

[This script begins after the convincers have been completed.]

And just drifting down, deeper and deeper, now... It can be relaxing and even educational to watch a masterpiece being built – a thing of beauty; A thing of strength; A thing of the most articulate nature. And I wonder if you know what's involved in building a cocoon – a place of protection, change and metamorphosis. I don't know everything involved, but I remember watching as a child, as a very unremarkable caterpillar came to the realization that... *it's time for a change*. It's time to take the steps necessary to cast away the unremarkable exterior and allow the beauty that lives inside to come out. The caterpillar surveyed his surroundings, looking for the right way to go about this – obvious that *safety and health are the primary concerns*.

And so I watched... as the caterpillar began weaving its silk – uncommonly strong and amazingly resilient, yet flexible – around the stem of a sturdy leaf. Winding around, and round and round... doing what it must to build a solid foundation for change.

Around, and around, and around...

And now, as you imagine yourself walking through that valley of relaxation, you come across the majestic, sheer face of a small mountain made entirely from marble. Noticing a round entrance situated in the center of this mountain, you move your feet across the graven walkway and begin to wander inside. As you make your way down the round hallway, ribbed with arches every few yards, you can hear the wind at your back and feel it moving past you... in and out, like the waves of the ocean. Moving on, you come to a fork in the hallway leading to two dirty, musty, dimly lit chambers. You immediately realize that these chambers were once amazingly beautiful.

Seeing a mop, a sponge and a bucket against the far wall, you begin to go to work on a small area of the chamber. The beautifully intricate patterns of pink marble with red veins immediately begins to unfold before your eyes – it's absolutely beautiful, just as you expected. And while you'd love to stop and study it, you've got a lot more work to do. So you scrub, rinse and dry one area, then move to the next as more and more of the beautifully pristine chambers become visible. Scrub, rinse, dry... scrub, rinse, dry. And as your conscious mind continues – scrub, rinse, dry... scrub, rinse, dry...

Imagine yourself, now, standing in a warm, shallow pond of sparkling, pure, absolutely clean water. This is the most pure, cleansing water you've ever seen. In front of you is a tall waterfall, and the water comes down in a smooth, undisturbed sheet, glistening and barely rippling the still water of the pond. And as you move closer, you begin to see a mirror image in the glassy waterfall... It's a reflection of the perfectly healthy, smoke-free you – a reflection of perfection. This reflection is healthy and happy, inside and out, and as you approach the waterfall, you stretch your palms outward until they meet those of your reflection of perfection. Feeling the warm water as your fingertips intersect with your reflection, just imagine all the nicotine, tar and other carcinogens in your fingertips being washed away. As you continue to move forward, merging and becoming one with your reflection of perfection, notice as all the nicotine, tar and other carcinogens wash

Smoking Cessation Script

away from your lower arms, all the way up to your elbows, leaving behind only an energetic, vibrant, naturally healthy, you. You can feel the goosebumps rising all over your body as the sound of the waterfall becomes louder and you greet the smiling face of your reflection.

[DIRECT COMMANDS]

In a few moments, I'm going to offer you some suggestions. You will find these suggestions easy to enjoy, and easy to accept. You will accept them because, when you act on these suggestions, you will achieve greater levels of health and well-being. By accepting these suggestions, you will preserve your body more effectively and your job to stay healthy will be much, much easier.

From this point forward, you are a non-smoker. You easily and effortlessly turn down cigarettes – not only because you're a non-smoker, but also because you simply don't want cigarettes. If someone is smoking around you, the smoke may or may not bother you, but in any case, it won't make you want a cigarette, because smoke doesn't do that to non-smokers, and you're a non-smoker. Again, you're a non-smoker now... You cherish your lungs, mouth and skin, and you'll never again subject them to the torture of a cigarette.

For a week or so after your last cigarette, if you crave sugar or feel dehydrated, realize that this is a natural reaction and does not mean you need a cigarette. These are not nicotine withdrawals, but natural reactions while your body adjusts your blood sugar levels and rehydrates your cells. So, rather than eating junk food and drinking colas or coffee eat fresh fruit and drink a healthy supply of water. The fruit will help ease low blood-sugar and the water will help to rehydrate your cells. Again, if you find yourself craving sweet or fluids, you will satisfy those cravings with fresh fruits and water.

Secondly, one of the benefits of smoking is that it forces smokers to take short breaks from work, family, stress, etc, and perhaps even to spend some time outside. To avoid that benefit from attracting you back to smoking, and to alleviate situations where nervous energy may build up, you'll take as many breaks and spend as much time outside as you did before our session. You'll continue to give yourself breaks and time outside, but as a non-smoker.

[END DIRECT COMMANDS]

Taking one more step, now, the warm water begins washing the nicotine and other toxins away from your upper arms, and the front of your legs and torso. Already you feel healthier. Your posture and demeanor are now that of a naturally trim, active, healthy person.

One more step... the water washes comfortably over your face, head, shoulders, torso, hips and down to your legs, taking with it all the toxins your body doesn't need. And as you take that final step through, the water cleanses your entire body, and you find

Smoking Cessation Script

yourself standing in the second chamber, dry and relaxed, feeling healthier and more energetic than you have felt in a very long time.

And you continue now to clean up the last few inches of the chamber... Scrub, rinse, dry... scrub, rinse, dry... Scrub, rinse, dry...

You look over the chamber and smile to yourself with satisfaction as you realize that you've completed your task and cleaned every inch of these chambers, and they are beautiful. Yet, your job is not done. You will continue to work at keeping these chambers clean and beautiful, making sure that they never again get so filthy and musty.

And as you continue to watch the cocoon, you begin to notice some movement, as the most amazing butterfly begins emerging. And as you realize how easily and naturally change occurs, the butterfly, completely transformed and metamorphosized, begins taking flight.

Now, in a moment I'm going to count to five, and with each number I count, you'll become more aware, more alert, returning to a wakeful state, and feeling wonderful and refreshed.

