VGB Session 3

I want you to use the power of your imagination and imagine or just get a sense or a feeling that you're walking into a cinema, it might be a cinema that you've been into before, or just one that you want to imagine, but just get this image, sense, feeling of walking into a cinema. There is no one else around its just you, and you feel so calm, so relaxed, and I want you to imagine taking a seat on the front row of this cinema, just take a seat on the front row, there's just a big, blank projection screen and by your side is a remote control, the type that you'd use for your television, to turn up the volume, brightness of a picture.

And whilst your sitting there, front row of the cinema, I want you to bring an image to mind of you looking just how you want to look, maybe it's an image of you wearing that new item of clothing that you bought, maybe it's something else, an occasion that you've got in mind, but just bring to mind that image of you, looking exactly how you want to look. You see in a minute I'm going to count from 1 to 3, when I get to three that image in your mind will appear on that cinema screen, almost like a film rolling. The life of (clients name), but you looking just how you want to look, wearing the clothes you want to wear, full of energy, full of life, the shape the size you want to be.

So I'll count to 3, and when I get to three that image will appear on that

screen, so here we go (clients name), 1 2.3

Take a really good look at that picture (clients name), you living your life, slim, fit and healthy, wearing the clothes you want to wear, looking fantastic, feeling wonderful! Use that remote control by your side, turn up the volume on that picture, turn up the brightness.

You see (clients name) in a minute I'm going to count from 1 to 3 again and this time you have a choice to make, we always have choices in life we can make. If you want when I get to three, you can imagine jumping into that image, being a part of that film, and feeling exactly how it will feel when you achieve that goal, when you are slimmer, fitter and healthier, all the feelings that will come with that or if you want when I get to three you can imagine staying sitting on the front row of that cinema, just an observer, wishing, wanting, old excuses but never doing anything about it.

I wonder what you're going to do (clients name), are you going to jump into that image and feel how it'll feel when you get there, or are you going to lose focus, give up, sit back wishing and wanting, so many people in their lives start off with a goal in mind, but get distracted, lose focus, never achieve their goals, I wonder what you're going to do, so here we go (clients name)1, 2, 3 Jump in there feel how it will feel, you slim, fit, healthy, doing all the things you'd like to do at your perfect shape

and size, feeling fantastic, feeling wonderful and all those feelings will remain with you now...surely, safely and gradually you are becoming that person, that future is there now, waiting for you now...and it's so easy to achieve, just those three small meals, being very satisfied on those three small meals, listening to your tummy, imagining that band, working for you right now, reminding you when you have had enough to eat.

You no longer choose to use your body as a waste bin; you can now eat to live instead of living to eat. Food is no longer your drug of choice.

And you can let that image of that cinema just fade away from your mind. I want you to imagine something else for me, I want you to imagine or just get a sense or a feeling that you're going for a walk in a park. It might be a park that you've been to before, or just one that you want to imagine, but just get this sense, feeling of walking in this park. It's a gorgeous day and the weather is just how you want it to be, your favourite kind of day, and you feel so calm, so relaxed just wandering in this park. Just up ahead of you there is a person who's selling helium balloons, the type that you'd get in a fair, their standing there with this big bunch of helium balloons, and I want you to imagine going up to this person and buying three of these balloons, just buy three of the balloons, and when you've got them, find somewhere to sit down in the park, you can sit on a park bench or on the grass, but just find somewhere to sit

down, and whilst your sitting there, I'm going to go quiet for a while, I want you to consider anything that might now prevent you from becoming the shape and size you want to be, it might be something in the past that has held you back before, it may be a craving for something or eating for comfort or stress, I want you to consider anything that has affected your ability to control your own shape and size, it might be more than one thing, you've got three balloons, I don't know what those things are but you do, so I'm just going to go quiet for a while, whilst you consider anything its maybe time to let go of.

And when you've thought of something, I want you to imagine writing a word on those balloons that describes those things, just write a word on the balloons, and when you're ready to let go of those things, and just in your own time, you can release the balloons, just release the balloons and watch them floating away....getting higher and higher in the sky, taking with them whatever those things are, just floating away,

(going quiet now)

This give you freedom. Freedom, because you are free now... free to become that size that shape you choose to be, all your body needs is those three small meals, just those smaller amounts, you can be very satisfied on those three small meals, satisfied on 3 small meals a day , imagining that golf ball size pouch, your tummy, that band working for

you today, tomorrow, next week and the days beyond.

And you can look forward to that slimmer, fitter, healthier future, and you feel fantastic.

The thing that you thought would be difficult has proved to be easy.
You are pleasantly surprised to find you have loads and loads of willpower and you will use it.
If you ***have*** *to replace you old habit of eating between meals, snacking, grazing ..(client reasons for putting on weight) with the new habit with feeling really proud, proud now that you are in control of your eating habits, feeling fantastic.*
These suggestions that I have given you are now deeply engrained in the subconscious of your mind and will grow stronger and stronger and you will act on them now.
In a *few moments time I* am *going to count slowly up from one to five ... as I count slowly up from one to five, just allow yourself to slowly wake up and come around to full waking consciousness ... on the count* of *five itself, take* a *deep breath, and* as *you slowly exhale, very slowly ... as slowly* as *you possibly can ... allow your eyes to open ... and you will feel wide awake, fully alert feeling absolutely fantastic.*

Counting up now

One allowing yourself to wake up now, starting to feel fully alert and fully awake
Two bringing your mind back to today, and Feeling wonderful....

Three just coming around now feeling physically wide-awake and raring to go ....
Four that's it, bringing yourself back to now, fully alert, fully awake and ...

Five taking a *deep breath now, and* as *you slowly exhale, very slowly open your*

eyes and allow yourself to come around to full waking consciousness, fully

alert, fully awake, feeling fantastic.