

Hypnosis Toronto

Emotional Weight Loss

A 30 day guide to change your
relationship with Food

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Hypnosis Toronto

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Introduction

This workbook is designed as a guide to help reshape your relationship with food. The following pages contain exercises, affirmations, and selected visualizations as well as a diary, to plan your meals.

Every day you will plan your meals in advance. Look ahead into your day and see if there are going to be any trouble areas. Make note of any potential problems, which might lead you astray and compensate for them. This is your life. You are in control.

If you don't plan for success - you're planning for failure.

In your diary, keep track of your emotions. When you begin to feel a craving for food, write down what is happening in your day, and your emotional state. For example, you might be driving home from work feeling drained of energy. Write that down. If you can, also try and log what type of food that you have a craving for. Be sure that you monitor which emotions are tied to which foods.

Each week you will "exercise your demons", by identifying your repeated habits and emotional states which send you running for the fridge.

If you have cravings during the day, you are **NOT** allowed to deviate from your planned meals. You are **NOT** allowed to snack. These are just feelings. They will pass as you begin to accept your new life as someone who is slim and healthy. You are now changing the way you think, behave, and feel towards eating.

Every day, take some time for yourself and listen to the guided meditation. The CD is designed to release emotional stumbling blocks. Every time you listen to the CD, your willpower and emotional resolve becomes stronger and stronger. Very soon, all thoughts, feelings, and emotions, which have haunted you in the past, will become a distant memory of a different time in your life.

**Remember - This is your life -
You are in control of your own destiny**

Food For Thought - Plan Ahead

Planning for success is one of the most important steps you can take to accomplish your goals in life. The secret is to be as specific as possible. If possible, try and remain flexible in the face of unforeseen obstacles. Life is full of the unexpected. Don't give up just because everything doesn't go your way.

Failure will occur if you have vague goals. You can become instantly aware of people who are going to fail by listening to the lack of planning, dedication, and conviction in their voices. They might say something like "I'll try and get something healthy to eat at lunch today." Who is this person fooling? Plan your success. Some people get really tricky when trying to fail. You're learning to spot them. They might say "I plan to go to the food court and get something healthy at lunch."

What specifically are you going to eat at lunch?

Give yourself a chance to be a winner. "Tomorrow I am having one can of tuna fish in a large salad. I plan my success."

Your goal this week, as you become comfortable planning your success is to try and spot vague ideas, word phrases, and goals. You may be surprised to notice how vague people can be concerning their own goals. You will hear it in their words and see it in their actions.

In the next couple of days, as you notice yourself becoming more and more focused, you will find vagueness and ambiguity fading from all areas your life. You will allow yourself to become driven to succeed as you accept more control of your life, what you choose to eat, and who you desire to be.

Remember, accidents happen. You may have planned to have a chicken salad for lunch in the food court, but the fast food outlet is closed. If something doesn't go your way, just do the best that you can and move on. It happens all of the time. While out for dinner with some friends, the restaurant might run out of what you had planned to eat, or worse, they cover it with a fattening sauce. Remain calm, and do the best that you can.

You are not on a formal diet. You are changing what you choose to eat. If the restaurant does not have a chicken salad, it's up to you to decide whether to pig out or be healthy. This is your life. You are what you eat. You decide if you want to be a pig or if you want to be healthy.

Diary:

What are you going to eat today?

How do you feel creating this list?

Record of daily emotions:

What are you feeling when you suddenly have a food craving?

(Hint-hungry is not an option)

Food For Thought - Be True to Yourself

Your true self wants to come out. Your inner voice wants to be heard.

I see it all the time. A person will say something and their actions will completely contradict them. Often it's something noticeable like saying they want to lose weight but then they completely pig out. Someone might want a promotion but they don't put in overtime. The list is endless. There are so many people who "talk the talk" but don't "walk the walk".

Being true to your inner-self however, takes this one step further. Your inner-self wants to come forward. I had a client who shook her head from side to side indicating no, while saying yes, whenever I asked her if she was faithful to her eating plan. What do you think she was really trying to say?

This happens all of the time. In a Romantic Magic - Money Magnet workshop that I was hosting, someone told me that they had tried everything in their power to make money while shaking their head no. What were they trying to say?

I wonder if you can now spot this behaviour in yourself and others. You don't have to "put up or shut up"; you just have to be true to yourself.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Inner Truth

Life can be difficult enough without trying to reinvent the wheel. Many people try so hard to find the way out of their emotional prisons, but they don't know where to start.

The first step towards success is to be true to yourself. After all, this is your life. You are your body's keeper. As you already know, the mind can play tricks on the body. And, the body likes to trick the mind. This week, you're going to stop fooling yourself.

The biggest problems arise when you don't realize that you're fooling yourself. People can come up with some very amusing and often elaborate excuses. One person told me that she was overweight because she was a fat baby. Really, give me a break.

Another person (who was 100 lbs overweight) would wake up an extra two hours early to beat traffic on his way to work. He would then sleep in his car for an hour. He never had breakfast, always ate fast food for lunch, and was convinced that he could lose weight any time he wanted. Who was he trying to fool?

It's almost unbelievable the amount of excuses that I've heard. "I was too busy - I was too tired - It was too hard - I couldn't help myself". The list goes on and on.

What excuses have you heard?

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation - Finding Clues

And doing what ever you have to do to make yourself comfortable... take a deep breath ... and relax... that's right, relaxing all of the muscles from the top of your head to the tips of your toes... and letting all of the stress melt from your body and simply draining away... out through you toes.

Today, I'd like you to focus your attention on your breathing... remember, you don't have to try and allow your breathing to become deeper and regular, simply allow your breathing to become steadier and more regular with each deep refreshing breath as you allow your mind and body to gently become more relaxed... deeper and deeper with each breath.

As you continue to rapidly relax into your pre-conscious un-awareness... accessing that all healing... peaceful stillness found safely hidden away from all stresses of the day... I wonder if you can be unconsciously aware of a few words, simple phrases that have somehow found their way into our daily speech to protect us and to guide us... subconsciously until the day, we are ready to rediscover their powerful meanings. Allow your powerful soul a few brief, quiet moments for itself, perhaps to let your awesome soul heal old wounds... or perhaps to offer a glimmer of insight into a personal decision... or maybe a vivid waking dream about your own glorious future.

The first word is warm. Think about this word for a moment. What does it really mean? In your minds eye, I wonder what image the word worm would have? ... Does it have a color... perhaps a shape? How do you feel as your body begins to warm? Can you imagine a time when you felt so peacefully warm? How about this phrase ... Cozy and warm? I wonder why those words were joined together... such a long time ago. Physically remember how good you feel when you allow yourself to experience cozy and warm? What about the phrase, "he is such a warm and loving person?" What is that phrase supposed to remind us? How special do you feel right now when you... imagine someone who is warm and friendly? Imagine a warm and friendly hug like a big teddy bear or a friendly pet.

