

## Weight Control – Dick Coleman

You are about to enjoy a very healthful and beneficial experience. Now take a moment to make yourself as comfortable as possible. Choose a spot on the ceiling to stare at and state at that spot without moving a muscle. Now take a deep breath filling up your lungs. Exhale slowly. Sleep now. Now take a second and even deeper breath. Exhale slowly. Sleep now. Now a third deep breath. Exhale slowly. Sleep now. Now let your eyelids close down, as each muscle and nerve in your body begins to grow loose, limp, and lazy. All of your cares and tensions are now fading away. You are relaxing more with each easy breath you take and with each sound you hear. You are letting go and going deeper and deeper into relaxation.

I am going to count from 10 down to 1, and as I do, I want you to picture and imagine you are walking down a softly cushioned flight of steps. With each number I count, you let go even more and your deep relaxation becomes more profound and more intense. When I reach the count 1, you then let go completely, and go deeper into relaxation. Now let's begin.

**Number 10**, we take the first step downward, each muscle and nerve in your body grows loose, limp, and relaxed.

**Number 9**, a wave of relaxation spreads now all across and throughout your body.

**Number 8**, you are relaxing more with each sound that you hear, you are letting go more with each easy breath that you take.

**Number 7**, you are letting go even more now and you are going deeper into relaxation.

**Number 6**, every muscle and every nerve is growing looser, limper, and lazier.

**Number 5**, you are half-way down now, and when I reach the count one, I will say the words "sleep deeply". You then let go completely and you will be aware that you are more deeply relaxed than ever before.

**Number 4**, each muscle and nerve grows looser now, relaxing, you are drifting down, deeper and deeper in sleep.

**Number 3**, you are drifting down to a new and deeper level of hypnotic relaxation.

**Number 2**, going down deeper as you let go even more now, and on the next number, I will give you the signal. I will say the words "sleep deeply". When I do you let go completely and you are then aware that you are enjoying a very healthful and profound state of hypnotic relaxation.

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**Number 1**, "SLEEP DEEPLY", now relax and go deeper into sleep. As you go deeper into relaxation you are realizing that you are a constantly maturing personality. You are becoming aware of the strengths and abilities that have developed within you. You are now feeling a sense of confidence in your ability to achieve each of the goals you have chosen for yourself.

You believe in yourself. You appreciate yourself and you are glad you are who you are. You do kind things for yourself. You meet each situation as it comes with a calm and quiet attitude. You are making contact with the center of wisdom and power within you and this power knows what to do and how to do it. Whatever you do and say is done and said with complete confidence and self-assurance.

You desire to be slender. You now know and feel that you are losing weight in a steady, regular, and easy way. It is easy for you to do this, because you have a powerful desire to be trim, and healthy. You are aware of your many good reasons to reduce. You take pride in your appearance for you know that attractive and well-built people attract the attention and approval of others. Your slim appearance causes people to have a good opinion of you. And of course this makes you feel happy and responsive to them.

You enjoy being with people. Your natural attraction for people is a great benefit to you. This natural attraction benefits your personal and social life as well as your business life. Your attitude is positive because you feel good and fit and trim. Each ounce of body fat that you burn up is converted to energy which keeps you enthusiastic, and very active. You are consuming stored fat from your body each day, but especially from your stomach, your abdomen and your hips. Your stomach and abdomen areas are growing smaller. You exercise more. You feel strong and healthy. You're beginning to look and feel more attractive. Your hips are becoming smaller. Soon, your figure will be perfectly suited to your height and bone structure. Each day you grow trimmer as you lose pounds and inches. You feel slim all over.

As your muscle tone improves, you become a young, healthy adult full of zest for living. Your overall physical development and coordination is greatly improved and you are more aware that each day your breathing and lung capacity is greater and your movements

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more agile. As you dissolve the fat from your body, your interest in both work and play increases. As you reduce, your skin becomes clearer and develops a -healthy glow.

You find great pleasure in taking time to care for yourself and to care for your appearance. You eat only the foods that your body needs in the quantity that it requires. You now use up the stored fat from your body at the rate of two or more pounds each week. As your excess stored fat is used up, you begin to look the way you want to look, and to feel the way you want to feel: strong, energetic and vigorous.

Each week you use up and burn off at least two pounds of your own fatty tissue. You do this because you want to be slim and trim. You have a powerful desire to be healthy, to feel stronger, and to remain well. These desires are so great that they easily and effortlessly control your appetite. You find a new pleasure in eating only the foods your body needs. You take small bites. You eat slowly, enjoying each bite as you chew it.

Your food taste delicious because you are taking the time to actually taste the flavor of the food you eat. Small portions make you feel full and satisfied. These foods provide you with the correct nutrition and calories your body requires.

You are losing pounds in a steady, easy process. And you are experiencing happy feelings of satisfaction as you do. You approve of yourself and your slim body, and you express this feeling by being good to yourself in a mature and realistic way. You do this by constantly moving toward your goal of trim, healthy, energized fitness and radiant vitality. Your body fat melts away like snow melts on the mountains in spring. As the melting snow changes to water and flows down the river, your body fat is changing to liquid and flows out your system. Just as the spring flowers emerge after winter, you see yourself emerging with new patterns of eating, and new ways of thinking about yourself and your figure.

You choose to eat only the foods that give you the correct nutrition and nourishment your body requires and eat small portions with great enjoyment and satisfaction. These foods easily help your body fat to melt away.

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When eating out you choose only the foods that are correct for you. These small meals keep you full and satisfied all day long. Your body thrives on your good eating habits, your physical activity and your positive mental attitude. You find pleasure in being good to yourself by taking care of your body both inside and out. You want to do all the things that keep you fit and healthy.

You are now noticing a great awareness for the real potential in you and for the enjoyment of living. Your body's natural process for turning stored fat into energy and vitality keeps you feeling terrific. You are a warm, loving, generous and happy person. Each day you feel more loveable and interesting as you become more interested in others.

You recognize the friendship that people offer you and you accept it. You have a great respect for yourself and for your personal worth to others. You see others help for you as an expression of mutual friendship and understanding and it makes you feel good. You realize that giving and receiving are both important and that by only giving your best do you receive the best. It is easy for you to accept the help and cooperation of others.

You are open, honest and direct in your relationship with people. You like yourself because you are a friendly and loving person and you accept yourself as unique and valuable. You realize you are exceptionally talented and highly creative and this awareness makes you feel energetic and loving. You openly express love and affection and you find it easy to accept approval from others.

You are aware of the trust and confidence you generate in others. You think of yourself as a warm, generous and loving person and it makes you feel good. You express yourself creatively in each interest and activity that you pursue. You allow yourself time for your special interests and for your personal recreation and relaxation.

You forgive anyone who has ever hurt you in the past because you know that what was done can only be changed by your expression of understanding and love for them. You wish the very same good for them that you desire for yourself.