

## **Being Slim Stage 1**

You may want to lose just a few pounds or you may want to lose half your current body weight – it makes no difference – this method will work for you. You may have tried to lose weight many times before without success, you may have been a dieter all your life, and have tried virtually every diet on the planet, without success. You may have been a yo-yo dieter, losing weight then rapidly putting it and more back on again. It makes no difference, this method will work for you.

There are some rules of course, but these rules will be easy to follow, will be enjoyable and will become part of the fabric of who you are and the way you live.

Following this method may seem strange at first, alien to you even, but there will be many rewards, including a slim and agile body, health and fitness and a deep sense of physical, mental, emotional and spiritual wellbeing.

**Dieting doesn't work.** You have only to look at the western, developed world to know this. The UK, America and Australia all have exploding obesity rates and yet the bookshelves and magazines are full of wonder diets and large proportions of the population at any one time, are following them - unsuccessfully.

In order for you to understand why dieting doesn't work, it is important that you understand your subconscious mind. The subconscious mind can be likened to an iceberg. The 10% of the iceberg that is visible above the water is the conscious mind, the 'voice in your head', the part of us that 'thinks', weighs things up, makes decisions, builds your relationships, expresses your personality, steers your external life. The massive 90% of the iceberg that is beneath the water is your subconscious mind. The subconscious mind is immensely powerful, far more powerful than the conscious mind. It controls your internal life. Its primary purpose is to keep you alive, to ensure your survival. In order to do this, it controls and regulates all the body's systems and functions. Some of these we are aware of, like our breathing and heart-beat but the great majority of them we only become aware of if they malfunction.

Eating and providing the body with nourishment is of course an important factor in maintaining life. When we diet we send a message to the subconscious mind that there is a food shortage. The subconscious mind cannot understand why we are limiting our food intake it simply knows that the body's food supply has diminished and therefore its survival is under threat. So whilst your conscious self is busy exercising its will power to limit your intake of food to try to force your body to use up its stored supplies, the subconscious mind goes into crisis mode. It makes the most of what little food is available by slowing down your metabolism, making you feel tired and lethargic and thus ensuring that your precious energy reserves are conserved.

Every time you diet you set up a conflict situation between 'will power', which is a function of the conscious mind and the all-powerful 'survival instinct' in the subconscious mind. Since, as we have seen, the subconscious mind is the more powerful by far, it will always prevail in these conflict situations.

It wins in a number of ways. It ensures that the dieter feels hungry and is focused on food as much as possible, to the point sometimes when their whole life revolves around eating/not eating – they become obsessed with food. They become trapped between the conscious mind's obsession with losing weight and limiting food intake and the subconscious mind's insistence that they eat everything in sight. This is not a happy place to be and some of you will recognise it.

Eventually the need to eat more becomes so powerful that it not only overcomes the wish to diet but can and frequently does, lead to a period of binge eating. Since the metabolism has slowed right down and the individual's energy levels are low, any surplus food that is eaten goes straight into storage on belly, hips and thighs. The weight goes back on very quickly, not only the weight that had been lost, but often a lot more besides. The subconscious mind's confidence in a reliable food supply has been shaken, so it will be anxious to lay down some reserve supplies, just in case there is another famine out there. The casualty on this battleground is the individual's confidence in their ability to control their weight. Their self-respect and their self esteem is also likely to have taken (yet another) nose dive.

In short - DIETING DOESN'T WORK. SO STOP DOING IT!

Which brings us to the **RULE ONE-**

**From now on, for the rest of my life, I will eat whatever I want to, as much as I want to, and whenever I want to.**

You may find this difficult to comprehend. You may even be shocked by it. It will involve undoubtedly a complete mind shift. We have been brainwashed into believing that limiting food is the only way to achieve our ideal weight, but it doesn't work and it hasn't worked for you or you wouldn't be reading this book!

It is absolutely essential that there is no longer conflict between your conscious and the subconscious minds, from now on they will be working together to ensure your wellbeing, physically, mentally, emotionally and spiritually. And working together they are immensely powerful. Trust them.

This brings us to the **RULE TWO –**

**From now on, for the rest of my life, I will *only* eat food that I enjoy and I will enjoy every morsel that passes my lips.**

So let's think about food. Spend some considering which foods you really enjoy and why. Consider what it is about different foods that attracts you and which of your senses are stimulated by them. Do you like the way the food looks on the plate; do you love the feel of it in your mouth - its warmth or coldness, its texture; is it the flavour that appeals to you – sharp or sweet, cool or fiery; is it the smell - the aroma of good coffee or dark chocolate that appeals to you, or is it, although perhaps less likely, the sound of it, its crunchiness in your mouth for instance, or a combination of all of these things?

Make a list below of your favourite foods, which senses are stimulated by them and what it is that you love about them. The more of your senses you engage the better.



one of this life's great pleasures, it is essential for our wellbeing. Use tables like the one below to plan your eating.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Supper</b>							
<b>Snacks</b>							

In case you are feeling horrified by this and considering it to be a recipe for disaster, weight-wise, let me explain the reasons behind it.

We are programmed, by our good friend the subconscious mind no less, to get a certain amount of enjoyment and satisfaction from food. This need ensures not only that we bother to eat at all, but that we eat sufficient amounts of food to give us the energy we need and to keep us healthy. If we are always in a state of conflict and feeling guilt-ridden when we eat, this emotional need is never satisfied. We become fixated by food whilst at the same time unable to get sufficient true untainted enjoyment and fulfilment from it to satisfy this emotional need and are therefore prone to keep on eating. Once our emotional need is satisfied by the food we eat, we no longer feel hungry – we feel sated, do not continue eating and no longer overeat.

