what exactly makes it do that, so I can't explain that to you, but I know that there was a study that was done that shows how that works, you think about food and, yes indeed, that could in itself begin to make you gain a little bit of weight.

So, watch what you say, word your suggestions positively.

People that come to my office for hypnotherapy, no matter how much work we do with the hypnotherapy, when they walk out the door, they can undo all of the work we've done by going back to their negative suggestions and programming their mind back to the very thing that they don't want, thinking they are doing a good thing, so they say to their friend, "Well, I'm going to try hypnotherapy, nothing else has worked.

Boy I sure hope this works, I just don't know though, I just get so hungry. I can hardly make it to the end of the day without getting so hungry. And I hate to exercise, there's nothing I can do to make myself want to exercise. You know, I've been to the gym or I bought a treadmill, but God, I just hate it. I just don't know, I don't have any self-discipline, I guess that's it, I don't have any willpower or self-discipline".

OK, so listen to what I was just saying, if you can find any of your own words in there, if you can find any of those things that you have ever said to yourself about losing weight or exercising, realize that you have been programming your subconscious mind and you have been getting the results that you have been programming in, am I right?

So, when you listen to these programs and do these sessions, there's a lot of positive benefit that you can receive, but also you can go right back to talking to yourself the same way that you did and you're going to undo a lot of the positive things you've been doing because you listen to a program for 30 minutes and your mind accepts those suggestions, it makes those changes, but then you spend the next 24 hours repeating your negative suggestions back to yourself, and that is going to override whatever programming that was done or whatever changes that were made on the programs or in the sessions.

So be very, very careful about what you say to yourself.

When you catch yourself saying the old things the way you used to, do this.

OK, you say something like, "Boy, I just hate exercising.

I cannot get myself to get up and exercise," and say, "Oh, wait a minute, in the past that's how I felt.

Now, what I'm doing is I kind of look forward to it a little bit and I'm starting to really enjoy the energy I get from exercising and every day it seems like it's a little bit easier to exercise". So what you did is you had that old habit of saying the negative suggestion, and then you say, "Oh, hey wait a minute, that was in the past, that's how I used to feel". And then you change it to the way you want to feel now. Make sure it is a positive suggestion. So nothing like, "I won't be hungry" or "I won't pig out". Ok, so, when you feel feelings of being out of control or feeling like you want to eat everything in sight or whatever goes on, whatever your eating problem is, first thing, before you eat, I want you to do three things.

First thing, I want you to drink a big glass of water. Sometimes your body is dehydrated and thirsty. Your body is something like 85% water and when it doesn't have water, your body is going to feel like it's screaming for something and it just wants something so bad, and a lot of people start eating because they are actually dehydrated or thirsty. So the first thing is drink a big glass of water, a lot of water, and you know, if you want to lose weight, you have to drink a lot of water. Nothing else counts as water, nothing else, not soda, not tea, and certainly not coffee, so drink lots and lots and lots of water, but do that before you start eating if you feel really, really hungry. The other thing is to take three very deep slow breaths.

So what you're going to do is you're going to breathe in very slowly, and you can do it right now, to the count of eight.

Ready?

OK, empty your lungs and then breathe in right now, 1, 2, 3, 4, 5, 6, 7, 8.

Now hold it, 1, 2, 3, 4, 5 hold it, 6, 7, 8,

now let it out, 1, 2, 3, 4, 5, 6, 7, 8.

Good, now take another breath in, 1, 2, 3, 4, 5

breathe it in, 6, 7, 8, good now hold it, 1, 2, 3, 4, 5, 6, 7, 8

and let it out 1, 2, 3, 4, 5, 6, 7, 8.

Now one more breath, good, and you can just let yourself count in your mind, and then you hold it, good, hold it for eight counts, while you're holding it your body's just getting charged with oxygen.

And then let it out and let yourself relax when you let it out.

And if you're in a place where you can close your eyes at the end of those three deep breaths, just close your eyes, let your shoulders drop and tell yourself how you want to feel.

