

# **Trance Formed Body**

# Trance Formed Body

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Trance Formed Body: Use self-hypnosis to change your weight, size, and shape.

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## Contents

About the Author .....	iv
Preface .....	v
<i>Chapter 1</i> Face Your Frustrations .....	1
<i>Chapter 2</i> Identify Your Control Mechanisms .....	5
<i>Chapter 3</i> Experience Your Natural Trance State .....	18
<i>Chapter 4</i> Create Your New Body Image .....	36
<i>Chapter 5</i> Reinforce Your New Body Image .....	59
<i>Chapter 6</i> Undermine Your Belly Fat .....	75
<i>Chapter 7</i> Discover Your Motivators .....	95
<i>Chapter 8</i> Supercharge Your Goals.....	111
<i>Chapter 9</i> Create New Attitudes.....	126
<i>Chapter 10</i> Uncover Your Blocker Beliefs .....	141
<i>Chapter 11</i> Replace Your Blocker Beliefs .....	168
<i>Chapter 12</i> Harness Your Fears.....	183
<i>Chapter 13</i> Access Your Internal Resources .....	205
<i>Chapter 14</i> Win the Mental Game.....	223
APPENDIX.....	233
Blink Induction .....	234
Deepening Staircase: Body Sculpting.....	237
Work with the Full-Length Mirrors .....	241
Power-up Motivator Beliefs into Attitudes.....	243
Replace Obsolete Beliefs with Supportive Beliefs / Attitudes ....	243
Redirect Fears and Create Supportive Beliefs / Attitudes .....	244
Reawakening Staircase: Body Sculpting / Count up .....	245

## About the Author

Dr. Robert P. DeGroot earned his Bachelor of Arts degree in psychology and Master of Education in school psychology from Texas State University. He earned his doctorate in clinical hypnotherapy from the American Institute of Hypnotherapy.

Bob is certified by the American Board of Hypnotherapy and holds Fellow status in the American Psychotherapy Association.

He's an author, counselor, consultant, trainer and instructional designer. He currently owns and operates a web-based training company, Sales Training International.

In addition to *Trance Formed Body*, Bob has written over 70 instructor led training manuals, 50 Web-based training courses, and 42 eBooks.

For more information: [www.BobDeGroot.com](http://www.BobDeGroot.com)

## Preface

Trance is the easiest way to open a direct communication link with your subconscious mind which ultimately controls your weight, size, and shape. Now with the guidance provided in this book, you will learn how to use self-hypnosis inductions and deepening techniques to access your own naturally occurring trance state.

While in trance, you will work with the six primary areas that make it such a seemingly hopeless struggle to get and keep the body you want. Let's quickly review these areas.

First, your subconscious mind is maintaining the body weight, size, and shape you've got now because that's the current image it has of you. Use trance to quickly embed a new picture of the body you want so it knows what to build and maintain for you.

Second, under stress, your body generates an insulin spike that turns calories to fat and a cortisol spike that puts the fat on your belly. You can significantly diminish and even stop this effect with simple coping strategies both in and out of trance.

Third, the subconscious beliefs that sustain your motivators may not strong enough to compel you to make the right choices. These beliefs need to be strengthened into attitudes that will automatically guide your decisions.

Fourth, you hold certain once-useful, but now-obsolete, core beliefs operating at the subconscious level that block your ability to change your weight, size and shape. They must be replaced by supportive beliefs and then powered-up into attitudes.

Fifth, you have a biologically based fear center that perceives weight change as threatening. Redirect the power of your fear center and retrain it or it will fight hard to reverse any success you have changing your weight, size, and shape.

Sixth, you have many internal resources such as courage and self-control that must be singled out, powered-up, and made a part of your lifestyle to make it much easier to get and maintain the body you want.

This unusual book is written using dialogue format and tells the story of two couples, as they work with a hypnotherapist, to learn how to use self-hypnosis to get the bodies they want. Simply read along and go into trance with them to learn how to use self-hypnosis to access your natural trance state to get the body you want.

The characters and conversations are fictional. They are designed to answer common questions about hypnosis, address issues with weight control, and to keep you engaged while you learn how to use self-hypnosis to achieve your own weight, size, and shape goals.

The information about weight control psychology, hypnosis, trance inductions, deepening techniques, and trance work are real and wonderfully effective when completed according to the instructions given. Further, to enhance your feelings of comfort with hypnosis, you'll do it all with your eyes open using time tested self-hypnosis techniques.

You can add, modify, or delete the suggestions in this book to better meet your specific needs. In fact, in some of the hypnosis scripts you'll read, there are fill in the blanks templates designed for you to personalize the suggestions to increase their effectiveness with you.

