

## **Weight Loss (NLP Type Approach)**

Go ahead now, (client's name), and take another deep breath. And just allow that breath to exhale slowly and focus your attention now on someone whom you know has skills, abilities, and resources that you'd like to have -especially the skills, the resources, and the abilities to say "No" to food between meals.

And when you've thought of this person, I want you to imagine that person at a distance as though you're watching them from a distance, move through the amount of their day.

And when you have them in your mind, just let your right index finger lift gently up so that I know, (pause for response) good.

Imagine, from a distance, that you're watching them move through the amount of their day. They're moving through activities and encounters...people are offering them food...and, perhaps, offering inappropriate drinks, and they're simply saying "No, thanks."

It's just natural, it's normal, and it's expected by them. Others expect them to act and treat them that way, - even though they're offering — because that's what they do—it's the right thing for them to do, to offer. And it is the right thing for you to do to say "No."

As you move through the experience, notice one of the days when they've eaten the right foods at the right time and in the right sequence. And most importantly, I want you to notice, from a

distance, how they stop eating when they're full...how natural it is for them to leave food on their plate. And when you've watched them through the amount of their day—mentally taking all the time that you need, just like you're watching a movie, perhaps, about someone who has the behaviors and attitudes and beliefs that you're acquiring now—just give me a "yes" response...(pause for response)...that's right.

Now, imagine that you could step back and start that day over again, but this time imagine the possibility of stepping into their body. Imagine what it might be like if you could see through their eyes, hear with their ears, and sense and feel with their body, and understand, by walking in their shoes, how it is they do what they do. Imagine, just for a moment, that you could listen to their internal dialogue...that you could hear them communicate with themselves about food...about what people are saying...and most importantly, listen to their positive, dynamic internal dialogue. Notice how natural it is for them to look down at their body and honour and love and appreciate their body.

And when you've moved through that same day now, differently, by seeing through their eyes, hearing through their ears, and sensing and feeling what their body is sensing and feeling so that you can acquire those skills in a new way, just give me a "yes" response so that I know...that's right.

Now, imagine, that you could bring all of those skills and abilities back into your body right here and right now...that those skills, those abilities, and those resources could stretch out into your body right here...that you could feel them surging from your heartbeat all the way down to the bottom of the feet...that you could feel them moving to the tips of your fingers...that you could feel them

integrating through the legs and the arms. You could feel them in their own unique way integrating into your lifestyle. And imagine, (client's name), three places where you'd want to benefit from those new behaviors, attitudes, and beliefs in the next week...and you've lost from one to three pounds a week, and it was easy and natural for you, just give me a "yes" response so that I know...(pause)...that's right.

And now, as you think of that week again, think of ways you can make the next week even more fun and easy. Imagine, like a producer, you could place greater joy, greater happiness, and greater harmony by placing your favorite music in the background...as if someone has taken your life and made a script for health, harmony, and vitality. And when you've made it through the day in this way, just give me a "yes" response so that I know...that's right.

Step into the future. Imagine that you're there a week from today and you've done it...one more week and you've lost one to three pounds. Notice the joy that your body is experiencing by losing one pound a week, knowing that you will never ever have to lose that pound again...that it's permanent, natural, and forever. That pound no longer serves or produces results for you, so you converted the energy into a dynamic, positive attitude...for all energy changes shape and form, and now, in your mind, it's changing to a shape and a form which is more productive, more positive, and more permanent for you...a permanent, lasting change where your shoulders will roll back, your chin will roll upward, and you will feel extremely good for no apparent reason. The days themselves will transform into weeks and the weeks into months and the months into years.

It is from here that as you concentrate your attention on my voice that all outside sounds, all outside influences will simply dissolve, dissipate, and melt away. It is from here that I want you to imagine your favorite vacation, and just take a mental trip where you can take care of all the stress, strain, and confusion once and for all and permanently for today. Just let the stress go by taking a mental vacation where the seconds become hours. And when you've taken all the time that you need on that mental vacation so that, upon awakening today, you can be rested, relaxed, revitalized, and renewed...ready to treat people with more love, with more respect, with more integrity than you ever have before...just give me a "yes" response so that I know...that's right.

Now, with that mental attitude in mind, as you journey deep, deep inside, is there any part of you at all that objects in you utilizing this process known as the unlimited reality where you can learn from others vicariously, the same way you learned as a child, but this time you get to pick and choose your teachers by choosing people in the world around you that have skills and benefits and behaviours that you truly want, but you could use them and benefit from them through a process of osmosis where it would simply happen for you without question or hesitation upon awakening. Is there any part of you at all that would object in you acquiring positive, beneficial behaviors for every area of your life so improvements can be made everywhere?

Excellent. Just know, if there was a part of you that would object to this process, that that part of you would be taken deep, deep

inside...deep, in fact, to the very core of your mind where it would be explained about the new behaviors, the new attitudes, and the new beliefs and how a synergizing effect is happening in your mind...synergizing, meaning that every part is necessary and needed, that as your body as a perfectly-tuned organism works together, you will take the weight off and keep it off forever.

It is from here, (client's name), that I want you to look forward to the future. Given the information that you're learning here, one day at a time, and the continuing training that you will be receiving, do you feel that you're getting the information you need to take the weight off and keep it off forever? (pause)

Just know that if for any reason your unconscious or conscious mind feels that you're not getting what you need, all you would need to do is say so in the state of hypnosis, and then the appropriate behaviour, the appropriate attitude, the appropriate learned experience would be given to you without question, without hesitation so that every day, in every way, greater joy, greater happiness, and greater harmony can start first in your mind and then flow freely through your thoughts and then become a part of your everyday reality. The days transforming into weeks, the weeks transforming into months, and the months transforming into years. It is from here, (client's name) , that the days become weeks and the weeks become months and the months become years.

So that you can receive the benefits that you want today, and they will only improve upon awakening, I say to you now, focus on your

breathing. If this is a time of sleep for you, (client's name) , then you will continue the journey into deep, restful, relaxing sleep where you dream of all of the people that you've ever seen, heard, or had experiences with that had skills, behaviours, or attitudes that you would like to acquire. And because you've done the process once here, you can continue to do the process deep, deep inside in your dreams so that, upon awakening, spontaneous, natural changes can take place...positive changes. I say to you now, negative thoughts, negative influences, negative beliefs will have no control over you at this or any of the awakening levels of consciousness. You will only accept and use that which is positive, productive, life-giving and forgiving for you.

So the benefits will be multiplied upon awakening, I say to you now, if this is a time and a place where you need to be awake, alert, and conscious, then you will slowly find yourself returning back into the room...slowly finding yourself returning back into the room where your eyes will open, you will become wide awake...feeling fine and in perfect health...feeling better than ever before, perhaps feeling as if you've just returned from a deep, relaxing, powerful mental holiday.