

INTRODUCTION



Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.

GLORIA STEINEM

When we were very young children, most of us played our days away, absorbing the bits and pieces of the world around us. We sang songs, danced, rode bicycles, were enchanted by our favorite stories, and delighted in our favorite foods. We all have memories of aromas wafting through the air, pulling us away from our play, tempting us briefly back into the kitchen, a reminder of our hunger. We dreamed at night and pretended by day, playing make-believe games of castles and kings, when everything was perfect and we were the stars of the show. That is what most of us did when we were very young children.

Then we grew up. Now, it seems as though the world is absorbing us and our childish delight in food is plagued by guilt or frenzied schedules, or just disinterest. Our youthful play has turned into frantic driving, endless e-mails, and plasma screen addiction. Our weekends, at best, promise a walk or maybe an hour at the local fitness center. The strong, energetic bodies of our youth are laden with pounds and more pounds of exhausting extra weight.

The Self-Hypnosis Diet is about playing and pretending again, relearning the delights of our youth, and peeling off the tiring extra weight once and for all. Within the chapters of this book, you will learn about the mind-body connection and self-hypnosis, and how they can be utilized to create the energetic body you want, the healthy body hidden inside. You will learn how pretending, which is the simple word for self-hypnosis, can turn your wishes into reality, and you can once again become the star of your show.

The Self-Hypnosis Diet does not impose a diet on you. Instead, it provides the *missing* ingredient in other diets. It addresses the role and power of your mind to make any diet or lifestyle change more effective. Our emphasis will be on guiding your hypnosis to help you maintain healthy thoughts, emotions, and beliefs, which assure healthy eating patterns and healthy living patterns. *The Self-Hypnosis Diet* is about focusing mental energy to achieve your healthy weight, much as a magnifying glass focuses sunlight. You might view this as a diet of mental energy that nourishes your motivation and beliefs to create your desired weight.

The Self-Hypnosis Diet is born of our years of counseling people to help them restore their healthy weight. Many of them had lost and regained hundreds of pounds, plodding unsuccessfully from one diet to another, constantly weighed down by the dismal prospects of feeling hungry and deprived. There seemed to be a missing ingredient for all these people. Most of them knew the “energy in/energy out” concept. Yet something doomed them to reverting to poor eating behaviors and food choices, even after significant weight loss. We knew that understanding the magnificent mind-body connection and learning to use the power of the subconscious mind would reveal the missing ingredient and create the breakthrough that people need to restore their healthy weight forever.

So, we invite you to enjoy your first taste of self-hypnosis. We are delighted with your intent and we are confident that you will learn to use the magnificent mind-body connection to restore the weight that is perfect for you.

Dr. G. and Joy

A Note on Using the CD and Book

The CD enclosed at the back of the book includes the self-hypnosis trancework that you will listen to and practice with while reading *The Self-Hypnosis Diet*. The trancework must be practiced in a safe environment, so *never* listen while you are driving a car or operating any type of machinery. Choose a regular time to practice your hypnosis every day. As with any new skill, regular practice improves results. Many people prefer to practice in the evening before going to sleep. We enjoy practicing our trancework without headphones, so the words “fill up the room.” When the trancework is finished, we can begin a restful slumber. Choose a comfortable place where you do not have to pay attention to anything else. Sit in a chair, recline, or even lie down. Relax. Then, simply listen.

As you become familiar with the various trancework tracks, you will find that some contain images, suggestions, and ideas that resonate more for you than other parts of the trancework. Select the trancework that appeals to your unique needs.

You want to nourish your mind-body (subconscious) often with all the words, thoughts, and ideas that support your perfect weight. After you have read the entire book, we suggest you go back to it daily, open to any page, and read for a few minutes. Follow with your self-hypnosis trancework practice. An easy way to make this happen is to keep the book where you practice your trancework, so that you can read a few pages before your practice. Our book contains an array of ingredients. As you thumb through the pages, you will notice boxes sprinkled throughout the chapters. Some contain definitions and quotations. Others contain tips and techniques—what we call “Belief Boosters” and “Motivations Makers.” Indulge yourself in all of the ideas. Choose your favorites. Select the parts that seem especially enticing or appropriate for you. Sample a few ideas that

seem intriguing. You do not have to digest the entirety of this book. Perhaps just one “piece” will be the powerful catalyst to effect weight loss for you.

We do have a few words of direct guidance. The first three chapters are rich with information about the mind-body connection, the power of belief, and the practice of self-hypnosis. We recommend that you read the first three chapters *before* listening to the trancework on the CD. Those chapters will provide you with an excellent foundation, especially if this is your first experience with self-hypnosis. A directive near the end of chapter 3 indicates when to listen to the initial track of trancework.

CHAPTER 1

THE MAGNIFICENT MIND-BODY CONNECTION



Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

WILLIAM JAMES

Once upon a time it was believed that the mind and the body were distinct and separate from each other. The seventeenth-century philosopher René Descartes is credited with proclaiming this distinction. But he later said that it was spoken only out of his love of the Church and that he did not want to intrude on *matters of the heart*, for at that time they were considered to be the Church's domain. However, science and research have repeatedly shown that mind and body are not two distinctly separate entities, but that they are intricately connected. Mind and body cannot exist without the presence of each other. One of the most important features of the mind-body connection is that they are in constant communication, each influencing the other. You might think of your mind and body as always speaking to each other. This is the mind-body connection. Every thought and idea in your mind has an effect on your body; and every sensation in your body has an effect on your mind.

Thought alone
can completely
change the body.
Our mind literally
creates our body.

