

ADVANCED HYPNOTHERAPY

AND

TRAINING INSTITUTE

“GREEN HEALING LIQUID”

For weight release

Author unknown

Revised by Ines Simpson BCH CI

I'd like you to know that should you ever become physically or mentally uncomfortable you can re-adjust your physical position without disturbing the deep level of hypnosis you are enjoying at the moment.

The next suggestion that I'd like you to allow yourself to accept is that each time you allow yourself to be hypnotized; you go more deeply and more quickly into hypnosis than the time before. Just allow yourself to drift even deeper into that place of calm control as you focus on my voice and allow yourself to accept all these positive suggestions and experience the benefit of your time here with me.....

Allow yourself now to become aware of your breathing. It's a fact that you are now a person who eats healthy and takes care of their body.....

Because you would rather breathe, eat healthy and be fit..... And as you continue to breathe more deeply and easily, you notice you become even more relaxed and calm.....you focus on my voice so that the sound of these words building one upon another strengthen your desire.....your determination...and your self control as a person who eats healthy and is fit. And so it is...because you're really are healthy and fit and your belief in that fact grows stronger and stronger with each clean, clear calm breath you take.

In a moment, I'm going to count to three and when I reach that last # I'd like you to imagine, visualize or pretend that your body has become transparent, just like it were made of glass. Allow it to maintain your silhouette.....but appear perfectly transparent in every way. All right...1..2..3.. Allow your body and mind now to appear transparent in your imagination....and allow this transparent container to fill from the toes up with comfortablewarmsoothingpleasing ...green colored liquid. Allow it to move soothingly up from your toes into your legs and up into the trunk of your body....calming and relaxing you continuously more and more as it flows through the trunk of your body and into your stomach and chest area soothing every muscle....every sinew.....every organ.....totally

immersing every cell, every atom, in this soothing, healing green colored liquid. This warm, calming, healing, green colored liquid continues up into your body spilling down into your arms, filling first your fingers, with that warm soothing green colored liquid, then into your hands and arms, until it reaches your shoulders, and they relax completely...now.

This soothing green colored liquid continues to soothingly flow into your neck, releasing any tightness or tension that's left there....now into your jaw, slackening and releasing the jaw muscles, filling your head moving easily and comfortably through your sinuses and even into the brain, calming and doubling the relaxation of your mind. Flowing through your head now as if it were even coating every hair follicle....soothing your entire scalp with that soothing, green colored liquid, so that it changes the chemical activity of every cell of your entire body so that they are changed and completely cleansed.

Washed away is the urge, the need, the very desire, the very impulse to eat unhealthy foods. In fact, it's as if you've forgotten that you ever had poor eating habits.

Now I'd like you to concentrate on your body.....for it's here that the healing, soothing, green liquid is working like thousands of scrubbing bubbles, working to cleanse your body of all the unwanted fat and toxins, working to clear out all the fat and toxins out of your body, suspending it all in that green colored liquid. Allow yourself to imagine how it feels as these scrubbing bubbles work away to rid your cells of all these unwanted chemicals and unwanted fat. It's true, as the one responsible for putting these impurities in your body, you are also responsible for cleaning them out. So, concentrate once again on your body. Imagine yourself inside your body inspecting its condition from the inside. Use your imagination now and create any tools you need to clean the cells. Imagine that it is YOUR job to clean them now while I'm quiet for a moment. (about 40 seconds) Very good. And as you clean them, speak to them in a soft loving way, telling them you would rather eat healthy and be healthy and fit. Watch them in your imagination now as they return to a healthy color....and so it is.

Now I'd like you to turn your attention to another part of your body. Imagine that you're traveling down the length of your spine, right down to your tailbone. The nerves of your nervous system terminate there. Your nerves

are like the strong fibers of a thick rope, a rope that is frayed and the fibers eroded of their natural protective coating. It's true that the chemicals in the unhealthy food choices have eroded their protective coating, but, you can repair the damage, because in that soothing green liquid is a healing salve. Use your imagination now and think of yourself as coating the fibers with that wonderful healing salve, to cover and coat your nerves. Allow yourself now to imagine feeling the salve soothing and calming your nerves. Now as you coat and cover all your nerves from the end of your tailbone right up the nervous system, right up into the brain. As you work your way up your spinal column, you coat every fiber, soothing and relaxing all your nerves as you go.....while I'm silent once again.....(40 secs or so)

Very good. You have traveled up the entire nervous system and coated each and every nerve, so that now you have arrived at the brain. You are now in the part of the brain that holds your very memory bank. This is the control room for your day to day routines.....every habit you possess is controlled from this room. Now, observing the room.... allow yourself to notice the fibers of your nerve endings fanning out and separating and connecting to the control panel. Imagine each fiber as a thin....thin...strand with

a light pulsating within it. Each strand with its pulsating light connects into a massive control panel. It may even take up an entire wall. Allow yourself to notice that the transparent fibers are connected and...very carefully labeled. You instinctively know which connections represent the associations to past eating habits. These fibers are connected in one area of the control panel. Understand and know that by disconnecting the strands and allowing the light to go out you disconnect yourself physically, mentally and emotionally from the old out dated habit.... All you need to do to break free is to disconnect the associations that represent the poor food choices of your day. And so it is.....since you decided you'd rather be healthy and fit. It is important you disconnect each and every one. I'll mention the associations and as they pertain to you.....I'd like you to reach into your mind with your imagination and disconnect the fibers.....and eat healthy. As you disconnect each fiber, allow the pulsating light to go out, and as it stops, so the impulse for poor food choices stops.

