

Becoming Lean and Healthy

Hypnosis Induced

Deepeners Set

I want you now to imagine, picture or think about walking along a path...as you walk along you come to a fork in the path...look to the left the path...it wanders gently downhill...its smooth and looks very easy to walk down...it looks like the easy path It would be easy to take the left path. You could just coast down it... It is the path of doing what you have been doing for so long...it is the path of continuing to be out of control... to eating for the wrong reasons...to negative behaviour...it is the path of being overweight and unhealthy... But, it is a path of misery. ...

Look at the path on the right...The path on the right goes uphill...it's a bit Stoney and a bit steep... It will take some effort to take this right path. But, it is the way of freedom, health and life. It is the path to control of your life. It is the right path To Success! It is the path you have decided to take by eating only when it is healthy to do so, and to eat in only a healthy way.

Look at the path on the left.... It may look easier but it means carrying all of the problems associated with continuing to be overweight and unhealthy with you even longer than you already have... Think of how bad overeating and snacking can make you feel. Really allow yourself to feel the weight of the burden of this self-destructive, negative behaviour... Feel your desire to be free from all of the ill effects of hurting yourself by eating this way and not exercising your body sufficiently.

In a moment I am going to touch you on the shoulder and we are going to go down that left path...the easy path...the path of being out of control for 6 more month... (**Tap client on shoulder gently**)...There you are... after 6 more months of being out of control...of being miserable because you have continued to be overweight... You feel the weight of anger in yourself...you feel your disappointment... You notice the things that cause this disappointment... the second helpings or the portions that were too large... which made you too large...You see others that you know, who are out of control...who have bad eating behaviours... they too are walking down this left path...this wrong path...this path of being overweight... look in front of you....There is a mirror there and you see yourself...Now ask yourself... Am I happy to have another 6 months of not being in control... ask yourself... do I want to go another 6 months of giving in to food... Feel the disappointment you have in yourself for continuing to live this way...for going down the left path...the wrong path

As I count back from 3 to 1 you come all the way back to the beginning of the fork in the path. 3, 2, 1. And...your back at the fork... you feel happy...you feel relieved because none of that has happened yet and it doesn't have to... You have decided not to let that happen to you. You have decided to take the right path....the path of Success...You know that it will take a little more effort... but you now know in your mind that it is worth it...it is the right decision...the right path.... You have decided to start taking better care of yourself! In fact you have already left the old way by coming here today... You are already taking your first steps toward freedom and success on the path on the right as a person who takes good care of their body, eats right and exercises!

Picture in your mind how this new decision to be lean and healthy for life affects you... picture all the good positive changes that becoming free from the self-destructive eating has brought into your life... Being free from all those problems...the feeling of really being in control and confident...You have more energy... you feel more self-confident... You are free of all of the worries, costs and inconveniences that being overweight can cause.

In a moment I am going to touch you on the shoulder and we are going to go up the right path...the path of being in control...the right path...the path of being in control for another 6 months... (**Tap client on shoulder gently**)... There you are after 6 months of being in control... of being slim and trim... You feel good... great... You have done it.... You have never felt better and you are going to feel even better yet... There is a mirror there... look at yourself and you ask yourself.. Am I happy to have accomplished my goal of being slim and trim for these 6 months?... look at the positive things in your life because you are more active and energetic... You are spending more and more time with friends that are on this right path of success... Ask yourself..."Do I feel better having made this healthy decision... Feel the success that is inside of you... give yourself permission to continue to stay on the right path of Success? You have decided that this life of being slim and trim, lean and healthy is the right life for you.

Overeating and eating too much is now simply something that you used to do. It was a mistake to have ever allowed yourself to become overweight, but now you are free from the fat and will remain free for the rest of your life! You look into that mirror one more time and ask yourself, "Am I pleased with myself for making this good healthy change in my life for 10 more years? Would I ever go back to that old bad habit of hurting myself by making myself fat? Am I glad that I have made this permanent change?" A change made for good! Of course you are!

I am now going to count back from 3 to 1 and you are back at the fork in the path...3,2,1. And you are back...You now have a new found level of certainty that you are ready...really ready to make this change... You are now ready to accept powerful hypnotic suggestions to help to keep you on the path on the right, the right path of Success, the path of always being in control of eating and exercise. Now your subconscious mind fully accepts the suggestion that you will never be overweight again. From now on you will always make being slim and healthy one of the most important things in your life.

I am now going to count from 1 to 5 and when we get to 5 you will come back to the room feeling positive, revitalised and happy.

1. Knowing that however you feel you will focus on eating healthy foods and eating only when you are hungry.
2. Knowing that you have given yourself permission to feel positive about the changes you have made
3. Knowing that the suggestions I have made are now part of your reality.
4. Becoming aware of the room and background noises
5. Back in the room feeling positive and happy.