One – integrating all the suggestions you've received and everything you've learned here today.

Two – faculties returning now, as you become more aware of yourself and your surroundings.

Three – allowing yourself to gently return to wakeful awareness.

Four – with a nice big, deep breath, stretch out your arms and legs. Take a nice big stretch.

Five – eyes open, wide awake. Feeling wonderful and refreshed, ready to take on the world.

[This script begins after the convincers have been completed]

And, just drifting down... deeper and deeper, now... It can be relaxing and even educational to watch a masterpiece being built - A thing of beauty; A thing of strength; A thing of the most articulate nature. And I wonder if you know what's involved in building a cocoon - A place of protection, change and metamorphosis. I don't know everything involved, but I remember watching as a child, as a very unremarkable caterpillar came to the realization that... *it's time for a change*. It's time to *take the steps necessary to cast away the unremarkable exterior and allow the beauty that lives inside to come out*. The caterpillar surveyed his surroundings, looking for the right way to go about this - obvious that *safety and health are the primary concern*.

And so I watched... as the caterpillar began weaving its silk - uncommonly strong and amazingly resilient, yet flexible - around the stem of a sturdy leaf. Winding round, and round, and round... doing what it must to *build a solid foundation for change*.

Around, and around, and around...

And as the caterpillar works, I'm going to speak directly now to *your unconscious* mind, while your conscious mind idly contemplates the patterns of glistening silk going round, and round and round...

[DIRECT COMMANDS]

For the first seven days of this weight reduction program, you will carry the included notepad with you, everywhere you go. Diligently write down every piece of food and every bit of liquid you consume - no matter how small or insignificant it may seem. Crumbs of food and drops of fluid count. Candy, too. Write down the date, the time, the location, what you ate and drank, and how much. Realize how different the list is from your perception of how much you **thought** you consumed before starting this program.

Again, for the first seven days of this program, you will make notes about everything you eat and drink, noting the date and time, the location, what you ate and drank, and how much of each. You will do this for seven days from the date you start this program. Doing so will become habit, quickly and effortlessly. Reflect often on ways you can improve your general diet.

And now, as you imagine yourself standing in front of a large, steel door - heavy... cold... and thick... , you notice with a few beeps and clicks that a motor whirs and the door begins opening away from you... revealing a room filled from ceiling to floor, as far as you can see, with vastly powerful, humming computer systems. As you make your way down the five steps of the short stairway at the entrance, a sign catches your eye. It says, "*You are in Control Room Number One.*"

As you approach the console and look at the dials and knobs, you realize that at one point, you knew exactly how to use all this equipment, but you've been away for a very long time, and the settings have gotten out of balance. Looking around, you see a big, heavy-bound dusty book with the words "Instructions" embossed on the cover. This is *your* instruction manual. Inside,

you see the ideal setting for a control, switch or knob on each page. There's one for happiness - go ahead and crank it way up - one for procrastination - turn that one down - a page for metabolism, one for heart rate, one for body temperature, and so on.

Each time you flip to the next page, you adjust the settings to reflect the perfect, healthy you. And as your conscious mind flips through those pages and makes adjustments, I'm going to speak directly to *your unconscious* mind. Your conscious mind can just continue to flip-read adjust, flip-read-adjust, flip-read-adjust. It can choose to listen in, if it wants, or it can just drift... and... Flip-read-adjust, flip-read-adjust, flip-read-adjust.

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In a few seconds, I'm going to offer you two suggestions. You will find these suggestions easy to enjoy, and easy to accept. You will accept them because when you act on these suggestions, you will achieve greater levels of health. By accepting these suggestions, you will preserve your body more effectively, and your job to stay healthy will be much, much easier.

First, realizing that good health starts with good digestion, and good digestion begins in the mouth, begin chewing your food slower and longer than ever before. Chew every bite you take six to ten percent longer. Chew your food slower and longer than ever before. By doing so, your food will be more properly digested when it enters the stomach. This allows the stomach to continue to digest the food so that it gets into your intestines properly, and the vitamins and nutrients from the food can be absorbed easily, giving you higher levels energy - the kind of energy you need to help you do what you know you need to do in order to become healthier and to achieve your goals easily and effortlessly.

And chewing your food longer and slower will allow you to pull more flavor from your food and help you to enjoy it more. This enjoyment will fulfill you more than the food itself, so you will eat less food but still get the same amount of pleasure - maybe even more than ever before.

Secondly, realizing that you don't need to be absolutely full to fulfill your dietary needs, you will check your stomach after you have swallowed each bite, and before you prepare to take the next. On a scale of one to ten, with one being absolutely starving and ten being absolutely full, you'll check your stomach after each bite and stop at the number six or seven. This will leave you pleasantly satisfied, but not uncomfortably full.

Again, you will immediately begin chewing your food six to ten percent slower than you normally do, taking time to enjoy each bite. You'll check your stomach after each bite, and you'll stop eating at six or seven on a scale of one to ten, with one being absolutely starving and ten being absolutely full.

Imagine yourself, now, standing in a warm, shallow pond of sparkling, pure, absolutely clean water. In front of you is a tall waterfall, and the water comes down in a smooth, undisturbed sheet, glistening and barely rippling the still water of the pond. And as you move closer, you begin to see a mirror image in the glassy waterfall... It is a reflection of the perfect you - a reflection of perfection. I'm not necessarily talking about the kind of body that society tells us is

perfect... I'm talking about your own interpretation of where you want to be with regards to health... because whatever that is... it's just perfect... that's the reflection of perfection you see in the waterfall. Make it as attractive inside as it is on the outside.

Approaching the waterfall, you stretch your palms outward until they meet those of your reflection of perfection. Feeling the warm water as your fingertips intersect with your reflection, just imagine all the excess fat in your fingertips being washed away. As you continue to move forward, merging and becoming one with your reflection of perfection, notice as all the excess fat washes away from your lower arms, all the way up to your elbows, leaving behind only a healthy, vibrant, naturally trim you. You can feel the goosebumps rising all over your body as the sound of the waterfall becomes louder and you greet the smiling face of your reflection.