This brings us to the **RULE THREE –**

**From now on, for the rest of my life, I will eat and drink SLOWLY. I will give the food and drink that I take, my full attention, really savouring every mouthful. I will chew my food well and swallow it only when I have chewed it sufficiently.**

Two reasons for this rule, firstly by eating in this way, you will quickly satisfy both your emotional and physical need for food. Secondly by chewing it well you will enable it to easily be digested and readily turned into energy.

So from now on plan your life so that you have time for meals – sit down to eat, even if only for a few minutes. Avoid distractions, such as reading and watching television whilst you eat. Get into the habit of only eating when you can give it your full attention.

One of the subconscious mind's jobs is to ensure that our countless bodily functions remain in a state of homeostasis, or balance. So for instance if our heart-rate increases, making us out of breath, it will take steps to bring it back to normal, if our temperature or blood pressure goes up or down, it will take steps to normalise them and so on. In order to do this it needs to have a clear idea of what 'normal' is in respect of each and every one of our bodily functions. It is not known exactly how this data-base is compiled and stored but that it exists is beyond doubt. On that data-base is your weight. Now the subconscious mind in some respects is very intelligent, but its knowledge of the world is limited. The weight level that it has registered as a normal and acceptable level for you, is almost certainly far too high. You must re-educate your subconscious mind as to what is the correct weight for you.

This is not as difficult as it might seem. The subconscious mind does not understand language, but it understands the messages that the senses send it. The most powerful of these is visual image. We will begin by using visual image to re-educate your subconscious mind.

### **STAGE 1 ACTIVITIES**

1. Decide what your ideal weight should be. Think about a time in your adult life when you have felt good about your weight. If this has never been the case, just spend some time thinking about the weight that would be good for you. It might help you to consult a weight/height chart. It doesn't matter if it is not exact at this stage but make a decision about it and don't be too cautious.
2. Whatever weight you choose as your ideal weight – it must become an important number for you. So for instance, if your ideal weight is 9 stone, then 9 must become a part of your life until you reach that weight. Put the figure 9 in places where you will see it frequently. It is important that you remind yourself several times a day, that 9 stone is your correct weight. Put a large figure 9 in the bathroom where you will see it last thing at night and first thing in the morning, put one in the kitchen that you can see as you make tea or wash up, put one on your computer screen, in your wallet, write one on the back of your hand, on your steering wheel and so on. You might also like to put an elastic band or a ribbon around your wrist and whenever you notice it, bring your number to mind. We are beginning the process of re-educating your subconscious mind – correcting its data base.
3. Weigh yourself every day. This again probably goes against what you have been told by dieting organisations, but it is important that you do so. It keeps your attention focused on your goal. Your weight will of course go up and down, especially to begin with, so be relaxed about it. Just weigh yourself first thing in the morning, before you have eaten or drunk anything and with a minimum of clothing on and chart your progress. Make your chart a bold one, add your ideal weight figure to it and put it on a wall where you will see it each day. It will give you a visual image of your progress.
4. The next task is for you to be very clear about how you wish to look and feel. This will be an enjoyable way to spend an hour or so. Gather together some magazines and Sunday supplements, scissors, glue, one or two large

pieces of card, preferably, or good quality paper and some coloured pens. Write your name on the card. Go through the magazines and cut out images that appeal to you – images of people who look the way you would like to look; of people who are fit, healthy and glowing with vitality, images of people who are dressed in ways that you would like to dress, doing things that you would like to do, and so on. You can also add images of other things that you would like in your life, that lovely golden retriever, or that holiday in the Bahamas or the tranquillity of a quiet garden. Cut out or use your coloured pens to write in words that resonate with you. Use your imagination, be creative, have fun! When you have completed your collage, put it in your bedroom where you will see it last thing at night and first thing in the morning.

4. Finally in this section we will start to directly influence your subconscious mind with powerful images of how you should be. This exercise should be done last thing at night, when you are in bed and feeling sleepy and first thing in the morning when you are just coming round from sleep.

Stretch out and relax. Go through each of your senses in turn; become aware of the weight of your body on the bed, the feel of the sheets against your skin and the air against your face; become aware of the sense of taste, what can you taste; become aware of the sense of smell, what can you smell; close your eyes and be aware of the sense of hearing, what can you hear, listen, really listen and lastly, without opening your eyes, become aware of the sense of sight. Look at the colours, shapes and images projected against your eye-lids, be aware of the depth of colour of those eyelids.

Now use your imagination. See yourself as though you were a bystander looking on. Perhaps imagine that you are looking through a full-length mirror, or are watching yourself on a cinema screen. But the self you see is not yourself as you are today but the person you will be when you have achieved your ideal weight; the you that is confident, happy with your appearance, proud of your achievements, aware of your qualities and skills, looking forward to a bright future doing the things you dream of doing, reaching your goals, being successful. Notice every detail. Is this new you walking, standing, sitting...? What are you wearing, what is your hair like, are you wearing make-up, jewellery, a watch? What is the expression on your face and in your eyes? How are you feeling about yourself? What do your friends and family say about you?

When you have a clear image of this new self, step into it, as though you were putting on a suit of clothing. Be that new self. Feel how it feels to be your ideal weight, to be attractive happy, confident and successful, to be fit and healthy and full of energy and joie de vivre. Feel how it feels to be looking that good, to be wearing those clothes, to be doing those things you have always wanted to do. Revel in those feelings, allow them to flow through your body, touching every part of it.

**This is you, the real you. This is who you really are.**