Thank you for purchasing this book to facilitate your journey into your subconscious mind to help you get and keep the body you want.

Bob DeGroot

## *Chapter 1 Face Your Frustrations*

Jean stared into her closet and shrieked, “I can’t take it anymore. I’m so fat. None of my clothes fit.”

John startled but quickly understood as he slouched in his oversized chair with his belt unbuckled and his pants loosened. He, too, was extremely uncomfortable with his size and said with an intensity that surprised him, “I hear you. Just look at me. I’m the same way.”

She walked over and sat across from him. With tears in her eyes and pleading in her voice she asked, “What are we going to do?”

John looked at her with concern but could only sigh.

“We can’t keep going on like this,” she said. “We’ve got to do something. I don’t want to end up with any of those terrible conditions overweight people get. On top of that, I am really beginning to resent how people look at us.”

“We’ve tried just about every diet out there,” he said. “I’m not sure what we should do.”

“I know,” she said. “We initially get excited and then after a while we just stop doing it.”

“And our weight goes back up,” he said.

“I just don’t think I can go through that again,” she said.

“Me neither,” he said. “I tell you what let’s do. We’re smart people. Maybe we can figure out our own plan. We know what we need to do and we’re eating healthy foods.”

“Yeah, I know,” she said. “But for some reason, we just can’t take any pounds off.”

“So what are we missing?” he asked.

“I don’t know, I don’t know,” she said. “But it’s got to be something mental or emotional or motivational or something else entirely. I just know there has got to be something we’ve completely overlooked.”

## Trance Formed Body

“Jean,” he said, “we will figure it out. But right now it’s pretty late, and so before we get really down on ourselves, we need to call it a night and start fresh tomorrow.”

John and Jean drug themselves out of their seats, got ready, and fell into bed, both thinking about what it must be that they missed during all their attempts to get control of their weight.

The next day Jean came home from work and said, “John, you’ll never guess who I had lunch with today.”

Holding his fingers to his forehead he said, “Yes, I can. It was Betty.”

“How did you know?” she asked.

“I’m psychic,” he laughed. “Not really, she just called and told me about your lunch and said she’s got great news but she wouldn’t tell me. She said that would spoil the surprise.”

Jean was already dialing before John finished his sentence.

“Hi, Betty, it’s Jean, I hear you have some good news?” she asked.

“Oh, I’m so excited,” she said. “There is this fun couple who live on the first floor of our building. We’ve known them for a long time. We see them all the time at the condo social events and out walking or getting the mail, but I never really knew what he did.”

“But now you do?”

“Turns out, when I was getting our mail, I talked with a neighbor about trying to lose a few pounds, and she said I should talk to the hypnotist on the first floor.”

“I never thought about using hypnosis, but I guess we need to find out if it can help,” Jean said. “Who is he?”

“Bob DeGroot. He knows about psychology and hypnosis.”

“That’s great,” Jean said. “Maybe he can just hypnotize us to lose weight.”

“I don’t know about that,” Betty said. “But I was just so excited, I called him and he said he’d be happy to meet with us and answer any questions we have.”

“Thank you so much, Betty. I owe you big time on this one,” Jean said.

“That’s all well and good, but here’s the deal. Ed and I want to be there,” Betty said.

“Really?” Jean asked.

“You know we’ve been trying everything we can to lose weight,” Betty said. “We’ve even thought about surgery. But we’re open to exploring other options before we take such a drastic step.”

“I didn’t know,” Jean said. “Of course, you can be there. You know Bob, and if he can help, it would make sense for the four of us to work together. Maybe we can even keep each other from those desserts we eat at work.”

“You’re on,” Betty said.

“What do you know about this guy professionally?” Jean asked.

“Ed did a quick search and it turns out he’s a doctor of clinical hypnotherapy with all sorts of other credentials in psychology and counseling,” Betty said.

“How soon do you think we could meet with him?” Jean asked.

“Would tomorrow evening around 6 p.m. at our condo be early enough?” Betty asked.

“First,” she said, “let me check with John to let him know what we’re planning. Could you hold on for a minute?”

“Of course,” Betty said.

Jean called out, “Hey, John.”

“What?” he asked.

“There’s a doctor of clinical hypnotherapy –

“A what?” John interrupted.

“A hypnotist,” Jean said. “Betty and Ed know him because he lives in their condo building. Betty talked with him, and he said he’d be happy to meet with us about our weight problem. Betty said she could set it up for tomorrow evening around 6:00 at their place. What about it? Are you up for it?” she asked.

“With you and Betty ganging up, do I have a choice?” he asked.

