

This unique and distinctive book literally entrances the reader from start to finish. Hypnotherapist Elizabeth Riches delivers potent, persuasive and convenient suggestions to help melt away those excess pounds in a refreshingly charming and compelling way.

Read Away Body Fat

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Read Away Body Fat

Instant Weight Loss Hypnosis ... In a Book!

By

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Chapter 5

Set a Target Size

Never Mind the Quality, Feel the Width

A female friend of mine once said, "I wish all shops would make clothes sizes the same". The fact that a size 10 in one shop is smaller than a size 10 in another shop, means that it is virtually impossible to be sure what size you actually are.

When you think about all the times you have tried on an 'S' or an 'M' only to find that you actually fit into an 'XXL', then you'll realise how vitally important it is that you set a realistic Target Size in your mind. What is the exact size you want to be?

When you really begin to imagine yourself wearing an article of clothing in the Target Size you want to be, then you are in with a greater chance of taking **CONTROL** of your weight.

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Can you imagine now, walking into your favourite clothes shop – a clothes shop that you can trust the size labels on their clothes? I don't know whether it will be a trendy boutique or a large department store but I do know that there is always a clothes shop that sells clothes with labelling you trust.

As you imagine entering the shop, perhaps you can become aware of the voices of the other shoppers already looking at the clothes. If you really begin to use your imagination, maybe you can feel the conditioned air wafting over your face or even imagine the feel of the carpet beneath your feet.

And, as the vision becomes more and more real, you may even be able to imagine row upon row of fantastic, fashionable clothes of all colors and sizes just waiting for you to pick one that you really want to fit into. Isn't it amazing how powerful your imagination is? When you really begin to notice all the rows and rows of brightly colored and beautifully tailored clothes in front of you,

then you can really begin to mentally sort through all of them, taking all the time you need to pick one item of clothing that is in the size you want it to be.

It feels great when you finally pick something that is in the size that you want to be, doesn't it? And when that happens, when you have chosen the item of clothing that is in the size that you want to be then take a few more moments to imagine slipping it on and finding it fits beautifully, perfectly, fabulously.

Check the Label

Take a minute to imagine the label in the clothing that you have just chosen from your favourite shop. I've no idea if the label is black or white, big or small. I don't know whether the label is at the back or at the side. It may be the label is on the inside or the outside of the garment.

And when you have that label firmly in your mind, I wonder if you can even see the designer's name or the

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washing instructions on that label. I wonder if you could just allow your imagine to be free for a moment. It's great to know that your imagination is the most powerful tool you possess, isn't it?

And as you begin to focus on the label even more now, I wonder if you can see what number is printed on the label of the perfect piece of clothing you have chosen. What number do you see in your ideal, perfect, Target Size clothing? 0, 6, 8, 10, 12, 14, 16, 18, 20, higher still? How does it feel when you see that number on that label? A person can become enthusiastic about being in **CONTROL** of their weight when they see how low the number is. Allow that vision to sink deeply into your mind. This is how you want to be, is it not?

Try it on for Size

One of the things about using your imagination to take **CONTROL** of your weight is that by imagining you are able to fit into a certain size of dress or trousers, you will

always be reminded of what you want to be, not what you currently are.

Your conscious mind knows that you are overweight but your subconscious mind does not know that the size of your body is too big. It just knows that you are this particular size. Subconscious does not have an opinion. It is your conscious opinion that you are fat, not your subconscious opinion.

One of the things you should know about your subconscious mind is that it supports and protects your conscious mind at all times. If your conscious mind wants to have a drink, then it is your subconscious mind that moves the muscles and the joints of the arm, focuses the eyes on the glass and the jug, grips the jug perfectly with the hand and the fingers and accurately pours the water into the glass. Maybe you'll realise that you don't even have to think about muscles contracting and fingers gripping. They just do, don't they?

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I wonder if you already know that the subconscious part of your mind is there to carry out whatever tasks the conscious mind wants it to do. If you consciously want to cross a busy road, your subconscious will automatically turn your head from side to side. Your subconscious will shut out all noises that are irrelevant to the task so that you can hear approaching or retreating traffic.

Your subconscious will make you focus on the moving cars and not the bird that might be flying in the sky. When you make a conscious decision to cross the road, then you can be assured that you have carefully considered all the relevant information your subconscious has provided you to complete the task.

Now, can you imagine what the subconscious part of your mind will make you aware of, if you tell yourself that you are fat? It is true, is it not that, that if you tell yourself you are fat, then your subconscious will do all in its power to help the conscious mind complete the task of being fat.

Did you know that your subconscious mind can analyse 2.4 million stimuli at once? And, were you aware that your subconscious mind will filter through all these millions of individual stimuli and will only allow a select few through to your conscious awareness?

People receive millions and millions of signals into their brains every second of the day and night but we can only be consciously aware of about 8 things at once. And if one of those 8 things happens to be that you are fat then the subconscious mind will only allow stimuli through to your conscious awareness that supports this conscious decision.

When you repeatedly tell yourself that you are fat, then it is amazing how your subconscious mind will only allow you to see the rolls of fat and the cellulite and not the curvy or sturdy figure you are blessed with. It is true, isn't it, that when you tell yourself you are fat then you refuse to see how beautiful your eyes are or how shapely your legs might be.

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As the great philosopher Rene Descartes once said, "I think therefore I am". Isn't it good to know that you can start to have more **CONTROL** over your weight if you were to simply think that you are slim?

Can you imagine requesting that your subconscious mind only shows you proof that you are slim? How would it feel if you were able to demand from your subconscious only evidence that shows you are slim instead of evidence that shows you are fat? Can you imagine saying to yourself "I am slim", "I am slim", "I am slim" for a change?

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