I wonder how different you notice yourself feeling around someone who is warm and open as opposed to someone who gives you the cold shoulder? That's right, the cold shoulder... they don't feel very open and receptive at all.

So... as you now recreate an experience in your own mind, of how good it feels to be physically close to a warm and caring person... be consciously aware of the unconscious vibrations radiating from this person.

At your own pace... focus your attention on the phrase... "there's truth in those words." Discover your personal happiness as you find yourself becoming more aware of the words and phrases around you every day... words and phrases now are an important part of your life... allow them to be your guide, your strength, your personal reserve... as you continue to allow your breathing to softly warm your heart and relax your soul.

As you have now made a commitment to be more aware of words and phrases in your daily life, I wonder if you will now turn your attention towards numbers and the phrases joined to them. Have you ever heard the saying numbers don't lie? Or perhaps there is strength in numbers? We know that quite often, small groups of people defeat larger groups of people, so what is the mysterious collective consciousness of the world trying to tell us with the phrase, there is strength in numbers? If you look, can you find strength in numbers? Perhaps, as you are now powerfully aware of the repeated patterns of words and phrases placed here to guide us towards a greater truth and understanding... you can now allow yourself permission to peacefully embrace your own true destiny.

And now that you are so peacefully allowing your soul a few quiet moments to heal itself and perhaps offer a few insights into your bright, warm future, you can find yourself noticing more trends and patterns in your daily life... perhaps repeated phrases can now offer you a new insight, a new approach to being more aware of yourself.

The answers are out there. You already have all of the tools to complete your destiny.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Food For Thought - The Play of Life

Have you ever imagined what life would be like if the world really was a stage?

That's right, a real stage and we are all involved in a giant production... a glorious production with fabulous sets and costume changes... a production that has been carefully scripted. Every character has been carefully accounted for. Every character has a role in the grand plot, and everyone you have ever met, is in this play.

Some people, peacefully reading this passage, find themselves surprisingly comforted with the thought that perhaps there is a greater purpose guiding them through the obstacles of life. Maybe the events in their life are supposed to happen... like some great script. They can feel happy knowing that they have a part in this story and that their future is already taken care of. They can find comfort in their soul purpose.

On the other hand, there are others who find themselves feeling sad and disheartened because they have always wanted more from their life. They might feel that they deserve a greater role in this drama. They might think that this is simply not fair. You can hear them say to themselves "why is all of this happening to me", "what did I do to deserve this".

Well, in the play someone has to be the victim. In the drama of life someone has to play the part of the sufferer. Sure, you could disagree, but every drama has conflict, not because I say so, but that's just the way stories are made. On the plus side, someone has to be the hero. If you wanted, that could be you.

We are engaged in the most powerful drama in the universe. Deep down inside, you already know what I'm talking about. We are all players in the story of man, The Play of Life.

Now allowing yourself permission to open up to these words as you relax your soul. Focusing on the images as you distance yourself from your daily life. Separate and let go.

I don't know if you've ever noticed, but there are many dramas that unfold before your very eyes, every day. Take for example The Coffee Shop. Every day you can walk down to the local coffee house and notice several dramas unfolding as if they were pre-scripted. In the morning you will see people on their way to work, followed by students off to school, then mothers with babies meeting other mothers, then lunch, school kids, and finally the day is finished with university students. This happens in almost all coffee shops, every day.

It's not the pattern of traffic that's of interest; it's the pattern of conversation. This is as strict as clockwork. Men on their way to work will flirt with the woman serving coffee. The mothers in one coffee shop are not only talking about the same topics as mothers in another shop, they are using the same words and phrases.

On first observation, this may not be that significant. If you let time progress however, you will find these scenes played out year after year after year. To some extent, men and women are engaged in the same battle of the sexes now, as they were several thousand years ago. Children still rebel against their parents. People still have inner conflicts, which lead to excessive eating.

You have already begun to recognise when people use subconscious double talk. You can now notice these little dramas as they present themselves in your daily life. Perhaps, as you begin to identify consistencies in the dramas, you can predict what the people are going to say next.

Spot the dramas unfolding with other people. You will begin to recognise when you become part of the play. You will also recognise when these dramas begin inside of your own mind.

Remember, the script is pre-written but you can be any character that you choose.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Food For Thought - Get Everyone Onside

Your personality is comprised of many parts. To keep things simple let's identify them as the little voices inside of your head. There are some times in life when these voices become so overwhelming that it can actually feel as if they are tearing you apart. Sometimes they might be scream at you to do things that you don't want to do. They might push you in a direction that you don't want to go.

But do you really think that the voices are trying to stop you from being the best that you can be? Do you really think that they are trying to hurt you?

You may even hear other people's voices inside of your head repeating phrases over and over. But this is your life. You have the power to use those voices for your own personal strength. Soon, you can allow them to fade into the background or make you feel good, just like a catchy song.

What resists, persists.

Stop fighting yourself.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Bringing Your Parts Together

The parts technique works by aligning the many parts of your mind. When using this technique, it's important to remember that your subconscious is always moving towards goals that it thinks will make you happy. Remember, don't judge or critique yourself. Your ultimate goal is to make peace with yourself and move on to a new chapter of your life.

If you are overweight, you must come to grips with the reality that some part of you wants to be fat. Weight loss is often sabotaged from within without conscious realization. The subconscious can be very convincing. It has an intimate understanding of your strengths and weaknesses. If you want to permanently move forward in your life, you must convince all of the voices inside of your head (even the voices that you don't know that you are hearing) to unite on a common goal.

- Step 1 Separate your desire into two parts.
You have a part of you that wants to loose weight and the opposite part that wants to gain weight.
- Step 2 Place the part that wants to loose weight into your left hand and bring it to life. See its shape and colour.
Feel its weight, taste, smell, and texture. Does it make any sounds? How does it respond to movement when you shake your hand? If you like, you can give it a name. Do you understand how this part of your mind is necessary for your success?
- Step 3 Place the part of you resisting change into your right hand. Now, as you bring this part of your mind to life, think back to all of the reasons that you may have over eaten, or ate junk food in the past. Let all of the events which have contributed to your desire to resist change, to come flooding back. Allow yourself to feel the emotions that signal you to gain weight.

****The subconscious hears everything. But, like a child it takes everything at face value. Sometimes thoughts are placed into your mental programming that will destabilize everything that you**

try and do. Depending on the emotional attachment, simple suggestions that you heard as a child, can lead to a lifetime of emotional imprisonment. It could be something as simple as the phrase "be a good boy/girl and finish your plate", or "you want to make mommy happy don't you". Remember, you are no longer a child. Today you are taking steps to make peace with yourself and become a new person.**

As you continue to bring this part to life, try and see these past events in a new light. Let go of the emotional chains and remember the images as pictures.