Tell yourself what you want to eat. "I would love to have some vegetables right now.

I would love to go for a short walk right now.

I would like to drink water right now, or go have some fresh fruit", or whatever it is you want, so you take that time to close your eyes and tell your mind what you really do want to do or if you're going to eat some food, eat something that's a lean protein, just eat a few bites and then wait.

Because so often there is just enough food that would reset our blood sugar, that would make us feel full, but we cram food in so quickly that our body doesn't have enough time to tell us it doesn't need any more.

So you're going to eat very small portions, you're going to taste your food, taste every bite and eat very, very slowly.

Now the other thing you need to remember is that your blood sugar goes up and down all through the day.

When your blood sugar is very, very low, if you haven't eaten in two hours or more, your

blood sugar goes down very low.

During that time you have no self control, generally you feel ravenous and there's nothing that will stand in your way of getting every possible kind of food that will raise your blood sugar as fast as it possibly can.

That's not a good thing.

So if your blood sugar has dropped you're going to feel very hungry, you're going to feel irritable and cranky, and if you're a smoker, that's a time where you'll also find it very difficult to not have a cigarette.

To avoid this, what you want to do is snack on lots of little foods all day long.

Of course, we don't want them to be carbohydrates or what would be like dry types of foods. So if it's a dry, crunchy sort of food, chips, even pretzels, I know those are lot in fat but they're very high in carbohydrates and they don't help, what you want is proteins or vegetable, raw vegetables, so you eat a small amount of protein or raw vegetables and those are going to bring your blood sugar back up but it's going to do it without sending it soaring and crashing again, because you want foods that are going to stay in your system for several hours because you want to attempt to keep your blood sugar level.

Probably maintaining your blood sugar is one of the most important things you can do when you are wanting to release weight from your body, because when you haven't eaten in about two hours or more, your body's metabolism begins to slow down and shut down because it thinks it's not going to get more food.

So your metabolism slows down, you are not burning fat and any foods that you eat at that time are going to be stored as fat because there's a mechanism in your body, it's kind of called the "starvation response" or something like that and it thinks you're starving so it gets very efficient and works at not burning any fat, any more energy than is absolutely necessary.

So to keep your metabolism up you eat raw vegetables, some raw fruits, like hard crunchy ones like an apple or a fairly crisp pear.

Don't eat soft fruits, those just send your blood sugar up and then back down, or lean protein, a piece of cheese or piece of meat, a small one, that way you're going to keep your blood sugar level.

If you do this throughout the day your weight will drop dramatically and consistently.

Blood sugar problems are probably one of the toughest things to manage when you want to lose weight.

So keep your blood sugar level, keep your water intake up, because this is the other thing, if you don't get enough water, your body is going to conserve what liquids and fluids there are. It thinks you're in the desert without water and that you're going to go like another three days without any water.

So your body and the cells in your body are going to hang on to what liquid is there and usually that's filled with toxins, because those toxins get concentrated in the smaller amount of water content that's there.

So it hangs onto it.

So you actually will retain water because you don't drink enough water.

So what you want to do is drink more water.

Then the cell gets the message, "Oh, well I guess we're not in the Sahara Desert for days and days, I guess we are going to get more water", and it releases the fluids, the toxins, and keeps things running smoothly and you do not retain water. So that's one of the most important things you can do.

Now, there's another thing that is almost magic for losing weight.

But it requires a little bit of work.

And that is juicing fresh vegetables.

There are enzymes that are in the vegetables and fresh fruits, but only when they're fresh and only for about the first 20 or 30 minutes after they're juiced.

So if you're going to juice you have to be ready to drink that juice immediately. You can't just go buy the bottle of vegetable juice from the store, they've been pasteurized and homogenized, and whatever.

They've been absolutely de-nutritionalized, certainly it's better than drinking a soda, but what you want to do is drink fresh vegetable juice.

There's lots of stores now that will make fresh vegetable juice right there while you're there.

