

Christian Hypnosis to Lose Weight Program Instructions

Start out by listening to Program 1: Creating Faith. Listen to it a minimum of 3 times. The more you listen to each program the better. You should do it like this:

Week 1: [Program 1: Creating Faith](#). Listen to it 4 times in one week.

Week 2: [Program 2: Overdrive](#). Listen to this at least 4 times the second week, or as needed throughout the rest of the 4 weeks. You should choose a type of exercise that you ENJOY. Don't do something you hate; think of ways that you can exercise. It's okay if you have hated it in the past. Just think of something that you honestly and truly WANT to do now.

Week 3: [Program 3: Crave Healthy Foods! Diminish Sweets!](#) Listen to this during the 3rd week or as needed for the rest of the program, but at least 4 times during the 3rd week.

Week 4: [Optional Program 4: Past Reflection and Realization](#). Listen to this session only once. *It will only work if you get to Levels 4-5 as shown in the General Instructions.* By this time you should easily be able to do it. Make sure you don't fall asleep. Things should come to mind that you would have never thought of before, or else it didn't work.

You should listen to this if you'd like to understand why you've been out of control. This can be a tough session for many people. *Please keep in mind that this session is optional.* This is highly recommended for people who have been obese, or overweight their entire life, or if you feel your eating is completely emotional. Make sure you are alone while listening.

Week 4: [Program 4: Permanency](#). You should listen to this once you are happy with all of your habits. Listening to this program makes it so all of the habits that you have started to do, and continued to do, STICK. This makes it natural, to where you no longer realize you are doing the good habits, to where you automatically are attracted to healthier foods without even thinking about it.

There is a certain repetitiveness required with hypnosis. Through repetition you are able to bring about change without thinking, to where it is natural. Some of the suggestions in these programs are very repetitive. That is a good thing in the hypnosis world. I could



have made them sound more beautiful and entertaining by changing the suggestions in each program, but that only confuses your subconscious mind. *The repetition is necessary and makes it a more effective program.*

THROW AWAY THE SCALE. Don't look at it every day. The scale will only discourage you when your weight fluctuates. It is advisable to look at it only once every two weeks. That way you hopefully will always see a decrease.

You will lose weight at a somewhat slower pace than many other programs you've been on. That's because your mind and body are losing it at the appropriate pace. Losing it this way, you won't have any excess skin or ugly side effects that losing it fast can bring.

Focus on your habits! That is where the success is. The weight will eventually come off as long as your habits are right.