Taking one more step, the warm water begins washing the excess fat away from your upper arms and the front of your legs and torso. Already, you feel lighter and more healthy. Your posture is now that of a naturally trim, attractive person. One more step... the water washes comfortably over your face, head shoulders, torso, hips and down your legs, taking with it all the excess fat your body doesn't need. And as you take that final step through, the water cleanses your entire body, and you find yourself standing in the control room, dry and relaxed, feeling healthier and lighter than you have felt in a very long time.

And as you continue now with the last few pages... Flip-read-adjust, flip-read-adjust, flip-read-adjust...

You look over the vast control boards and smile to yourself with satisfaction as you realize that you've completed your task and adjusted each and every control to create a healthier you. Yet your job is not done. You will continually monitor and adjust these settings, making sure that they never again get so far out of balance.

And one final suggestion, which you'll happily and easily accept... Each time you hear my voice, on an audio program or in person, you will readily and happily accept my suggestions, and when we do hypnosis in the future you'll re-enter this wonderfully comfortable and relaxed state, but deeper and deeper than ever before.

And as you head toward the door to exit the control room, you will climb five stairs. With each stair you climb, you'll become more aware, more alert, returning to a wakeful state, and feeling wonderful and refreshed.

One - integrating all the suggestions you've received and everything you've learned.

Two - faculties returning now as you become more aware of yourself and your surroundings.

Three - allowing yourself to gently return to wakeful awareness.

Four - with a nice big, deep breath, stretch out your arms and legs.

And five - eyes open, wide awake. Feeling wonderful and refreshed. Wide awake now.

[This script begins after the convincers have been completed]

. . . and just continuing to relax now deeper and deeper, I want you to imagine a door in front of you. As you open that door, you see 5 steps that lead down into a room filled with dials and gauges all over the walls. And as you begin walking down those steps, you notice all of the gauges, seeming to go on forever and ever. In fact, there are so many gauges and dials that you can't possibly see them all consciously, but as you look at them, you notice they are each labeled individually, one gauge is labeled "metabolism", and another is labeled "cholesterol", another labeled "blood pressure" and yet another labeled "body fat". As you gaze among the many gauges you realize you are in the control room of your body. Look over there, in the middle of the room, a book sits on a desk so stately. As it sits there, closed, it's bound in the richest of leathers, the finest of grains with shiny gold designs along the sides, and a cloth bookmark setting by its side. With a layer of dust across the cover I want you to just imagine wiping away the dust to reveal a title embossed in gold letters. It says, owner's manual for perfect health. As you look at this wonderfully powerful book, you can see your name embossed in gold letters in the lower right hand corner. As you open the cover, perhaps you can imagine the sound of the binding cracking as though it's a book, which hasn't been open for a very long time. On the first page there is a dedication. It says "dedicated to _____, with all my love, _____." That's right, it's a book written by you, about you, dedicated to you. As you turn the page you see a gauge labeled, "active metabolism", and there is the setting for perfect health. Now you may not know consciously what it means, and that's okay, because you're unconscious, is aware of the answers and what they mean. On the count of 3, I want you to take a mental snapshot of the page, and store in a place in your mind most perfect for retrieval at a later time. 1, 2, 3 and with faith and certainty that you have memorized the information, turn the page and take yet another mental picture of the next page. Continuing to memorize each page easily, and unconsciously, just keep turning the page, click, turning the page, click, turning the page, click...[Trail off the volume of your voice]. And while you're conscious mind continues to memorize each of the pages, I want to speak directly to your unconscious mind. And if your conscious mind would like to listen in as well that's okay, or it may just wish to continue turning the page, click, turning the page, click, turning the page, click... [Trail off the volume of your voice].

[Insert End Result Imagery or Direct Suggestions here. These are some of the direct suggestions I usually offer on week one. Notice that they are more food related than belief related. As I said, All 3 elements of health may be addressed, but the main theme will still stay with beliefs. By all means, please use other direct suggestions that you like, THIS IS NOT TO BE READ WORD FOR WORD]

In a moment, I'm going to offer you two suggestions. You will find these suggestions easy to enjoy, and easy to accept. You will accept them because when you act on these suggestions, you will add greater levels of health to [Name of client]. By accepting these suggestions, you will preserve his/her body more effectively, and your job to keep him/her alive will be much, much easier.

Realizing that perfect health begins with perfect digestion, and perfect digestion begins in the mouth, begin chewing your food slower and longer than ever before. Five to ten percent longer with every bite you take, chew your food slower and longer than ever before. By doing this, the foods will be more properly digested when they enter the stomach so the stomach can continue to digest the food properly, so the food gets into your intestines, the vitamins and nutrients from the foods can be absorbed easily, providing you greater levels energy, the kind of energy necessary to assist you in doing what you know you need to do in order to achieve your health goals easily and effortlessly.

And by chewing your food longer and slower and this will allow you to pull flavor and enjoyment from your food. This enjoyment will fulfill you more than the food, so you will eat less food but still get the same amount of pleasure, perhaps even more than ever before.

In addition, begin to increase [Client's name] desire and cravings for fresh uncooked vegetables. Knowing that any foods cooked over 112 degrees have all of their enzymes destroyed, the body has to work overtime to produce enzymes from within to digest that food. However, when you simply accompany your normal meals with fresh uncooked vegetables, the enzymes in the uncooked vegetables assist in the digestion of the cooked foods, letting you retain your energy for other things, like beating your heart, circulating your bloods, and so many other things equally vital in staying alive.

Understand also, that these suggestions are not rules, but merely guidelines to live by. Some days, you may be at a restaurant that doesn't have fresh uncooked vegetables, or some days you may come home from a long day and realize you forgot to buy vegetables so in those situations, you do the best you can with the resources you have.