## Trance Formed Body

“Ha, what do you think?” Jean said to John as she turned back to phone.

“Ok,” Jean said. “Tomorrow evening will be good for us.”

“I’ll call Dr. Bob back to firm up the time,” Betty said.

“What can we bring?” Jean asked.

“Nothing at all,” Betty said. “You know how much I love hosting our little get-togethers.”

“Then,” Jean said, “I’ll fill John in on Dr. Bob’s background, and we’ll see you tomorrow.”

## *Chapter 2 Identify Your Control Mechanisms*

The next day, John and Jean arrived early at Betty and Ed's condo. They spent a few minutes settling in before there was a knock on the door.

Ed jumped up and welcomed Dr. Bob DeGroot.

Introductions went quickly, and everyone got comfortable.

Betty spoke first. "Doctor, can you just hypnotize us to lose weight?" she asked.

"Betty, everyone," he said. "I'm retired. Call me Bob."

Heads nodded.

"Now to answer your question," Bob said. "I can teach you how to use self-hypnosis with your eyes open so you can read yourself into trance, read your own weight, size, and shape-related suggestions, and then bring yourself back out of trance."

"That would be great," Betty said.

"As I understand from Ed and Betty, you've all tried different diets that seemed to work well initially, but over time and for various reasons, you weren't able to stay with them," Bob said.

"Yes," Jean said. "It's like I was telling John. We know what to do, but no matter what, we just can't seem to do it over the long haul."

John, Betty, and Ed each nodded their heads in agreement.

"That's fairly common," Bob said. "There are six primary areas controlled by your subconscious mind that can cause that to happen and interfere with your long-term success."

"We're all ears," Ed said.

"Does everybody have a weight goal in mind?" Bob asked.

Heads nodded and Ed volunteered, "I'd like to weigh 175 pounds."

"I want you think about your number and tell me what that physically looks like for you." Bob said. "Now don't respond out loud. Just answer the question to yourselves."

## Trance Formed Body

Silence.

“What do you mean?” Betty asked. “I couldn’t tell by my number what I would look like. I hadn’t thought about it that way.

“Well,” Bob said. “In the long run, your subconscious mind controls your weight, size, and shape. The last image it holds of you is what gives you the bodies you have now.”

“If that’s the case,” Ed said, “doesn’t my goal of 175 pounds cover that?”

“Not really,” Bob said. “The subconscious mind does better with pictures, imagery, symbols, and emotions than it does with numbers. That’s one of the main reasons that you want to clarify exactly what you want your body to look like. If it helps, you can use pictures of yourself at that size, and shape.”

“My goal of weighing 125 pounds means what then?” Jean asked.

“Unless you can clearly see what that physically looks and feels like,” Bob said, “it’s really too fuzzy for your subconscious mind to work with. It’s easier for your subconscious mind to imagine size, and shape than it is to imagine 125 pounds. If you can’t imagine what that looks and feels like, how can your subconscious mind create that for you?”

“Yeah,” Jean said. “I understand.”

“The more the subconscious experiences and accepts the design, structure, size, texture, color, temperature, taste, smell, sound, and any emotion you might associate with your body image, then the more real it becomes,” Bob said. “The more real that image becomes, the more it’s possible for you to achieve it. So your first goal will be to get the subconscious mind to accept and believe as real, this new image of the size and shape you want that’s right for your body’s height and frame.”

“Frame?” Betty asked.

“Skeletal bone structure,” Bob said. “Some people have big bones and some people have smaller ones. That would, of course affect weight and shape goals.”

“Uh huh,” Betty said.

“Use one of those online calculators or charts that takes your height and frame into consideration to find out what your weight range should be,” Bob said. “You can use this for reference to help you zero in on images.”

“We can do that,” Ed said.

“After you’ve done that,” Bob said, “we probably won’t talk much about weight in terms of pounds but rather focus on what the subconscious mind can use to help you.”

“And that’s size and shape,” Jean said. “I think we’ve got that now.”

“Stress is another area that can stop your efforts cold,” Bob said. “When you’re stressed, your body pumps a lot of chemicals such as insulin to convert calories into fat and cortisol to put the fat on your bellies.”

“Oh, that’s where I think I’ll need the most help,” Betty said.

“I think she speaks for all of us,” Ed said.

“It’s unfortunate that as soon as you start making progress, stress can step in and add fat where you least want it to go,” Bob said.

“We should start with that,” John said.

“I’ll put it early in the process,” Bob said. “After that, the next area that you’ll need to deal with at the subconscious level has to do with your motivation for achieving your weight, size, and shape goals.”

“I think we’re all pretty motivated or we wouldn’t be sitting here,” John said.