Step 4 Turn your hands to face each other and allow the two opposing parts to make peace with each other. Begin to move your hands closer together and notice how the parts begin to change shape as they are integrated. Ask each part what it needs to allow them to merge into a common goal. Notice the subtle shift in your emotional awareness as your subconscious moves itself forward.

When these parts are fully integrated into a new mental attitude, do what ever you have to do to bring this new commitment to life.

Step 5 Bring this new part into your body. Allow it to become a large part of your new life.

Step 6 Imagine a time in your future when you will use this new source of mental strength

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Circle of Power

The circle of power is a very effective method of recharging your emotional energy. Sometimes people need a little help to remain true to themselves. When they are emotionally drained, they need strength from the outside. Unfortunately, there are times when you are on your own. The circle of power is something that you can lean on when temptation strikes.

- Step 1 Imagine a circle on the floor in front of you - make it large enough for you to comfortably stand in

- Step 2 Mentally place all images that give you personal strength into the circle. These images can be animals, symbols, images, sounds, anything that you draw strength from

- Step 3 Place all of the good characteristics of all of the people who you admire the most into the circle (only the good characteristics)
- Step 4 Allow the contents of this circle to take on a life of its own, be aware of all colors, sounds, and feelings radiating from the circle, give the circle a moment to develop its own personality

- Step 5 Step into the circle.
 Breathe in this strengthening force.
 Feel this life force fill every part of your mind, body, and soul.
 Accept the new feelings as the force recharges your emotional reserves.

- Step 6 Make a fist with your left hand and squeeze it tight, to lock in your personal power

Repeat this technique every time you want to recharge your personal power.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Food For Thought - Your Comfort Level Part 2

Your comfort zone is more than a physical space. As you will notice in the timeline exercise, everyone has a difference sense of time. If you ask someone for his or her definition of "later", you might receive anything from a few seconds from now, to next week sometime.

In the time line exercise some people place themselves inside the timeline and others see themselves separate from it. Different lengths of the line will represent different lengths of time for everyone.

With this in mind, 30 days may not be the most effective length of time for everyone to redefine his or her relationships with food. After listening to the CD, some people will change the way they feel about food instantly. Other people will find themselves most comfortable working at this system, one week at a time. There are other people who should really take things one day at a time.

Defining your zone of comfort will help you stick to your goals.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation – Making Peace with the Monster

Today, I wonder if you can imagine yourself seated in a comfortable chair in the center of a beautiful room... a comforting room. Everything just feels so peaceful and relaxing... exactly as you feel that it should... almost as if it's your own personal sanctuary.

The room may be filled with books of adventure, or books of knowledge, or perhaps stories of your life. There may be pictures on the walls, of personal triumphs and accomplishments. You may have a fire roaring in a corner of the room... all comforting... all safe. This is your private room that your conscious mind can retreat to whenever you want a little mental rest or pause from the grind of the daily world.

Now giving yourself permission to explore this room... I wonder if you can find some personal objects that your subconscious mind holds dear to your heart. These can be real objects, or they can be items that represent different feelings and emotions and memories.

Now some people reading this passage have reported see different images in their mind. Some people see pictures of friends and family... friends and family who have always been there... supporting them in times of need... when the going got tough. Other people surround themselves with books because they find comfort in the written word. They allow themselves to become immersed in tales of adventure and romance. And other people still, hide themselves away in front of the television. Some people, hide behind exercise and others hide behind food.

It doesn't really matter how you have hidden yourself, just be aware that this room is so comfortable, that most people never have a reason to leave. Most people have built such a convincing mental safe haven, that it can be difficult to convince them to come out and join the world.

But not you... not today.

Because you are reading this, your subconscious is telling you that you want to leave this room and join the living world... free from this mental prison... inside o your soul.

So find yourself opening up the curtains and let the glorious light of the universe fill your soul with warmth and love. Deep down inside you want to join the day.

Looking around the room for the door, you notice the craziest thing. There is a little monster working away in this room to keep it perfectly comfortable for you. He dusts the pictures. He keeps the books in order. He brings you milk and cookies and even things you didn't know you wanted.

Now you can imagine that you will uncover many strange and weird things when you shed light on the inner mysteries of your subconscious. Some things may even be different that you imagined. This monster is not big and scary. It's small, fuzzy and even a little cute. Your subconscious never tries to scare you. It's on your side. Your subconscious knows that this is your life.

If you want to leave this artificial shelter of your own creation, simply ask the fuzzy monster to show you the door. And now with a deep breath, you can open the door and step into the real world with confidence and joy.

Food For Thought - The Deadly Cycle

There is a deadly cycle that has to be broken for someone to permanently keep weight away forever. Everyone may experience the emotions differently, but the subconscious programming which causes the downward spiral is same with everyone.

Imagine this: For some people, eating makes them feel good. They might like the texture of food or become obsessed with the taste. Perhaps, some people just feel good excessively eating. On the other hand, pigging out causes people to be fat. Being fat will make that same person sad. To counter the sadness, they eat to be happy.

This is not the only cycle. Not everyone will reward himself or herself with food. There are some people who punish themselves with food. You will see it. People might accidentally miss a meal on their diet, beat themselves up emotionally, and pig out as a form of punishment.

Some people have cycles of delayed gratification. They will skip breakfast and eat a bigger lunch. They may take instant rewards for delayed chores, eating too much now because they are jogging later. You might be aware of the people who say that they just worked out so they can eat anything that they want.

This week take your list of emotions and identify your own personal cycles of destruction.

E.g.

I go for a jog and feel good - I feel good so I overeat

I feel sad - I eat to feel better - I overeat and feel bad again

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation - Balance

Today, I'd like you to imagine yourself in a beautiful paradise. Now, it does not matter if this is a place that maybe you have once visited... or perhaps this is a place that you have always wanted to visit... or maybe this is a paradise that you have heard about. And it really does not matter if this beautiful, cozy, peaceful sanctuary of yours is a real place or a creation of your powerful and creative subconscious imagination. As you continue to relax your mind, allow yourself to experience the rejuvenating warmth of your personal sanctuary.

Because you've chosen this enlightening setting, perhaps you can now allow yourself to become more aware that this extraordinary paradise, your personal sanctuary, is an extension of your soul.

So let your powerful and creative subconscious continue to flesh out this wondrous and magical landscape before your very eyes. Feel it stretch out from your toes relaxing your soul even deeper. Allowing yourself to feel safe and at peace, knowing that down inside, if anyone tries to disturb your inner peace, your inner balance, your inner calm, you can allow yourself to relax even deeper into your sanctuary.