[At this point, do some more end result Imagery. If you can, use some imagery of them fitting into new clothes, or looking beautiful, try to blend in this second metaphor by having them see themselves in a mirror. If they did not mention fitting into new clothes, then my back up is if they mention exercise, I have them either in a health club seeing their reflection, or if they like to hike, I have walk in nature until they see a reflecting pond]

Imagine this person now in a mirror, I want you to imagine the reflection of the perfect you... a reflection... of perfection. Now when I say the word perfection, I don't necessarily mean the kind of body that society tells us is perfect, but rather, simply your own interpretation of where you want to be with regards to health... because whatever that is... it's just perfect... that's the reflection of perfection I want you to imagine now, and let this body reflect not only physical beauty, but inner beauty as well, as you see the reflection of someone who is genuinely happy, and eats healthfully... someone who seems to radiate with self confidence, and most of all, someone who loves themselves very much... and I want you to imagine this reflection of perfection telling you these words...

Hello, and welcome... I would like to share with you the secret to perfect health... the secret, that when realized will allow you to manifest the body you see before you right now... would you like to know the secret to perfect health? Good, then listen... you see, most people in life are confused... most people in life actually believe that once they lose all the weight they want ... once they look the way they want... then they will be happy... most people think that once they achieve the body they desire... then they will love themselves and be happy [You don't necessarily use love and happiness here. If they mentioned certain emotions that they would like confidence, or self esteem use those words]... but you see, they are confused... because your emotions are not dictated by your weight... the secret to perfect health is to realize rather, that your weight is dictated by your emotions... who you are on the outside is merely a reflection of the thoughts you hold deep down so dear on the inside. And in order for you to first become that slender person on the outside, you must first become that slender person on the inside... in order for you to be that person who shines of self confidence, you must first have that self confidence deep within... in order for you to be that person who radiates happiness... you must first house that happiness inside... now I know you may be wondering... and it's okay to be wondering, "what if I don't have all of that confidence? What if I don't have that happiness? What if I don't see that slender person on the inside?" Well that's okay, you see, I'm not asking you if you have it... I'm just asking you if you want it. Do you want that person on the inside? Then I want you to imagine this reflection of perfection raising their hands and placing them against the mirror -- as if they are on the opposite side of glass, wanting to get out. And I want you to raise your hands right up, and place them against the mirror as well... right on their hands... so you have your palms touching their palms... and if you will... imagine a beautiful light beginning to sparkle and glow... this is the most beautiful light you can imagine. It's the light of self confidence... and as it begins to spin and sparkle at the base of the reflection of the perfect you... imagine that light enveloping their entire body... as this light, the light of self confidence now shoots forth from their hands into yours... as you feel this incredible sensation of self confidence now filling up your entire body, as the energy flows into your heart, filling up your heart and overflowing to fill your entire body with this incredible level of self confidence... the kind of self confidence necessary to do the things that you know deep down, you really want to do in order to become this reflection of perfection... and as you bathe in this light of self confidence, imagine now the reflection of the perfect you now begin to create another amazing light, this is the light of innocent happiness, like that of a child... the kind where energy comes from... allow this light to be the most innocent, beautiful light of happiness you can imagine... and if you will imagine this beautiful light beginning to sparkle and glow... and as it begins to spin and sparkle at the base of the reflection of the ideal you... imagine that light enveloping their entire body.. as this light... the light of happiness now springs forth from their hands into yours... as you feel this incredible sensation of happiness now filling up your entire body, as the energy flows into your heart, filling up your heart and overflowing to fill your entire body with this incredible level of pure happiness... the kind of happiness that will allow you to happily eat instead of eat to be happy... the kind of happiness that will respond with your body in such a way as to give you energy... the kind of energy necessary to do the things that, deep down, you know you really want to do in order to become this reflection of perfection... and as if that's not enough, imagine now the

reflection of the perfect you now beginning to create another amazing light, this is the light of unconditional love, the highest form of love, perhaps this is a kind of love you haven't felt in a very long time... the kind of love where inspiration comes from... allow this light to be the most pure light of love you can imagine... and as this light of unconditional love begins to spin and sparkle at the base of the reflection of the ideal you... imagine that light enveloping their entire body as this light... the light of love now shines forth from their hands into yours... and you feel this incredible sensation of self love now filling up your entire body, as the energy flows into your heart, filling up your heart and overflowing to fill your entire body with this incredible level of pure love...the kind of love that will respond with your body in such a way as to give you inspiration... the kind of inspiration necessary to do the things you know, deep down, you really want to do in order to become this reflection of perfection... and as if that's not enough, imagine now this reflection of perfection stepping forth from the mirror to embrace you in a wonderfully loving hug, as you step forth to embrace them as well. And as you begin to hold one another in this beautiful embrace, the reflection of the perfect you begins to absorb or melt into your body. As their skin becomes your skin, their bones become your bones, and their soul becomes your soul... and now, the reflection of the perfect you is inside you now... they'll be that person who moves your eyes to the healthy section of the menu. They'll be the one who reminds you, supports you, and encourages you to continue to nourish your body with healthy foods... they'll be that little voice inside your head that says, "wake up, it's time to have a great day," they'll be that person you can turn to in times of need and they'll be there to say, "you can do it, you have what it takes." And yes, they will be that person you see in your reflection when you look deeply into your own eyes... because the reflection of perfection is inside you now.

[Insert more end result imagery or direct suggestions here. Perhaps even, some post-hypnotic suggestions about how they will behave with regards to food or exercise. Then, close the loop on the control room. NOTE - If you are running out of time, you do not need to close this loop, you could actually close this at the end of the next session, or perhaps even the last session, it's up to you.]