“That’s true,” Bob said. “Now let me ask you, with previous weight loss programs, when you hit the tough times, were those motivators strong enough to see you through?”

## Trance Formed Body

“Now that you put it that way, I guess not,” Betty said.

“A lot of times the process breaks down when the motivation fades,” Bob said.

“No doubt that could be part of the problem we’re having,” John said.

“What you’ll need to do then,” Bob said, “is look to your subconscious mind to discover both the obvious and the hidden motivators and get them directly connected to your size and shape goals. Once you find them, you’ll test their strength and then if you need to, I’ll show you how to power them up to maximum strength so they have enough force to carry you through.”

“That would be awesome,” Jean said.

“That sounds like something we need,” John said.

“I’m in,” Ed said. “Let’s go.”

“Ed,” John said. “I think we all want to hear about the other areas.”

Smiling, Bob said, “Yes, there are just a few more issues operating at the subconscious level that can put a stop to your efforts that you don’t want to overlook.”

“We’re all ears,” Ed said.

“Everyone holds certain core beliefs that operate at the subconscious level. These core beliefs guide your thinking and behavior in all areas of your life, including eating.”

“There are subconscious beliefs that say ‘eat?’” Betty asked.

“Yes,” Bob said. “As you’ve discovered, most diets, when followed carefully, do tend to work for a while but then as soon as you are no longer ‘consciously’ vigilant, your subconscious mind steps back in, takes over, and returns you to what it ‘believes’ your weight should be. These mostly obsolete beliefs that are wrong for you now, still control your weight, size, and shape and will continue to do so until you change them. I call them blocker beliefs.”

“Can you give me a specific example?” Jean asked.

“Let’s do two quick examples,” Bob said. “The first is how your subconscious mind takes control when you are not focusing on the task directed by the conscious mind. That could be anything such as changing your pattern of breathing to changing your pattern of eating. And the second example will be with a specific blocker belief.”

“This should be interesting,” Ed said.

“Let’s go then,” Bob said. “Take a deep breath through your nose, hold it, and now let it out slowly through your mouth. Again, take a deep breath through your nose, hold it, and now let it out slowly through your mouth. Now continue to breathe that way while we talk about one of the blocker beliefs.

“Suppose you believe that you must clean your plate of all the food,” Bob said. “That may have been important when you were young, but now it’s wrong for you. This means you’ll need to modify that obsolete belief to something along the lines of, ‘I only eat what I need and throw the rest away.’”

“Oh, that would be so hard to do,” Betty said.

“Wasting food is tough,” Bob said. “That’s why I used that example. But doesn’t that point to another one of your core beliefs?”

“Yes,” Betty said. “That’s been ingrained in me since I was very young. Maybe some of these childhood beliefs like believing in an actual tooth fairy need to change.”

“So you’ll need to work on different strategies and supportive beliefs to help change that counterproductive belief that blocks you from achieving your goal, to something completely acceptable. If you don’t, your subconscious mind will make sure you eat everything on your plate.”

“But if these supportive beliefs are like positive affirmations, we’ve used them repeatedly in the past. They didn’t take hold,” Betty said.

Bob smiled and said, “That’s because you’ve been trying to change them at the conscious level rather than at the subconscious

## Trance Formed Body

level where they operate. Hypnosis will help you communicate those ideas or new beliefs directly with the subconscious mind.”

“So they have to be changed where they work?” John asked.

“Yes,” Bob said. “And by the way, how are you breathing? Are you breathing in through your nose, holding it, and then breathing out through your mouth?”

“I think not,” Ed said.

“What happened?” Bob asked.

“We got distracted by ...” Ed said.

“Yes, Ed,” Bob said. “Once you get distracted from your diet, your subconscious mind takes over and returns your behavior to what it knows and believes you should do, which includes eating more.”

“Your point is well taken,” John said.

“And the next thing that can sabotage us?” Ed asked.

“Oh, you’ll like this one,” Bob said. “There is a wonderful pair of biological brain structures called the amygdalae. From prehistoric times they’ve used fear to keep you safe. Although they do other things, for weight, size, and shape control, what you need to be concerned with is their fear function.”

“I don’t see how we’re afraid to lose weight,” John said.

“Let’s explore that notion,” Bob said. “When these brain parts, we’ll just call the fear center, sense a situation that could be a threat to your survival, they react to keep you out of harm’s way. There is no thinking, just reacting. They help you jump out of the way of a car coming at you or catch yourself when you trip. It’s all reactive, and that’s a good thing.”

“I can see that,” Ed said. “But I’m not sure how that applies to what we’re trying to do.”