Reach into your mind now and sever the strand that is associated to the first poor eating choice of the day. Disengage it now and allow the light to go out....and eat healthy. If in the past there was an association of a poor food choice to caffeine, be it coffee, tea, or

colas....sever that strand nowthe light goes outand eat healthy. If you associated poor food choices with breakfast or a morning snack....reach into your mind with your imagination, sever the strand and eat healthy. Maybe you associated snacking with driving a vehicle.....sever the strand and eat healthy. If talking on a phone is connected to eating....sever the strand now and eat healthy. If you associate poor eating habits with your job, place of work or just your workplace, in the home or where you volunteer....sever the strand,....allow the light to go out, and eat healthy. Now think about the association your poor eating habits may have with lunch. It could be before, during, or after the meal. It could be at home, at work, in a restaurant, or anywhere else. Sever those strands now and eat healthy. With each severed strand, you feel more and more in control.....As the pulsating lights go out, the memories of poor eating habits become further and further from your mind. Sever the strand now and eat healthy. With each severed strand, you feel more and more in control.....As pulsating lights go out, the memories of poor eating habits become further and further from your mind. You gain more control as you disconnect more and more associations to that past, old, outdated habit.

If certain emotions triggered eating in the past, such as boredom, loneliness, sadness....or when you were happyangryanxiousnervousguilty or any other negative or positive emotion of any kind....sever all the strands now....and eat healthy. I'll be quiet for a moment while you allow all the lights to go out and disconnect all eating associations to emotion. (Pause about 40 secs)

If you associated eating to any sport or activity such as golfcurlinghuntingfishingbingo, playing cards ...whatever the activity, sever those strands now and eat healthy....because you would rather be healthy and fit. Soon...far sooner than you would have thought.....it is as if you always ate in a healthy manner. It's as if you forget that you've ever even had those old outdated past eating habits.

If you associated eating with any type of alcohol...reach in and sever that strand now....and eat healthy. If you associated eating with reading the newspaper, typing, working on the computer, or any other pastime or hobby, reach in, use that powerful imagination and sever those strands now.

You may have a time in the evening when you eat something that isn't in your new healthy

eating pattern (adjust this patter according to clients answer in the intake concerning snacks etc.)sever that strand now and eat healthy.

Now I'd like you to check...if there were to be any associations left...what would they be?..... Take a moment now and sever any strands I may have missed and eat healthy..... While I am quiet for a moment.

After you've made sure all the lights are out and all the strands are disconnected from the panel double check If there is anything there disconnect it....and now all the strands are disconnected from the control panel each and every light has dimmed gone out.... Know that that you are free foreverfrom any impulse... of any control that food had on you in the past You Are Free!..... and you stay free.

I'd like you to see if there is connection in the control panel for you to drink at least 8 glasses of plain, clear, uncolored water that satisfies the bodies natural thirst for cool, clear uncolored water—if not I'd like you to create that connection now. Every time you notice a dryness around your lips you reach for a glass of clear, plain uncolored water.

Allow that control panel to dissolve now in your imagination.....As that warm, soothing, green healing liquid encompasses it all.

As it cleanses your entire bodyit washes you clean of any desire, any impulse, any urge or even the very thought of eating in that old outdated way. You may even allow yourself to leave that memory that you had that old outdated mode of eating ...at all... Behind you as if it never was....And so it is.

Automatically now ...release some valves in the tips of your fingers and toes...and as they open that green colored liquid begins to flow out of your body carrying with it all the debrisall the murky sludge.... the fat and toxins from inside the body. (pause for a few seconds)

Allow yourself to feel.....a strong feeling of satisfaction and breathe a deep sigh of relief (take a deep sigh and let it out—giving indirect suggestion)...knowing that the inside of your body is now rid of all that old residue and is on the way to regenerate all the new cells needed to make you healthy and fit. Your mind allows the cells to regenerate back to the healthy form they were originally when you were healthy and fit. If for some reason a thought or urge of eating in an unhealthy manner should try to sneak

in....all you have to do....(do this with them) is take a deep breath.....and think to yourself “I am healthy and fit”....and as you dothat small almost unnoticeable urge disappears and you feel free and in control as the healthy fit person that you are.

Note: You may want to take them through a few visualizations of their particular issues with certain foods and snacks and see if they can find that feeling.... “The more you try the less it’s there etc”

(Go into Direct drive Technique.) Now I’d like you to repeat after me.... In your own mind or out loud.... With vigor and deep feeling “ I am healthy and fit for the rest of my life.”....allow yourself to really get into this....remember the subconscious is your feeling level. As you repeat these words They build one upon the other to reinforce your desire to be and stay healthy and fit for the rest of your life. These words reinforce your....determination... your self control.... And it grows stronger and stronger within you. Allow your mind to lock around this suggestion ...so that it becomes you.... Each time you repeat the words say them louder and louder within your own mind, or out loud... so they grow stronger and stronger within you. Allow your mind to lock

around this suggestion so it becomes YOU....
Okay here we go

(Turn on the tape and watch your client react, according to suggestibility factors...they'll respond anywhere from just sitting there to starting to yell it out loud)

And this is so.....YOU eat healthy and are fit....
And these words are communicated to every level of your mind, body and spirit, making your determination grow stronger....and stronger... becoming stronger... and stronger with each breathe you take.