And isn't it wonderful to realize now, that the entire time I've been speaking, you've been memorizing each and every page of that owners manual for perfect health, turning the page, click, turning the page, click, turning the page, click... as you come to the last page of that manual.. rigghhtt... aboutttt... nowwww.... Approach the walls holding these gauges and dials, and notice how the dials or gauges on the walls do not match the answers memorized in the book... so I want you now to allow the part of you in control of beating your heart, circulating your blood, and helping you breath to begin adjusting the gauges and dials to more accurately reflect the answers which you memorized in the book... and while that part of you begins making the corrections... I want you to just be so conscious of the sensations all throughout your body as they begin to change as a way of saying.. the changes are taking place... now some of these gauges and dials may need to be adjusted intermittently in order for you to achieve perfect health in a safe and comfortable pace... but some of them can be cranked up all the way... like that happiness dial, you can take that right now and turn it up as far as you wish... or that self

confidence one... it can be turned up too... the self pity gauge? Well you can take that one and just turn it all the way down.. in fact, just turn it off... same with fear... or anger... or any other emotions that don't support you in your magnificence.

Now in a moment, I'm going to count from 1 - 5, and when I get to 5, you will be wide awake, totally alert, and have a wonderful feeling inside. But before I do, I offer you one final suggestion. Once a week, for the rest of your life, while you are dreaming a wonderful dream, I want your unconscious mind to return to the control room, and give you body a new adjustment. A tune up, if you will, that will ensure you will be getting closer and closer to your health and fitness goals each and every week.

Step 8 - Bring them back.

1, beginning to awaken now, 2 with a new sense of appreciation for how wonderful your unconscious mind is... 3 beginning to feel movement returning to your fingers and toes... oh that's right, beginning to move around now... 4, stretching your back, full movement returning to your body, and 5, wide aware! Wonderfully refreshed... welcome back!

[This script begins after the convincers have been completed]

Imagine if you will, a beautiful land, filled with magic and wonder. Beautiful rolling hills, and whispering meadows. As you walk amongst the wonderful hills perhaps you can imagine seeing a beautiful stallion [Or mare if female]. With a shiny coat and flowing mane, it's beauty and power is unsurpassed. Wild and free, it comes to you, as if to greet you to this wonderful land and say, hello and welcome. With no words being spoken, you understand, perhaps through some sort of psychic knowing, that he/she wants to take you some place. As he lowers his head and invites you to climb upon his back, you can feel the muscles beneath your legs of this powerful creature, capable of so many things. Capable of running at incredible speeds, and leaping to wondrous heights. With a tremendous feeling of safety inside, knowing that this creature can keep you safe and protected, he begins running through the meadow. As the walk moves into a gallop, the gallop moves into a run, and the run, somehow seems to move into a glide, as though it is flying low next to the ground, and he takes you to a wonderful place, a place where you can imagine weighing the ideal weight a place where you can imagine...

[NOTE. You don't have to use a horse here. You can use any animal you want. (Except hippos, cows, and pigs of course!) You can even change the scenery to be the ocean as the ride the back of a dolphin. Any animal would be fine, just make sure you stress how sleek and beautiful the animal is.]

[Insert End Result Imagery or Direct Suggestions here. If you can, when doing some end result imagery about foods and eating healthfully, begin to transition into some of these direct suggestions if you like...]

Measure your level of hunger on a scale from 0 - 10. Zero is starving - I could eat anything. Ten is stuffed - Oh, sooo stuffed, you couldn't eat another bite. From now on, stop eating at 6 or at 7. Realizing that at 6 or 7, you are totally fulfilled, and it's better to be fulfilled than it is to be full. Realize also that this is simply a guideline, but not a rule, and from time to time, it's okay to eat all the way up to 11 if you want to, of course you'll pay the price, but sometimes, that's okay. But for the most part, as a general guide you will simply stop eating at 6 or at 7.

Imagine being at your favorite restaurant [Hopefully something they mentioned during the interview. Have them eating a meal with the foods they mentioned earlier they should be eating more of to assist them in achieving health]. As you eat your food, notice how you are naturally chewing your food slower, and longer than ever before [This is a reminder of a suggestion from the previous week], digesting the food properly in your mouth first. When you get to a certain point in the meal, I'm not sure where, but a place where you find yourself feeling fulfilled, simply stop eating. And now, with a portion of food remaining on the plate, I want you to make a decision. A decision about what to do. Keep eating? Or *just* Stop. But before you make that final decision, first let go of any old beliefs you may have learned from the past about foods that no longer serve you. You know those beliefs, beliefs like, you have to clean up your plate before you go outside and play, and realize now that you are an adult, and you can go outside and play anytime

you want. Beliefs like, you have to clean up your plate to get any dessert. And realize that the thought of eating more food, just to earn the right to eat more food makes no sense what so ever. You are an adult, you can have dessert any time you want it, you can have it for an appetizer if you want, it's your life, your all grown up, do what you want, not what others have told you as a child. Let go of that belief that says you have to have dessert at a restaurant. I know, let go of that belief that says you better clean up your plate because there is some other child starving in a 3rd world country, and realize that that child has a better chance of getting the food if you don't eat, than if you do eat it. Take that belief that says you shouldn't pick at, or play with your food and stick the belief right in your leftover and mix it in with the food.

How do you let go of these beliefs? Simple, contrary to popular opinion, it's very easy to let go of beliefs, you do it every day. Think about it, when you were eight years old, you believed that you were eight years old, but one day, you turned nine and you just began to believe that you were nine and you let go of the belief that you were eight. Then, the next year, you began to believe you were ten. Beliefs are easy to let go of. Yesterday you believed that today was tomorrow, but now, today, you believe that today is today and tomorrow is tomorrow. But tomorrow, you will believe that today is yesterday and tomorrow is today. You see, beliefs change from day to day, hour to hour, minute to minute, so change your beliefs now. Have a birthday if you will, be born into new beliefs, new concepts which empower you to health. Now yes, sometimes a nine-year-old child in the beginning may accidentally say they are eight, but they don't then just believe they are eight again for another year, they simply correct, and move on. So too can you, if by chance, you act out an old belief in the beginning, it doesn't mean that's who you are, you just made a simple mistake. Simply make the correction, and move on, that's what life is about.