As you continue to allow your mind to explore this magical paradise, be aware of how for some mystical reason, you are suddenly aware of how more special you feel. I wonder, as you continue to explore, if you can notice any reason why you are now feeling so much more special. Know that it does not really matter if you can't find any reason to feel so much more special with every beat of your heart. Simply allow this feeling to continue to amplify and wash over you like a warm bath, washing away all of your cares, washing away all of your worries, and allowing your body to relax even deeper.

As you continue to explore this sanctuary and bask in its radiant warmth, I wonder if now you are aware of any sounds... beautiful sounds that for some reason... allow you to feel incredibly appreciated. And it feels good to be appreciated and loved in this paradise. And you feel appreciated in this world that you created because this world could not exist without you. And although some signs may appear conflicting, you can allow yourself to feel even more at peace, safe, confident and strong knowing that this beautiful

world that you have created, really does appreciate you. This paradise here on Earth enjoys your presence.

So... simply allow yourself permission to bask in the magical warmth of this world... allowing this magical warmth permission to heal your soul and relax your body and ease your mind. Know, that although you feel so special to be loved by this world, you feel even more special when you love yourself in this world. That's right, you've already noticed this in others... as you are now becoming more aware of this sensation in yourself. Although, you feel so special to be loved by this world, you feel even more special when you love yourself in this world.

Feel more balanced and appreciated as you continue to embrace your own warmth.

Now, embracing your own warmth and love, be aware of the natural balance of this world. Notice the interaction of all of the splendid creatures. When something is hungry it eats, when it is tired it sleeps. Be aware of the natural order of the universe, the ebb and flow of the tides, the paths of the planets, the migration of the birds, the changing seasons, and as you are resting here feeling special and appreciated, be aware of the give and take in the universe and know that it is natural. Give and take is the natural flow of the universe. And to whatever degree that you so desire to live free and confident, be aware that true freedom and true confidence has always come from experiencing the natural ebb and flow, the give and take, the natural balance of the universe.

And if you can imagine yourself physically making the steps to live in balance, you notice how much more you appreciate yourself... now... taking steps of giving and taking feels special. You can find yourself feeling more confident and strong... and more confidence and strength brings you even more into balance... and more balance feels even more peaceful and appreciated... and feeling more peaceful and appreciative of yourself feels even more confident and strong... and as these feelings continue to multiply, you can feel happy because the world is designed for people who find a peaceful balance to feel blissfully happy.

That's right, the universe is designed for you to feel happy. All you have to do is to allow yourself to behave in accordance with the natural ebb and flow, the give and take of this universe.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Food For Thought - Role Models

On the most primal level of the mind, your subconscious emulates people who are successful at adapting to nature's social order. This pattern of behaviour satisfies your inner survival instinct.

On one hand, there can be strength in numbers. People can allow themselves a better chance of survival when they adapt to the group. On the other hand, if the group strays, or develops bad habits such as over eating, everyone loses.

You can see this every day. For the most part, fat people have fat friends. Lazy people have lazy friends. Bookworms and nerds hang out together. Lions group with lions etc.

Fortunately, the subconscious can be reprogrammed just like a computer. You can choose to emulate a new role model. You can choose to change your life from within.

Now the most incredible thing happens when one person in a group makes a conscious decision to permanently change their life. If they have the strength and conviction to remain true to their inner decision, the group will change with them. You can see this in any gym in the country. Overweight friends join the gym together.

Why do you think they have a two for one registration special?

Remember, just as misery loves company, success leads to even more success.

When choosing a new role model, make sure you admire everything about that person. As you are learning, your subconscious is very powerful. If your role model takes diet pills or speed drugs, your subconscious will want to follow in that path. If you resist your programming, you will experience inner turmoil and your path will collapse. Make sure you choose wisely.

****One final note on role models****

Your role model does not have to be a real person. Feel free to use the circle of power to create your own personal role model. Give him/her a name and personality. Bring him/her to life and make him/her a part of you. Only you know what's best for you. Let yourself be the role model that you always wished for.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation - Let Go and Fly

Today, I'd like you to imagine what it would feel like if you could actually fly. Imagine what it could feel like if you could soar through the air free and alive like a bird. Now, you don't have to actually imagine that you have wings and feathers and you don't have to pretend that you're leaving your body or anything, but... as you relax your mind and body, imagine how beautifully special you feel now that you actually have the power to fly... and as you prepare to take flight, maybe you spread your arms or maybe you put your arms above your head like superman, it does not really matter, just allow yourself to do what ever you feel you need to do to get ready in your own mind to take flight and soar above the world free, alive and completely at peace with yourself.

Before you take flight however, please take notice of all of the chains and anchors which are holding you back, that's right, notice all of the limiting beliefs and tired thoughts and old habits of yourself and other people which have chained you to the ground. And I wonder if you can really feel the weight of these chains that are preventing you from flying, thick heavy links that are holding you back from your right to be free? Take a moment for yourself now, and notice the texture of these heavy chains, are they rough or smooth, or maybe both in different parts. What do these tiresome old chains feel like as they bog you down? And I wonder if they could talk, what would they say? Perhaps they would say, "you can't fly", and knowing that misery loves company, they might be saying "stay with us on the ground".

But as you look closely at these binding links, you may be surprised to notice that however ferociously that these chains appear to be holding you down... if you really look closely, you will notice that you are holding onto these chains. You are the one holding tightly onto these old habits, these disgusting limiting beliefs. You are holding yourself onto the ground. These chains may be forged by the ideas and comments of others but you are the one holding onto them. And to whatever extent that you so strongly desire to live your life free and successful, you will let go of all chains and bad habits because you do owe it to yourself. You are your body's keeper. You are responsible for your own well-being, your own happiness, your own success, and your own freedom.

And just as misery loves company, success leads to even more success. If you look up, you will notice other people flying. See how happy they look up there free from their bad habits here on the ground. And you can feel how happy they feel. And you can hear it in their voices as they laugh way up in the sky, free from all chains. And to whatever extent that you so strongly desire to be free, you will begin to physically let go of a chain. Simply make the commitment to let go of a limiting belief. Let go of an out dated habit, let go of the hurts and be free, let go of the pains and fly, let go of other people's dramas, let go of other people's stress and problems and be free. You owe it to yourself to let go of your old ideas and let go of other people's ideas and bad habits, they only hold you back.

And as you begin to let go of the past you actually notice yourself feeling lighter. And as you have seen this change in other people, you actually walk more erect, and you stand taller, as you let go of the old habits, you feel more confident and strong on your own. Your posture is more proud, proud of your new commitment to yourself to be free.

So I wonder if you can find yourself letting go of more limiting beliefs and notice how good it feels as you let go of the past and embrace yourself. And as you realize that there is nothing that anyone can say or do to hold you back, you feel so good and so light that you actually begin to float up into that air. And you realize for the first time in a long, long time, that when you finally let go that you feel so happy, so lighter than air, that you begin to smile and feel incredibly good inside, totally at peace and free because now you are finally alive, alive and free. And you smile, and it feels good to let go and fly, to be yourself, for yourself, for now, and forever.

