

Weight Loss

By Rene A. Bastarache

Induction – Time to Relax

Just allow yourself to relax into the chair and we will begin in a few moments... get yourself nice and comfortable... that's right... perfect... now in a moment I will ask you to take three deep breaths... and to exhale fully after the count of three on each breath... hold each breath for the count of three and then breath out... OK, starting now, taking deep breath number one... and out... breathing in again and hold... and out... and number three... hold... and exhale... wonderful... just breathing normally now...

We are going to relax your body and mind now by starting with the top of your head and working all the way down your body to your toes... as I say the name of each part of your body I would like you to feel that part with your mind and then to... just let it go... let it relax completely... and let's begin...

Feel the top of your head... your scalp... and your forehead... just feel them in your mind and relax... let them go... good... now the back of your head... and your ears... just letting them go and relaxing... all those muscles in your face... around your eyes... your nose... your cheeks... just feeling and letting go... now your mouth... and your jaw... just let those muscles of the jaw go loose... feel them... and let them go... feel the front of your neck... and now the back of your neck... feeling... then letting go...

Head and neck totally relaxed... now feel your shoulders... and your upper back, between your shoulder blades... just feeling those areas in your mind and letting them go and relaxing them completely... now your upper arms, elbows and forearms... now your hands and all of your fingers right to the tip of your fingers... feel them in your mind... and let them go limp at your sides... beautiful... doing well... arms, hands and fingers now totally relaxed...

Feeling your upper and lower back and letting them relax and sink into the chair... Let's move to the tummy area and feel your abdomen... and just let them go and relax all of that area... all of your torso is now relaxed, calm, and comfortable... Thinking of your hips now... just feeling that area in your mind and now letting it go... relaxing deeper and deeper...

Moving on to your legs... feel your upper legs... the thighs... as you now release them... and they relax and let go... feeling wonderfully relaxed... your knees and calves... feeling them, then letting them go... all the muscles going limp and relaxed...

And now you ankles, feet and toes... just feeling your feet in your mind and now you let them go and they relax completely... whole body now relaxed and completely at ease... deeply, deeply relaxed...

Deepener – A Weight Loss Elevator

As you now relax ever more deeply into the chair I would like you to use your imagination... and imagine that you are about to enter an elevator... it is a very special... a magical elevator... and you are on the twentieth floor of a building... a building where amazing things happen... You notice that the back wall of the elevator has a mirror that reflects back to you whatever you imagine in your mind...

In a moment you will enter the elevator and descend the twenty floors... one floor at a time... and as you reach each floor you will notice in the mirror that you have lost another pound in weight... and you will have relaxed deeper and deeper with each passing floor... relaxing and losing weight... as you go down into deep relaxation...

Stepping forward and entering the elevator... you stand before the mirror and press the down button... feeling yourself relaxing and noticing your image in the mirror has already lost 1 pound as you reach... Floor 19... relaxing deeper and deeper as your mirror tells you 2 have gone... 18... Floor 17... looking and feeling good... 16... deeper and deeper... Floor 15... slimmer and slimmer... 14... 13... calm, comfortable and relaxed... weight falling away... 12... 11... more and more relaxed, as you can visualize a much slimmer you...

As you now reach and pass floor number 10... and with each passing floor you will relax 10 times deeper... than the one before... 9... notice how calm and relaxed you are... and how slim you now look in the mirror... floor 8... 7... ever deeper and deeper... 6... 5... wonderfully calm and relaxed... 4... enjoying a slimmer you... 3... deeply, deeply relaxed... 2... and finally as you sink deeply into the most relaxed state you have ever been in you notice in your imagination a vision before you of a new slimmer you... 1... relaxed, calm and comfortable...

The Script – Going to the Movies

Today we will use your sixth and most powerful sense of imagination... so that you can see yourself as you wish to be... and what you imagine in your mind and see in the theater of your mind... will become you in reality...

As your elevator has reached the ground floor, the doors open... and imagine now that you walk out into the foyer of the building and off to the right you notice a doorway... the doorway is beckoning for you to enter... Above this doorway is some writing... you can read it... it says “This Is Your New Life”... See yourself in your mind as you open the door... and inside you notice that it is a theater for one...

You take your seat and the movie begins... You are very relaxed, calm and comfortable as you can see yourself in the movie... It is the new you... the slimmer you that you had seen in the elevator mirror as you reached the bottom floor... You watch as you see yourself shopping at the supermarket... you already have some products in your shopping cart... notice how they are all healthy choices... all fresh produce... perfect choices for the new slimmer you... see yourself moving along the aisles choosing only healthy and fresh foods... you are taking the time to read all the labels... making informed choices... fresh eggs, meat, fish... and lots and lots of fresh vegetables...

Notice now as the movie moves to a scene where you are pushing your supermarket cart to your car... you have parked all the way across the parking lot forcing yourself to walk a long distance... The new slimmer you loves to walk and you take every opportunity to walk... the longer the better... the more often the better...

The movie now moves to another part of your life... there you are... it is the evening and you are in the kitchen preparing a very healthy meal... gently cooked fish, baked potatoes and salad... It looks so tasty, it is healthy... you are looking slimmer still... you love this sort of food... notice the smile on your face as you catch a glimpse of yourself in a mirror... looking so slim... you have come a long way...

Now you can see yourself at the gym with all the other ladies/men working out... really getting into your new lifestyle... the healthy lifestyle you have adopted... The music plays as you work hard... the instructor is chatting with you, obviously very pleased with your results... you look sensational...

The next scene in your movie is a social gathering... a party for someone's birthday... and see yourself now as you drink mineral water and choose only healthy food... you happily pass over the cakes and sweet treats, knowing that you are in control... you know that all of these wise decisions about food and drink that you can see yourself making... has the result that you notice before you... you are one of the best looking people at this party... your clothes now fit you so well...

Still using your imagination as we now see in the movie you have just showered and are ready to step on the scales... and you step on... the moment of truth... and there it is... you have reached your goal weight... you look and feel great... you can see yourself in the movie looking fantastic... and you are fantastic...

From this day forward you will, in your life, always strive to align yourself with how you have just seen yourself in this movie of the you you wish to be... from this day forward you allow this new you to step forward and take center stage in your life... bravely and deliberately taking over from your old lifestyle... You have seen in your movie who is really inside of you waiting to step forward... and you will now always allow this to occur... and you will always be so very proud of yourself for doing what

it takes to achieve positive weight loss... the new slimmer you...

Right food choices when shopping... taking every opportunity for extra exercise... preparing tasty and healthy meals... enjoying workouts at your local gym... loving going to parties... clothes that fit perfectly... noting the weight loss you have achieved and giving yourself the credit you deserve for achieving your weight loss goals... this is all the real you that you now are... and from now on... will always be...

Awakening

As the movie comes to an end and the credits roll, you can see your name up in lights ... results always speak for themselves... and you have what it takes to get those results...

In a moment I will count down from 5 to 1 and at the count of 1 you will awake feeling refreshed, alive, and looking forward to achieving your weight loss goals...

5... feeling relaxed, calm and comfortable...

4... life flowing throughout your body...

3... body beginning to stir...

2... eyelids opening...

1... wide awake and feeling sensational