[Perhaps you can transition into some more end result imagery here or some direct suggestions. Eventually, close the loop regarding the horse metaphor...]

And as you continue this journey for better health in the coming weeks, months, and years, perhaps you can find yourself now continuing your journey with this wonderfully magical horse. Resting now, it's time to feed this beautiful creature, the one who has carried you so far. Imagine, a wonderfully quaint village... like the kind from fantasy movies. As you travel through this small village, you can see children playing in the primitive street, maybe theirs a cobbler working on some shoes, people carrying pales of water from a nearby well, and maybe even an old man sitting on a porch leaning against his home. As you approach the feed store you see various types of grains for your horse. Some of the grains are very affordable, downright cheap. But the bags of grain are polluted with dirt twigs. Some others are fairly priced, but their old, and the grains are not as full and healthy, but rather plain and un-flavorful. In fact, you can even smell the pesticides that were used in their growth. Then, you see some other bags of grains. These shine with health. Being organic, you can smell the freshness in the grain, wonderfully clean, full, robust, and obviously grown from the richest of soils. As you peruse the various selections, you look over at this wonderful companion of yours. She waits patiently for food, never demanding or disagreeable. Simply there to serve. And

she does it so well. In this journey, notice how she has been there to take you anywhere you want to go. With a never-ending commitment to serve you and keep you safe, it is now time for you to decide how you will reward her. Does she deserve the polluted cheap grain? How about the fairly priced average so-so grain? Or does she deserve the best? Is there really a price tag that is worth more than the value of this beautiful mare? Sure, the good foods may cost a bit more, but think about it. Isn't this wonderful, natural machine worth the finest of fuels? Doesn't this body deserve to be fed the finest of foods? Yes, it does, doesn't it, really appreciate receiving healthy, organic foods much more? So make the commitment now, take the action necessary and reward this wondrous body with the best of foods. And notice now, how this creature, the one you are so close to responds favorably to the healthy foods, and is now even more willing to take you to where you want to go. It's a synergistic loop. It will always serve you, and when you return to it, the same love and respect, it in turn will be able to serve you even better than ever before.

Step 8 - Bring them back.

1, beginning to awaken now, 2 with a new sense of appreciation for how wonderful your unconscious mind is... 3 beginning to feel movement returning to your fingers and toes... oh that's right, beginning to move around now... 4, stretching your back, full movement returning to your body, and 5, wide aware! Wonderfully refreshed... welcome back!

[This is instructions to the hypnotherapist – NOT a script]

As in week 1 and 2, I will still mention other items in this week. I may revisit belief systems, and I may talk about foods, but the main theme of the session is going to be exercise. With exercise, it is important to realize that unless you are a licensed physician or a physical therapist/personal trainer, you cannot tell people that they have to DO something specific with regards to exercise. So to construct suggestions for exercise, I follow the same style of script as above for so I can still remain in compliance with the law. This would occur in a modified version of Step 3, the interview if you didn't get this information from the interview in week 1 or week 2...

Hypnotist: Is there anything you know you should be doing, or doing more of with your body to assist you in releasing your unwanted fat?

Client: Yes, I should run more.

Hypnotist: Do you currently exercise now? If so, how often?

If they say yes...

Client: Yes, 3 times a week.

Hypnotist: How much more should you run?

Client: In total 4 times a week.

Hypnotist: Would it be alright with you if I suggest you run 4 times a week?

If they say no...

Hypnotist: How much do you think you should run?

Client: 4 times a week.

Hypnotist: How much at the beginning?

Client: 1 time a week.

Hypnotist: Would it be alright if I suggested you run 1 time a week?

NOTE - Most of the time, the client will set unrealistic expectations. Like wanting to exercise 6 days a week, and they haven't exercised in the past ten years. While you are not allowed by law to tell them what they have to do, you will never get in trouble for encouraging them to lower their workload. NEVER TELL THEM TO INCREASE THEIR WORK LOAD. If someone tells me they want to go from walking 1 day a week to 6 days a week. I will usually encourage them or ask them if it would be okay to be happy with 2 days a week first, then 3, then 4 and so on. So that over a period of several months the client can safely and gradually work their way up to their goals. In addition, if the client has never worked out, or hasn't done it in a long time, it is wise to insist that they consult a physician before the 3rd week to get a recommendation from the doctor as to what would be safe.

In addition to finding out what they need to do more of, you need to find out what they should do less of...

Hypnotist: Is there anything you are doing with your body that you should reduce or

eliminate that is counterproductive to your health?

Client: Sitting on the couch from the end of the workday until I got to bed. Or I party too much.

Hypnotist: Would it be okay if I suggest you decrease your participation in this activity and tell you to do something more constructive?

Client: Yes

Hypnotist: What would you like to do instead?

Client: Walk

Hypnotist: Would it be alright if I suggestion you do that?

We all have our own ideas about what we need to do physically to reach our goals. It is important to realize that we must leave our personal opinions at the door, and honor the client's model of the world. If their idea of exercise is to walk around the block, and your idea of exercise is to sweat for 60 minutes on a treadmill, tell them to walk around a block.

Here are some general suggestions you may want to use in week three in addition to their end result imagery. **DO NOT READ THIS WORD FOR WORD** (can I say that enough?). It is just a guideline...

Step 7, Therapy done immediately after Step 6, Convincers

[This script begins after the convincers have been completed]

And now, I want you to imagine yourself on wonderful hike [or walk or whatever they mentioned they like to do] ... as you embark on this journey, I'm wondering if you can imagine yourself coming to a beautiful ridge... looking out over the sea... the sky is clear, the air is warm.. with just a gentle breeze blowing the scent of the salt air about... it's one of those perfect days... to begin your journey... with beautiful scenery & wonderful solitude, this is your time to just be by yourself, and let the thoughts in your mind enter and leave like the tides of the sea gently landing upon the shore.