And think of all of the places that you can now fly away to. Beautiful places. And you don't have to know where you are going to because beautiful people attract other beautiful people. Successful people attract other successful people. Confident people attract other confident people. People who are truly free will attract each other. When you smile, you attract other people who smile. And people who have let go of the past, and all limiting chains are free to find each other and fly.

And simply take another moment for yourself and enjoy this wondrous and awesome peaceful feeling of flying for a moment. Embrace how good it feels to fly above the world... to fly away from all chains in the past, to fly away from your bad habits... leave them behind... to fly away from other people's bad habits, let them go and fly. Let go of all hurts and pains and simply fly away, free and alive. Knowing that you now find yourself smiling more because you are free. You have made a commitment to yourself for yourself to let go and be free to fly. And you deserve to fly and join others like yourself free and alive.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

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Hypnotic Meditation - Soul Purpose

Simply allow yourself to do whatever you need to do to make yourself comfortable and relax into the following words.

I wonder if in your mind's eye, you can focus on a giant mirror in front of you. It can be suspended from the ceiling, or it can be standing by itself on the floor. The mirror can be ornate or plain. Simply allow your subconscious permission to create the perfect mirror for you.

Now inside your subconscious there is no magic or mystery, only truth. Sometimes your inner truth has difficulty expressing itself. There are times when your inner truth is misinterpreted as it speaks out through the many layers of your personality. But, you are always on your own side. Your soul wants you to succeed.

Today you are going to look inside and make peace with your soul. Whether you realize it or not, your soul is doing the best job that it can.

When you are ready, open your mind and look into the mirror. This mirror is not a magic mirror. You will not see a reflection of the way you wish to look. This is a mirror of truth, love, and compassion.

As you focus your gaze, you see a true reflection of your inner self. So, in your mind... do whatever you have to do to feel the reflection of your pure, radiant, beautiful soul. Allow yourself to reconnect with this true reflection of your inner honesty.

When you are ready, repeat these words quietly in your own mind. "I am beautiful" and really feel these words ring true. "I am beautiful" let these words become a part of you. "I am beautiful" give yourself permission to unlock your inner beauty from its hidden place of safety. "I am beautiful" and notice how your reflection begins to glow. Yes, feel your beauty radiating back out at you.

As you continue to marvel at your own beauty... simply allow your inner beauty to become part of your outer beauty... naturally and effortlessly. When you

reprogram your mind by removing the veils of fear and self-doubt, your subconscious will automatically reprogram your body.

Some people imagine, somewhere and somehow, there is a great hall of souls. Other people believe souls move freely throughout various levels of energies in the universe. It doesn't really matter if you believe in an afterlife, as long as you accept that there is a pre-life. In this pre-life, your soul was given a choice which body it wanted to complete whatever it needed to do in this life. Your soul chose the body that you now possess.

You've heard the phrase "you are your body's keeper". It's been said that when a soul chooses a body, it chooses a body to help it reach the next level of enlightenment. It is also said, "the stronger the soul, the more demanding a life it chooses". Perhaps, the strongest souls enter the bodies of children who die at a young age. After all "only the good die young".

As you continue to release your inner beauty, allow yourself to be unconsciously aware that you chose this body. You chose this life. As a result, to whatever extent that you so desire to be free and alive... to be thin and fulfill your destiny... you will accept that for whatever reason, you are supposed to be here. You will accept that your soul has chosen this body to complete your soul journey. You will respect the life decisions made before you were born by embracing your destiny. Your body is a temple. Today, you stop sabotaging your soul journey.

Reframing

This exercise changes your emotional association with specific foods by mentally moving them from their current location, to a less desirable location in your subconscious. When executed properly, this exercise will permanently change the way you look, and feel about certain foods. Things like donuts or chocolate bars stop looking like food choices. It's like cigarettes. If you don't smoke, you won't have a cigarette.

Repeat this exercise until you are completely disgusted by the sight of junk food.

Step 1 Choose one food that causes you to lose control.
E.g. Chocolate chip cookies or my favourite - donuts!

* Choose a food that you must finally give up forever

Step 2 Imagine a grid in front of you. It can be a simple x, y-axis, or a complicated four-dimensional matrix. Use whatever you feel most comfortable working with.

Step 3 Place your troublesome food into the matrix and allow it to come to life in the grid.

E.g. See the colour of the donut, the shape, texture, smells, and taste. Does it radiate in the grid? Can you reach out and taste its fatty sweetness?

Allow all of the good and bad emotions associated with the donut to come flooding back to you. Hear what people say about you when you eat this food. Listen to what you are saying to yourself when you eat this. Hear what you are trying to say about yourself when you give up and fall to temptation.

Step 4 When you can really taste this food with your mind, body, and especially your soul - visualize the most disgusting thing that you can ever imagine. Find something that makes you physically sick to even think of putting it into your mouth.

Choose something that resonates with who you really are, deep inside. If you don't eat pork, you could imagine bacon. If you are allergic to peanuts, you might want to imagine peanut butter. Pick something that no matter what happens in life, you will never put it into your mouth. Feel its repulsive aura. Be aware of how your soul quivers with the thought of this food coming close to your body.

Step 5 Now bring it to life inside of your mental grid. Find where it is located in your mind and allow it to develop its own personality.

There is a part of your mind naturally associated with this image. As you continue to flesh out this disgusting image, it will naturally slot itself into your mental grid.

Step 6 Mentally move the trouble food into the space occupied by the repulsive food.
As you relocate your trouble food, you may be surprised to notice it absorbing the emotional associations of the repulsive thought.

Help your subconscious create new bonds by applying all of the thoughts, images, and emotions, to your trouble food. Feel your distaste for the trouble food grow stronger and stronger.

Step 8 Make a fist with your left hand and squeeze tightly to lock the trouble food into its new location.

****Once again, repeat this exercise until you can no longer stomach the sight of that trouble food.****

Note: For some people, it may be more effective to imagine a repulsive image other than food. Choose something that makes you feel uneasy, something that you would never let yourself do.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation - Bag of Freedom

This is a popular meditation for eliminating excessive baggage and embracing your true self. I've heard it called by many names but Bag of Freedom is the most commonly accepted name.

Begin by doing what ever you need to do to make yourself comfortable... take a deep cleansing breath... and relax.

I wonder if you can now imagine a little bag floating peacefully in front of you. Notice that it's made out of the purest of cloth. So pure that everything you put into it will also become pure and as close to perfection as possible. Some people imagine that the bag is white and some people see it as blue or perhaps orange, it doesn't really matter as long as you see a colour that just feels right for you.