CANDACE PERT, Ph.D.,
from *What the Bleep
Do We Know!?*

This book is about how your mind can influence your body for the better, to help you achieve the weight you were meant to have through the practice of self-hypnosis. Before jumping into the actual methods that will lead you to your perfect body weight, we would like to talk about hypnosis, its origins, and what it actually is in order to separate some fact from fiction. We would also like to introduce what we believe is at the heart of the concept of hypnosis—the mind-body connection. Understanding this intimate communication within your body will help you use self-hypnosis to ultimately achieve your perfect weight.

It is important to understand that thoughts are things. You cannot see them, but you know you have them. You may not feel every thought, but if you had biofeedback sensors attached to your body, you would see the instantaneous changes in your body created by your thoughts, positively or negatively. For example, if you were to think of someone who makes you angry, you would see immediate changes in heart function, blood vessel dilation or constriction, changes within your nervous system, and muscle tension. All these physical changes would happen because of a single thought. What this tells us is that your thoughts and ideas are chemically transmitted to the rest of your body, such that your body is “thinking” the same thing you are putting in your mind, but in your body’s own way, with its own physiological responses. Sometimes you are aware of your body’s response to what you think. Most of the time you are not aware that it is sharing the experience of your thoughts. The manner in which your body responds to the experience is based upon many factors, including your personality, past experiences, and learned patterns of response. With the repetition of these patterns, your body becomes programmed to perform in a certain way. It learns or becomes conditioned to that response pattern. The good news is that

anything that your body has learned can be unlearned by creating a different response. Self-hypnosis is a very powerful and effective tool to help you unlearn old patterns and replace them with more desirable patterns.

*You never can tell what your thoughts will do
In bringing you hate or love,
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the Universe,
Each thing must create its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind.*

ELLA WHEELER WILCOX, "You Can Never Tell"

Just as your thoughts influence your body, your body influences your thoughts. There are times when you feel a sensation in your body, such as hunger or thirst, that causes you to feel an emotion or think a thought or have an idea in mind. If your mouth feels dry, you probably have a thought to drink water. But sometimes there is confusion—for example, when a feeling of being emotionally hurt might be confused with a sensation of "I need to eat" or "I want to eat." These are some of the dynamics that we will be exploring and addressing within *The Self-Hypnosis Diet*.

Adopt the idea of having a "mind-body" which is the exquisite connection that mind and body share. Think of your subconscious mind as the "mind of your body," your "mind-body." Instead of thinking that mind and body are distinct, use the terms "mind-body," "mind of your body," and "subconscious mind" as all representing the same thing. We will be using these terms interchangeably, but all three represent the same concept.

MIND-BODY CONNECTION
The complex of intricate interactions and responses among mental, emotional, and physical aspects of one's mind and body. It refers to the functional dualism that mind and body are intricately connected in a web of constant interaction such that the idea of "mind" and "body" may be viewed as "mind-body."

Medical/Clinical Hypnosis is performed exclusively for the benefit of an individual seeking help from a qualified professional trained in medicine, psychology, dentistry, social work, or nursing.

IN THEIR OWN WORDS ...

My food choices are so much healthier, I don't even want or desire foods that are not nourishing or beneficial. My energy level has increased and I'm walking at least one mile a day. I have always believed there was a mind-body connection and the *Lose Weight with Hypnosis* CDs have made me more of a believer. I don't even have to consciously think about what I should be eating or doing, it just comes naturally. These CDs have made a difference in my life.

JONATHAN

All hypnosis is self-hypnosis. Whether you are using a therapist, a CD, tape, or DVD, or are working by yourself, you are in control of letting yourself go into trance, to experience hypnosis.

What Hypnosis Is

Self-hypnosis is a very effective way for you to talk directly to the mind of your body (the subconscious mind or mind-body). It provides you with a way to remove any obstacles and confusion within the dialogue of your mind-body, so that mind-body is sharing exactly what you want in a way that creates your healthy weight and healthy lifestyle. Before we go any further, we would like you to complete a short mental exercise that will help you begin learning about the power and the simplicity of self-hypnosis. Below are ten "true or false" statements about hypnosis. Read the statements and wonder, guess, or decide "true or false" according to what you *currently believe* about hypnosis.

What Do You Now Believe About Hypnosis?

1. Hypnosis is complicated and takes many sessions and much instruction.
2. To experience hypnosis, you must be hypnotized by someone who knows how to do it to you.
3. When experiencing a hypnotic trance, one loses consciousness.

4. The subconscious mind cannot tell the difference between what is real and what is imagined.
5. Hypnosis can make you do things that are against your will or violate your values.
6. Most people go into trance every day.
7. All hypnosis is self-hypnosis.
8. Hypnosis can help your body heal wounds faster.
9. Your body has a language of its own.
10. You can use hypnosis to influence your physical responses like digestion, breathing, etc.
11. Stage hypnosis is the same as medical hypnosis.
12. Sometimes you are not even aware that you are already in a trance.
13. Hypnosis is a purely mental or psychological phenomenon—it is “all in the mind.”
14. There are some people who cannot be hypnotized.
15. With hypnosis you can give messages to your body and your body can give messages to you.
16. There are thousands of published research studies and articles that demonstrate the benefits and effectiveness of hypnosis.

Reading these statements is an important step. It primes your conscious mind to be on the alert for the answers throughout these pages and your experience with the audio CD. (If you can't wait, the answers are in Appendix A.)

It is important to answer thoroughly any questions you may have about hypnosis. The reason for this is simple. To be able to “let go” of any hesitations and experience hypnosis, you must feel safe and comfortable within yourself when using the techniques presented on the CD portion of *The Self-Hypnosis Diet*. The more you know about hypnosis, the more comfortable and confident you will feel using it.