And as you sit on this beautiful ridge, I want you to imagine any excess fat on your body... any fat that you want to eliminate... imagine that fat now just melting off of your body... evaporating like water on a hot sunny day... actually imagine the vapors of fat evaporating as they distorts the scenery like fumes from gasoline on a summers day... You see, I have a belief that everything has a place, and a purpose in the universe... and I believe that sometimes, things can get misplaced... so I want you to imagine that excess fat now just lifting away from your body... actually feeling it drifting and lifting away... as this fat begins to drift away and go to the part of the universe that needs it the most... maybe the fat wants to be the fertile soil of a plant deep in the grand canyon... maybe it wants to rest high atop the Eiffel tower, or become a powerful stone in one of the great pyramids of Egypt... maybe the excess fat wants to fill a crater in the moon or dance amongst the particles of Saturn's rings... maybe it wants to go beyond our solar system... beyond our galaxy... maybe even further to a far off nebula... *just let it go* there now.. and as this fat continues to melt away I would like to speak directly to your unconscious mind. And if you wish, your conscious mind may listen in as well, or you may just wish to drift off and dream as you feel that fat lifting away and going to the part of the universe that needs it the most.

[Insert some end result imagery here or direct suggestions. Here are some samples that you may want to use...]

From now on, anytime you hit the elevator button, or you see the button already lit, instead of waiting for the elevator to pick you up, you will immediately begin to search for the stairs. Just think about how much fat could burn away from your body by just simply walking up stairs during the span of your life... This would be the equivalent of walking up and down the empire state building over 100 times! Surely if you walked up and down the empire state building over 100 times you would burn away fat and build muscle. As you accept this suggestion into the deepest part of your unconscious mind, realize also, that this is simply a guideline, and there will be days where you may be carrying boxes, or heavy loads with you, in that instance, an elevator would be a very nice thing, and completely appropriate to use.

From now on, when you go to a store, you will drive around to find that perfect parking space, the one furthest away from the doors. Then, you can walk briskly toward the entrance and from the entrance to your car. By simply walking to and from the store as far as the parking lot allows, this would be like walking across Texas. Surely if you

walked across the state of Texas, you would burn away the unwanted fat from your body. And as you accept this suggestion into the deepest part of your unconscious, realize also, that this is simply a guideline, and there will be days where you may be carrying heavy loads with you, or going to a store at night, and not feel safe parking in the corner. In those instances, parking close to the door is certainly acceptable and completely appropriate to do.

[The above 2 paragraphs should obviously be modified depending upon the client's health and stamina. If you feel that they could not safely walk, or climb up stairs, either eliminate, or strongly modify to fit their level of health. Remember... suggestions should be safe to client, safe to others, and safe to the planet. Make sure these suggestions are safe to your individual client.]

[This next section you would modify depending upon their athletic skill. This is just a worst case scenario and very vague.]

Where ever you are on your quest to *release this excess fat* and *let it go*, I want you to know that you are doing wonderfully, and each day, you are one day closer to achieving that goal... stay focused... you can do it... and to assist you in staying focused, I want to suggest that you create within yourself a burning desire at the very least once every seven days to move your body... *exercise*.. and burn away the fat, easily. Now you may choose to exercise more than that... but for now, realize that until you decide otherwise... once every seven days will be fine... then, when you feel that this has become a habit... something easy to do.. enjoyable and fun... I want you then to allow this burning desire to increase to once every 6 days. It will stay there until once again.. it is a part of your life... then, yes, that's right, increase that burning desire to once every 5 days, then once every 4 days, then once every 3 days... and yes, continue this process until you reach the desired number of days per week you wish to exercise... now with regards to exercise... have you ever considered what it would feel like to view exercise as a hobby instead of a chore? What would happen if you were to *adopt exercise as a hobby*... with hobbies.. at least the good ones.. people go out of their way to do them... a really fun hobby, people will reschedule things of less importance in order to have time to enjoy the wonders of their hobby... could you allow yourself to *begin thinking about exercise that way*, from now on? How much easier would it be then to exercise?

[This next section is written in a very basic way. If you have been trained in NLP, all I am doing here is having them change their submodalities for exercise into those of a hobby. This technique is crude compared to the NLP technique of submodality shifts. I would recommend it over this style. If you'd like NLP training, call Transform Destiny at 800-497-6614]

Think of your favorite hobby now, something you thoroughly enjoy doing. Perhaps something so fun, you have rescheduled other activities to enjoy the pleasures of this hobby, and as you think of this wonderful activity I want to speak directly to *your unconscious* mind, and I want your unconscious mind to speak directly to me through your voice. If you would consciously like to listen in and participate you may, or you

may just want to dream, dream that you are hearing the sound of my voice talking to your unconscious mind as I ask it these questions...

If your favorite hobby had a color what color would it be? If it had a shape, what shape would it be? If it had a sound, what would it sound like? Does this symbol of your hobby have a texture? Is it hot warm or cold, what's the temperature? How big is this symbol of your favorite hobby? How much does it weigh? Is it heavy as steel or light as a feather?

Now I want you to imagine this [big, orange, warm, square – whatever they said] in front of you now, and as you do this, think of exercising now. And as you hold in your awareness the intention of exercising, step into that big orange warm square, and allow all of the attributes of your hobby to also now become that of exercise, so you can derive the same amount of pleasure and enjoyment from exercise as you did from your hobby.

[Time permitting, feel free to do more direct suggestions or end result here.]