And as you begin to really focus on the bag you may be surprised to notice that the bag is swirling with energy. A peaceful radiating energy that fills you with a type of honest warmth that can only come from the purest parts of the divine universe.

Now you may have already begun to realize that this is a bag of change. This bag is designed to help you heal, and reward you with a truer understanding of yourself. To properly use the bag all you have to do is... begin placing certain parts of your mind into this bag.

The first thing that you want to put into this bag is your name. And as you place your name into this bag, imagine all of the thoughts, feelings and emotions that you've associated with your name enter the bag as well. See it come to life inside of the bag. Notice how it changes as the universal energy purges all negative energy from your good name.

Now begin placing all of your possessions into the bag. Place your car and what it says about you into the bag. Place your clothes into the bag. And now place your job into the bag. Become aware of everything that these possessions say about you as they are cleansed in the universal energy.

Allow the bag to expand so that you can put where you live in the bag and all of your friends... what do these things say about you?

Put your personal sense of style into the bag... and all of your little sayings and personal quirks. Notice what you have been trying to tell people about yourself with out even knowing.

Put all of your beliefs into the bag...and the beliefs of other people which have rubbed off onto you... all ideas... all fears... joys and tears.

Put your whole family into the bag...and everyone that has made an impression on you in the past... and everyone that you didn't even realize has made an impression on you... teachers'... family friends.

Fill the bag with your personal and professional reputation... and all of your relationships... and now place all relationships that you wished you had into the bag.

Put your hopes and dreams into the bag and see the bag cleanse all of these thoughts

Now put everything that you are into the bag... all of your mind...your body...and your soul into the bag and notice everything become pure and one with the universe. And it just feels good to see yourself... everything that you are... inside of this bag being made pure again.

And as you are watching this healing process, I wonder if you noticed that although you can see all of these things inside... you are not in the bag. You are looking into the bag.

You are not your possessions. You are not your past. You may be overweight because of actions in the past, but you can choose to stop punishing yourself and free yourself to live for today... to live for a healthier tomorrow.

When you are ready, you can take anything out of the bag that you want... anything that you might need to become the person that you want to be. And notice how clean and pure everything feels.

As for the rest, you can push it away and let it return to the universe. You don't need any excessive baggage. You only need your purest self... true, alive...and free.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Hypnotic Meditation - Time Line

Do whatever you have to do to make yourself comfortable and relaxed. Remember that this time right here right now is your time. So... take a few moments for yourself... to feel safe and secure and peacefully relaxed... as if you're in your own private sanctuary. Today, we're going to help you make peace with your past.

Now... allow yourself permission to feel safe... knowing that there is nothing that you have to do right now except relax. That's right... simply relax all of the muscles from the top of your head down through the tips of your toes. And as you continue to allow these words to become your words... be aware that hypnotic concentration is a little different from your regular thought patterns. As you continue to focus your mind... your body will continue to relax deeper and deeper... and you may be surprised to find yourself popping in and out of little daydreams as your subconscious heals itself. This is a good sign of letting go from within and embracing the healing process.

So... as your gaze begins to focus more and more on this page, you may find that the images on the outside of your vision are becoming more and more hazy. And some people find that as their vision becomes more and more hazy... they have a desire to close their eyes and relax even deeper. At a latter time, when you revisit this exercise, if you like, you may close your eyes and it will help you to concentrate more intensely on the visualizations. But for now, keep reading... relax your mind and completely let go. Simply let go of all of the thoughts and cares and worries of the day and allow yourself to be at peace with yourself. Today is your day.

As you continue to concentrate on these words, you may notice that your senses are becoming more heightened. If you listen closely you may here sounds in an adjoining room... or maybe sounds outside on the street... and you can feel safe knowing that all sounds help you strengthen your hypnotic concentration. As your conscious mind focuses on these thoughts, your powerful and creative subconscious mind now begins to awaken.

You may be surprised to find that your senses are so strong right now, that you can actually feel the blood pulsing through your body as you relax deeper and deeper. You don't have to be aware that perhaps your breathing has become more relaxed and more regular than just a few moments ago...and it

really feels good to relax the body this deeply and completely let go. Feeling so good. And knowing that every time that you access this part of your mind, powerful change is happening for you, for your our good, forever. Let yourself be aware, that from now on, reaching this level of hypnotic concentration will become easier and easier as you allow yourself to drift deeper and deeper with each breath.

In a moment, you're going to try to imagine certain things... but it doesn't matter if you find that you can't imagine all of the things... or you might even find your conscious mind wandering off... as you allow these words to fade into the background as your powerful and creative subconscious merges with your conscious wants and desires... to allow your own personal dreams permission to become your reality... to live your dreams, for now, for ever.

The first thing that I'd like you to imagine is your life stretched out in front of you in a time line. Right now you don't have to see or be aware of any events in your future... whether they are dreams coming true or wishes or desires...just be aware of your living timeline. That's right... just as you have a future you also have a past. As you settle yourself down... perhaps you can also begin to notice yourself surrounded by a brilliant orb of healing energy... a giant protective ball of white light.

Now seeing yourself in your mind's eye, turn around and look through your time line into your past. As you gaze into your past you may be surprised to notice that although some of the events may have held certain feelings... good and bad... right here, right now you can allow yourself to feel refreshed and reborn as you realise how straight your timeline appears from the future. Hindsight is 20/20.

How many times have you heard people say...if I only knew then what I know now? Or please give me the strength to enter the unknown? When healing the soul... people often ask why me? They may think that they deserve more in life. Some people think that things would have been different if they were given a better chance to succeed. Today is that chance that you've been waiting for. The past is a library, you can learn from the past. And like a library you can notice all of the many chapters of your current life. Be aware now that as you love with our whole heart you can find it deep down in your soul to forgive yourself from transgressions, or if you like, mistakes in

the past. Everyone makes mistakes. The beauty of life is that perfection is a living experience. You can experience your own perfection... if you now make the decision to allow yourself to feel forgiveness... forgiving yourself. Hindsight is 20/20. The future is a mystery. Everyone makes mistakes.

As you are now looking into your past I wonder if you can begin to focus your attention so strongly on your timeline that you actually notice yourself rising up and out of your body. That's right allowing yourself to feel so grounded in the present that you feel lighter than air. When you really concentrate you can notice your arms beginning to float up with you... almost as if your body wants to come along. You can just smile and settle yourself back down. This is a mental journey... a journey for your mind and soul.

Now feel yourself rising up and out of your body and joining with the healing ball of energy. Take your time...see yourself above your body resting so peacefully in the present moment of your timeline and notice how glorious you feel wrapped up...enveloped in the energy of the universe.

You can feel wonderfully special as you are embraced by the universe. Almost as if you can imagine yourself surrounded by thousands and thousands of tiny perfect bubbles. Your body gently resting on a thousand pillows filled with thousands of feathers... letting your mind drift a thousand times deeper with each breath... and the more you resist the deeper you go... and the deeper you go... the more you relax your body and focus your mind. Thousands of bubbles caressing every part of your soul.