If you drink smoothies from those vegetable stores, before you do, ask for the nutritional guide that tells you how many calories and carbohydrates are in them.

You would be shocked to know how much you're getting in one of those smoothies.

So drink the fresh vegetable juice which carrots and celery and spinach and beets, and boy, all kinds of good things.

Those fresh enzymes are going to digest the food that's in you and it runs it through your body faster, but there's something that it does to burn fat and to step up your metabolism and it's almost like magic.

People who juice and drink fresh vegetable juice twice a day, they say that they can eat pretty much whatever food they want, they're not hungry, their body burns fat, their energy level is out of this world and other things clear up, like, it lowers your cholesterol, it lowers your blood pressure tremendously, gives you wonderful energy, you'll sleep better at night.

For some people their vision improves, for most people their skin gets clearer.

So, one thing that you can do that is almost like magic is get a juicer and be faithful to it, it's almost your fountain of youth.

So, we have keeping your blood sugar level, drinking lots and lots of water, keeping proteins or raw vegetables in your system, snacking on these things consistently, and juicing if that's what you want to do.

The other thing is exercising; of course, you knew we'd get to that!

The way you think about exercising, it is something that you want to do regularly.

If you make yourself do it for one week you'll begin to want to do it, you'll get in that routine and your body will adapt to it almost as a habit.

Even a bad habit, if you consistently do it, your body wants it; even if it's a bad habit, but if it's a good habit your body begins to want it as well.

So, the same way that, for instance, a person that bites their nails and it's a habit and they have trouble stopping, well, exercise is the same way.

If you would condition your body for one week to get, let's say 10 or 15 minutes of exercise for the week, then at the end of that week, there's going to be a little bit of a repetition and something your body expects, a feeling it expects, then you'll find that you really do want to get out and get that exercise.

If you're going for a walk, it can't be a leisurely walk, you've got to get your heart rate up, get your breathing up, and do something that's going to step up your metabolism.

When you get to the point where you're doing exercise for 30 minutes or more, you're going to get the release of endorphins into your body.

When you get that endorphin release your body will begin to crave endorphins, get you to exercise, get you out there...wanting to get that endorphin rush flowing through your body.

So that is one of the big benefits of exercising and people who do it regularly, like get hooked on the endorphin release and that's why they put it as a priority, they'll make sure that they get their exercise everyday because it feels that good.

It also lowers your appetite if you exercise so, it raises your metabolism, it burns fat, it lowers your appetite, you eat less, you feel better, you're burning your stress off and everything's better and it's good for your heart, it's good for everything, nag, nag, nag, so what I want you to do is set a goal for this next week.

A very easy goal, maybe its only 10 minutes of exercise every day and if it means just laying down on the floor while you're watching TV and doing leg lifts or getting out and going for a walk, or whatever it is, do something that is exercise, and, I'll tell you, when I'm blow drying my hair I do squats, I do kind of like deep knee bends, and it's better than nothing, it's a time that's spent doing that anyway, I'm just standing there so I might as well strengthen my legs. So you might want to find all kinds of opportunities to sneak in little bits of exercise because it all adds up and it's all good for you.

So, the power of thought, and the way that you want your body to respond. Remember the mind and body is listening to every word you say, so be sure to say the thing that you really want.

Also, before you go to sleep at night, listen to one of the sessions, and if you're not listening to one of the programs at night before you go to sleep, tell your body and your mind how you want to feel the next day.

Tomorrow I will feel completely in control.

I will feel energized.

My body will begin to burn fat and release weight.

Tomorrow will be like a turning point for me, that I just know I have what it takes to do this.

As I sleep tonight I want my mind to really focus and make this happen and make whatever changes are needed to help me to be focused, energized, and have a feeling of being satisfied, wanting exercise, ok, that kind of thing.

So, choose what it is that you want to feel and plug it in and let it happen.

So my thoughts are with you, talk to yourself in a positive way, love your body, drink lots of water, and get thin and healthy and fit. It really is the very best feeling in the world.

Thank you.

Other programs are also available at

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