And the next time you begin to exercise, allow your exercise to represent not only the time where you find yourself moving for health, but allow it to represent moving towards health on your journey for becoming slender. Whether you choose to walk, run, or climb, allow each step to symbolize your desire for walking, running, or climbing, one step closer to the ideal you. Like a song that you just can't get out of your head, with every passing step you make, here the sound of the reflection of perfection deep within your mind to say "one step closer to health, one step closer to health" [This is a reference to a suggestion given in week 1]. As you hear the rhythm of your footsteps on the surface, allow that sound to be the rhythm in your mind that with every step, you're one step closer to weighing the amount of pounds you seek and desire. As your body moves now, imagine the weight just melting away, evaporating and leaving your body.

In fact, isn't it amazing to know that you can move towards the ideal you easily, effortlessly, and unknowingly? For the entire time I've been speaking, you've been releasing... releasing that excess fat to the universe... releasing those outdated beliefs about eating. And as that excess fat keeps drifting away, feel it leaving your body, going to the part of the universe that needs it the most, just know that long after this session has ended, this excess fat can continue to release from your body... And as those waves continue to flow in and out from the sea just know that... like the tides of the sea, so too will you go through the ebb and flow of life... sometimes good days, sometimes not so good days, but in the balance of life... everything is fine... everything is beautiful as you go on this journey for greater health.

Step 8 - Bring them back.

1, beginning to awaken now, 2 with a new sense of appreciation for how wonderful your unconscious mind is... 3 beginning to feel movement returning to your fingers and toes... beginning to move around now... 4, stretching your back, full movement returning to your body, and 5, wide aware! Wonderfully refreshed... welcome back!

[This script begins after the convincers have been completed]

[Revisit imagery - very symbolic. End result imagery - way out into the future. The direct suggestions: independence, the ability to succeed, a desire for permanent change]

Imagine if you will, high atop a tree, a wonderfully sturdy eagles nest, and in this nest is an adorable little eagle. Strong enough to move on his/her own, but still small enough that it needs to be fed by its mother. As it looks out over the edge of the nest, notice how it becomes frightened, and moves to the center of the nest, anxiously awaiting the arrival of mom. And here she comes, gliding beautifully along the sky with her wings outstretched and her eyes surveying the land. As she calls out to her child in that familiar cry only an eagle can make, it calms and soothes the baby eaglet to know she is soon to arrive. As you, perched on a neighboring tree securely safe in a tree house, the kind you always wanted as a child... You can see the mother Eagle flying around. Her feathers outstretched like fingers on giant hands, they catch the wind and allow her to glide across the treetops. As she circles around, you realize that she is flying toward you. She lands on the top of another tree not even 10 feet from you, but not noticing you. You sit, silent and calm in wide eyed reverie. With her keen sense of awareness, she turns her head and looks right at you, the way only an eagle could do, and looks at you with a glance as if to say Hello and welcome, you've come a long way to be here. You've traveled very far. Your wonderful horse has brought you to new places, and will continue to carry you on your journey. Notice how far she has brought you, and how thankful she is that you have fed her healthy grains. As you find yourself now, once again on the back of this beautiful creature, she carries you to a magical land and a wonderful time. The time is the future, she has brought you to the future, 5 years into the future. As she slows to a halt, you go to a familiar place, and see a familiar person. This person, was once referred to as the reflection of perfection, but now, s/he no longer lives inside you, s/he is you. No longer a reflection of perfection, but rather, your manifestation of magnificence. One who has let her/his body reflect whom s/he truly is deep down inside. Isn't it wonderful? I want you to have a conversation with her/him now, for s/he may have some advice to give you... as your conscious mind goes off to have that conversation, *your unconscious* mind will continue to listen to me and will accept the following suggestions...

Realizing that the process of eating is not a race, and that a large part of your digestive process is necessarily conducted in the mouth, you will continue to chew your food 10% to 15% slower than you do, even now. From now on, you will chew your food thoroughly... Roughly 10% to 15% longer than you do, even now.

You will also supplement your diet with fresh, uncooked or lightly steamed vegetables, providing your body the necessary enzymes to properly digest food and leaving vital energy for things such as metabolism, breathing, and beating your heart. Again, from now on, you'll supplement your diet with fresh-uncooked, or fresh-lightly-steamed vegetables, as often as possible.

On a scale from zero to ten, with zero being starving and ten being completely full, you'll feel comfortably nourished and stop eating at number six. After each bite has been

swallowed, and before you might take another, you'll gauge your stomach on a scale from zero to ten, with zero being starving and ten being completely full, and you will stop eating when you have reached the number six.

Finally, you will thoroughly enjoy your success, and the feelings of accomplishment, gratification and self-worth that come from it. Because it is yours to enjoy, and no one can take the victory from you...

And as you *see yourself*...

[Insert any end result imagery you have not done yet, revisit other metaphors, and give them direct suggestions for success.]

... And knowing that, no matter how long it's been, you can always go back, into that control room and adjust the dials to reflect your needs for perfect health... Even, say, *x* years from now, when you...

[The following is the close of the Eaglet loop...]

... and as you look up in the sky, there you see that beautiful little eagle, perched high atop the tree. As you look closely, you see that she has been growing healthy and strong, and she has outgrown her nest that once was so nice. Things change, people change, you have changed and are continuing to change. And as she peers out from her nest looking all the way down, imagine the fear she must feel about taking that first leap. Imagine standing on the very edge of that nest high atop the tree. With the wind pushing from all sides you feel the tree swaying to and fro. The thought of actually taking that first leap seems so ominous. As a small piece of nest breaks away from the nest you see it tumble to the earth, falling and bouncing off branches below. The adrenalin intensifies and just as you step back to your nest of safety you feel a gentle nudge from behind. It's your mother encouraging you to take flight! The excitement intensifies even more as you feel your body falling from the nest, but in an instant, instinctively, you spread your wings, the wind catches you and you immediately begin to soar among the heavens like you were destined to do. With a forceful lunge your wings propel you into the sky to see many more trees, many more lands, and you finally experience how it feels to be totally free, independent, and in control of your destiny...

Step 8 - Bring them back.

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