It's from this position that you can now safely view different parts of your life...past present and future...for now and forever. Firstly...as you experience your life as one long path, notice how it stretches out into the future. Be aware of how bright it looks. Yes your future is bright. Right here, right now...any and all negative or dark thoughts about your future are melting away. Your future really is bright. Feel the brightness of your future. You don't have to know what you're going to do just this second... just allow yourself to accept that your future can be bright... exactly as bright and brilliant as you want it to be.

Turning around and looking at your past you might be able to notice parts of your time line that are a little darker than other parts. You can be

comforted to know that this is perfectly normal and perfectly natural. So... as you float backwards along your time line you may be vaguely aware of the events below you... but for now allow your subconscious awareness to focus on just the path of light.

Now at your own pace, travel to one of the darker parts of this path. You don't have to be aware of any particular events, just peacefully drift to one of the darker sections off the path. And as you are so focused on the path... to the exclusion of all events... you can wonder why this part of the timeline is darker than the others... but it doesn't really matter. You are not here to judge the past or place blame. You are here to make peace with your life.

In your mind's eye, I wonder if you can see yourself reaching out... feel yourself calling to this part of your timeline... and allow the powerful universal energy of the healing orb of light... thousands and thousands of little light bubbles... flow freely from your fingertips and light up this part of your timeline. It doesn't matter what the event is... you deserve to feel good about yourself... to feel good about your life. So light your life... past present and future. And as you light up this part of your timeline brighter and brighter... notice how more complete you suddenly feel.

Looking around you can be aware of your body resting in the present feeling more at peace with itself as a magical and childlike smile slowly washes over your face. It just feels good to light up your life. You can see an aura of light surrounding your body growing more and more brighter with each breath... stretching out into all direction... lighting up everything that it touches. You can see it lighting up your timeline, as it flows back to where you are. You deserve to feel good about yourself. As your powerful aura washes over your mind and soul... you feel so strong and confident and alive. Really feel your own warmth now. And really listen to the hum of your own aura... your own love.

Again you can see your aura magically lighting up the rest of your past. You deserve to feel good about yourself. So repeating quietly in your own mind now... I deserve to feel good about myself. I deserve to feel good about myself. Really feel good about these words... I deserve to feel good about myself. And reminding yourself now that every time you drink water you are

reminded in all parts of your mind, body and soul, both consciously and subconsciously that you deserve to feel good about yourself. Allow the healing properties of water to cleanse away all negative thoughts and emotions. You deserve to feel good about yourself.

As you continue to bask in the energy of the universe... you suddenly notice the most amazing thing about your life. Looking down you suddenly realize that your lifeline is very specific. You are the only one standing on your path. Sure there are other people, places, and things which interact with you...but you are the only one on your timeline. Only you can live your life. That's right, others may try to run your life and others may try and control it... but only you can live your life. This is your life... your gift from the universe. Every time you drink water you remind yourself that this is your life. And it just feels so special to come to grips with the truth... this is your life.

Notice with your heightened state of deepened awareness, how different and beautiful the world looks now that you have accepted that this is your life. You can now dwell on your problems less, as you find yourself smiling more. You can now dwell on other people's problems less as you decide to live your life and not someone else's. You notice yourself standing taller and you may be surprised to find yourself enjoying this new view of the world. A view that becomes more and more pleasing every day. And every day you will become, and you will remain, more relaxed and in control of your thoughts and your own actions. Every day your love for yourself continues to grow. Powerful change has already happened... and... powerful change will continue... every time you access this part of your mind. And as you now love and appreciate yourself much more than you did yesterday, if you really focus your attention, I bet you just might be able to feel your own inner vibration...feeling yourself radiating your own personal love... out to the world around you.

Now, give yourself permission to drift forward into your future... down your path of life... to fulfill your destiny... for yourself. As you stroll in the energy of the universe, you can notice people on the sides of your path shouting at you. You can hear some people ask you where you are going... and you reply quite comfortably and confidently that you have made a new

commitment to yourself to love your self. And it suddenly feels good to now hear yourself saying these words; "I have made a new commitment to myself to put myself first... to live my life". That's right, you have made a new commitment to yourself, to put yourself first...to live your life.

Some people are afraid that you are going to leave them behind but that is their fear... that worry belongs to someone else... these people are on the sides of your path... but just as you are responsible for your own happiness, you are also responsible for your own destiny. And as you walk down your path of life some people may walk beside you but you are the only one on your path. And just as no two snowflakes are the same, each and every destiny is unique. Everyone is special in their own right. Live your own life.

You may have already noticed, as you drift through your life, that everyone appears to have an opinion about what you should be doing. It doesn't even matter why they are trying to live your life. It's not your problem. Even if the intentions are honest and good, only you can see and feel your true destiny. Only you can find true love for yourself. You may even be surprised to feel them actually pulling you to the side of your path to have a look at what they see. Remember, everyone has an opinion of what you should do. Even if they have good intentions, your parents, your friends, your co-workers the media, every thing that they say is only baggage. And you will let go of all baggage and be free. You will remain true to yourself and let go of other people's ideas and opinions because love is blind... they cannot see what you see... they cannot feel what you feel... they cannot taste the same desires that now fill you with confidence, motivation, and inner peace. All outside opinions fill you with strength to be even more true to yourself. No one knows what the future holds. Only you can make your dreams come true.

You have a surprising reserve of strength and commitment to yourself... growing stronger and stronger every day. So be free. Be alive. This time right here, right now, is for you. This is your life. Take a chance on yourself. Take a chance on love. And to whatever extent that you so strongly desire to fulfill your destiny as it waits for you in your lifeline, you will gain strength from other people's ideas but you will be true to yourself. Your first responsibility is to be true to yourself, true to your dreams and especially true to your commitment, your promise to yourself. And feel free

to right now make that promise to yourself that you are ready to take a chance on yourself. Today is your day.

And now allowing yourself to float up... lighter and lighter on thousands of tiny bubbles... looking down at your timeline you have the most amazing vision. A vision that will change the way you think...you feel...and especially the way you behave towards relationships, your life, and especially your inner peace.

Looking down, you can see other timelines crisscrossing yours. People in the past who have entered and exited your life. You see life lines which have intersected with yours for great lengths, and others which seem to be deeply entwined with yours... together and separate all at the same time.

You are now so aware, both consciously and subconsciously of the perfection in this universe. You can now accept that when you remain true to yourself, your future is bright. You can see it right here in front of you. All you have to do is live your life... fulfill your destiny. The universe is designed for you to have everything that you want... exactly the way that you want it... not because I say so, but... if you really concentrate... you can see your dreams coming true... feel your life smiling back at you.

