



Week 2!

Take-aways from Week 1

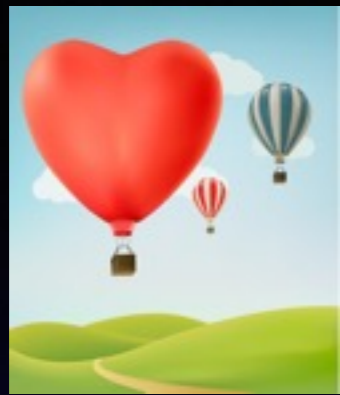
- Your stories REVEAL!
- Your beliefs are not necessarily your own!
- You do not need to hang on to them!
- You are the creator of your own reality!
- So honored to show you how and a new way to weight win!



Unconscious Themes

- Perfectionism
- Control
- Worthiness
- Deserving
- Safety
- Permission
- General ability to succeed- “I CAN!”





New Awareness

- When you Identify what your theme(s) is/are—the rest is simple!
- All your food issues can be boiled down to these deeply-rooted beliefs
- Prior to this you have just tried to control or resist
- You neglected the BIG TICKET ITEM holding you back
- It really is about so much more than food!

- If you never UNCONSCIOUSLY believed you were worthy, able, safe, deserving, and had permission to be lean, strong, and healthy
- You were never set up to weight win!
- The unconscious ALWAYS WINS!
- So... how do we clean it up!?



Lots of ways!

- Hypnosis (passive)
- Muscle Testing (active and intuitive)
- Healing the Heart (active and visual)



De-mystifying

- ▶ This work is scientific!
- ▶ Quantum physics-
study of behavior of
matter & energy
- ▶ Joe Dispenza
- ▶ Can change mind with
1) learning 2)
experiencing

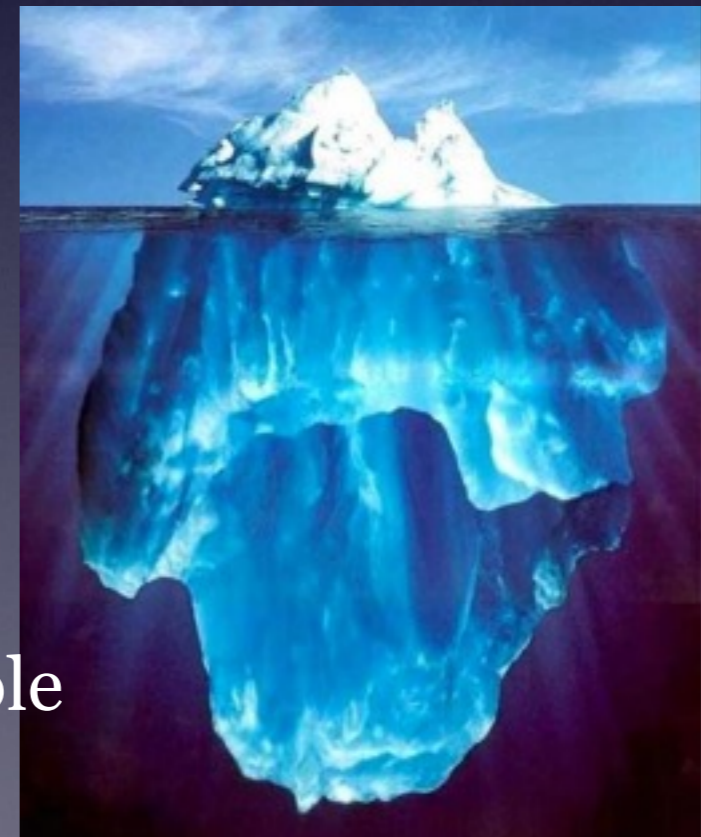


De-myst with Science!

- Mind=working part of brain-full of ONLY past Learnings & Experiences
- Until you introduce something NEW, nothing ever changes.
- New Learning/Focus=Frontal Lobe ON
- EEG's show this
- Change circuits in brain by imagining/new thinking=this work works!
- Relax away from conscious mind-time, environment, body thoughts and INTO unconscious-ability to create change
- Imagine way you want to look, feel, do=CAN DO!
- Body reacts to what it imagines, i.e. anxiety, lemon test, book/balloon
- Might as well imagine something amazing! :D
- Get what you want-CM &UM in alignment! —**NO MORE STRUGGLE!!**

The Mind...

- ▶ Conscious Mind
- ▶ Unconscious Mind
 - ▶ Imagination, beliefs, habits, instincts, reflexes, self-concept, memories, emotions
 - ▶ Process center=results
 - ▶ SUPER Powerful
 - ▶ Development-0-10 years/trauma
 - ▶ Safe, Permission, Worthy, Deserving, Able



Let's do this!

Guided meditative hypnosis



Wrapping up!



- How do you feel?
- What are your big take-aways?