Remember...you must not force your destiny... simply love yourself, open up to the wonders of the universe, and give yourself permission to allow your dreams to come true. Open yourself up to possibilities and you will find what you are looking for. You may be surprised to realize that it was waiting for you all along.

You can now confidently feel deep inside your heart that the universe really is designed for you to have everything that you want... exactly the way that you want it. Find yourself enjoying your own perfection... the journey of your life, free and alive. Allow yourself permission and the freedom to enjoy the wonders of the universe at your own pace... in harmony with yourself and the world around you.

Diary:

What are you going to eat today?

How do you feel creating this menu?

Record of daily emotions:

Time Line Exercise

- Step 1 Imagine your life as a time line.

- Step 2 Completely focus your mind on the time line and notice your body naturally falling into a relaxed trance.

- Step 3 Wrap yourself with a healing orb of white light.

- Step 4 Allow yourself to drift to a part of your time line that is darker than the rest.

- Step 5 Allow the healing energy of the orb to flow freely from your fingers and heal this part of your past.

- Step 6 As your past begins to heal itself, notice your future becoming brighter and brighter.

- Step 7 Return to the present and embrace the healing process.

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Food For Thought - Successful Affirmations

An affirmation is a phrase repeated by the conscious mind to help reprogram subconscious patterns. The subconscious patterns can be almost anything. Someone might want to change the habitual feeling of being nervous when meeting new people. Another person might want to reprogram a fear of flying. Someone else might want to create a belief that they enjoy jogging.

To change subconscious patterns, you must somehow get the affirmation accepted by the subconscious. The good news is that there are times when the subconscious mind is naturally open and receptive. The great news is that you don't have to say very much.

When creating an affirmation, be specific and concise. If you want to give something up, you will identify the object (e.g. Donuts) and then attach a negative feeling to it such as "yuck" or "gross" or "vomit". The undesired object can be attached to anything, but with foods, feelings work best.

Your affirmation is "donuts - gross". You don't have to repeat, "every time I see or smell or taste a donut I feel disgusting to the point of vomiting". Keep it simple "donuts - gross". Your subconscious will do the rest.

You can also choose to have a positive affirmation, "exercise - good". Perhaps you may want to include why you've decided to make a change, "Exercise - reduce cholesterol".

Once you've created your affirmation you must somehow enter it into your subconscious. The best times are when your subconscious mind is naturally open and receptive. Generally, these are times when you find yourself slipping into a trance-like state, similar to a daydream. It happens all the time. Notice how many times you slip into a trance each day?

Other good times for affirmations are first thing in the morning and after naps when your conscious defences are still down.

As you can see, entering a message into your subconscious is a matter of bypassing the critical conscious mind. Any activity causing the senses to overload can assist in getting a message to your subconscious. There are many ways this can be accomplished from exercise, to intense concentration, to watching the TV, but the simplest method is to go for a walk.

Go for a walk and clear your mind.

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Food For Thought - Embrace Your Destiny

Losing weight is easy. Any diet book or weight loss clinic can help you do that. If you would like to keep the weight off for good however, you must embrace your new life. I'm not telling you to jog five miles every day or go to the gym and lift weights. I am asking you to accept the new you.

This is your life. Give yourself permission to be the person that you want to be.

If you want to be a 220 lbs bodybuilder, then be a 220 lbs body builder. Embrace every part of that life. Eat like a 220 lbs person. Work out like a bodybuilder. Develop the same habits and philosophies as a bodybuilder.

If you want to be 109 lbs, eat like someone who is 109 lbs.
Hint - A person who is 109 lbs eats less than someone who is 160 lbs.

If you want to be a long distance runner who runs the Boston Marathon every year then enjoy everything that life has to offer. Take the good with the bad. Runners can get injured. They can face adversity. But if you want to run the Boston, you will have to do what everyone else does.

Over the last couple of weeks, you have taken back control of your relationship with food. You have made peace with your inner demons. Looking forward, you now have the emotional strength and mental resolve to live the life that you have always wanted.

Becoming thin will not change your life.

Changing your life will make you thin.

Also Available From Hypnosis Toronto

The Romantic Magic Guided Meditation Series

Finding true love is now easier than ever! The *Romantic Magic* series has four CDs to awaken your soul's potential:

Vol1 How To Mend A Broken Heart
Vol2 Becoming a Relationship Magnet

Vol3 Finding True Love
Vol4 Wishing On a Star

The inability to successfully find a happy, fulfilling relationship, will often lead to a viscous cycle of mistrust and self-contempt. Each CD is designed to interrupt this cycle at key points and provide the subconscious with an alternative to the self-destructive patterns of behaviour repeatedly standing in the way of finding true love.

The program begins with *How to Mend a Broken Heart*. When a person's heart is truly broken, there is a dramatic shift away from innocence. For some people, this shift in perspective will splinter the emotional foundation of their soul, rendering unconditional love impossible. This 45 minute guided meditation leads the critical conscious mind into the hidden chamber of the subconscious where it will reunite with the soul's inner child, make peace with the past, and heal the damaged walls which provide the emotional stability to embrace love.

The second step in The Romantic Magic program is "*Becoming a Relationship Magnet*". After the emotional scars have healed and a person is ready to resume their romantic quest for true love, this guided meditation removes the subconscious blocks, which unknowingly, have built up over the years, stifling their natural animal magnetism. Attraction is a natural force in nature. By removing mental barriers and allowing energies to flow freely, personal magnetism will naturally increase.

At this point in the program it becomes apparent that everyone can find a relationship. Unfortunately, some people find themselves settling for a relationship of convenience, or a secondary kind of love. But, if you are looking for true love, a storybook kind of love that dreams are made of, you now have the opportunity to interrupt the vicious cycle of emotional undoing with the third Romantic Magic CD, *How to Find True Love*. Using advanced hypnotic techniques; this guided meditation empowers the listener with the ability to recognize true love when their romantic destiny presents itself.

Although some people only want to find love, stopping here places too much emotional dependence upon relationships. To be mentally healthy and truly happy, the vicious relationship cycle must be completely stopped. The final CD, *Wishing on a Star*, guides the subconscious along the final steps towards emotional fulfillment and the universal promise of the "happily ever after".

Embrace Your Dreams - Order Romantic Magic Today

About The Author

Collin Rosati is a New Age Counsellor and Director of Hypnosis Toronto. As an author, he has created *The Romantic Magic Guided Meditation Series*, *Emotional Weight Loss*, and *Guided Meditations for Emotional Healing*.

This member of MENSA is a Master Hypnotist and NLP Practitioner. Considered to be one of the brightest young minds in Canada, Collin is demystifying hypnosis.

Look for Collin at a workshop near you, as he takes Hypnosis out of the clinic, off of the stage, and into the real world.