“When your weight control actions cause changes that are perceived as threats, you’ll have a fight on your hands every moment of the day,” Bob said.

“How can what we’re doing to lose weight be perceived as a threat?” Betty asked.

“For one, a drop in the number of calories you’re consuming could be perceived by parts of your primitive brain that you’re entering a time of extreme scarcity of food and that could lead to starvation and ultimately death,” Bob said. “Or, even changing the types of foods you’re eating or changing your activities. Any of these changes could elicit subconscious hyper-vigilance to a possible threat that would cause this fear function to slow down or even stop your efforts.”

“We’re not talking about starving ourselves, are we?” Ed asked.

“Maybe, maybe not,” Bob said. “But you have something called the starvation reflex. This is a response to severely restricting the numbers of calories you take in versus what your body needs.

“If you do this longer than a couple of days, your body thinks it’s experiencing a famine and begins to slow your metabolism and hoard calories to survive,” Bob said. “So when this happens, you don’t use fat for energy. Your body wants to store it to use later, to keep you from starving to death, and that’s how you could gain weight.”

“I know about that,” John said. “The last diet we tried made me feel like I was starving. I was hungry all the time.”

“So what happened when you decided not to starve yourself?” Bob asked.

“We did this for almost a month, and when we gave up on that plan, it seemed like we couldn’t get enough to eat,” John said.

“And that’s the other side of the starvation reflex,” Bob said. “As soon as you increase the number of calories you take in, your body decides this famine is over and decides to add some extra fat to prepare for the next famine. It seems like the longer you’re on one of these type diets, the longer it takes for your body to recalibrate what it needs to satisfy your hunger.”

## Trance Formed Body

“Well that explains why we gain more weight than we lose after we ease up on strictly following the diet or when we change to a new one.” John said. “I’ll bet that’s what causes yo-yo dieting results.”

“That could be part of it,” Bob said.

“Oh my,” Betty said. “This fear center sounds like it can be hard to deal with.”

“It can be,” Bob said. “But the good news is that you can harness the power of your fear center and use it to your advantage. You can also retrain it so that it won’t fight you but rather support the change you need to achieve your goals.”

“That’s good to know,” Betty said.

“To be on the safe side so you don’t trigger the fear center,” Bob said, “target your fat reduction goals at one to two pounds a week. One pound is 3,500 calories.”

“I thought I could lose fat faster than that,” Ed said.

“You can,” Bob said. “But in addition to risking the starvation reflex, you might set an unrealistic expectation which is the first stage of burnout.”

“I think Jean and I experienced that more than a few times,” John said. “We’d start with big expectations to lose a lot of weight fast and then we’d hit a plateau, get frustrated, and give up.”

“Thank you,” Bob said. “You just named all four stages of burnout.”

“Are we going to have to count calories?” Jean asked. “It’s such a hassle.”

“It would be a good idea to know how many calories you need to maintain the body you’ve got versus how many calories you need to maintain the body you want.” Bob said. “That way you can begin to gradually reduce the number of calories you consume. There are calculators and charts online you can use to get an idea of what that would be, as well as, the levels you should target.”

“Any way you look at it,” Ed said, “we’re going to have to consume fewer calories than we use.”

“Yeah,” John said. “I guess we’re going to have to do that.”

“Again,” Bob said, “you really just want to get a picture of the amount of food it takes to maintain body you’ve got and the amount it would take to maintain the body you want. You might keep a daily list of what, when, and how much you eat to see if there are any patterns that could be interfering with achieving your goal. If there are, most of the time they’re pretty obvious.”

“I can see how that would tell us if we’re really starting to adjust or if we’re really just kidding ourselves,” John said.

“Our minds are pretty good at getting us to believe we’re not eating any more than we have in the past,” Bob said. “But most of the time that’s just not true. It all adds up and adds up fast.

“For example, you might think you’ve hit a plateau, or maybe start to think that what you’re doing isn’t working, or some other challenge is stopping your progress, when in fact you’ve just started to increase how much you’re eating,” Bob said. “Or you might be changing the types of foods you’re eating for higher calorie versions, or you could be decreasing the amount of physical activity you’re getting.”

“Or all of the above,” Ed said. “And I guess we won’t know for sure unless we begin to track what we’re doing now.”

“What you want is to get a good idea about your eating patterns and portion sizes,” Bob said. “Keep a close watch on it, at least until you’ve reached your goal. You really want to know the difference of how much you’re consuming now and how much you would consume at your target weight. Awareness of this difference is critical.”

“I never thought about how much I would be eating when I reach my goal,” John said. “But I guess if we don’t recalibrate to what that amount looks like, we might never get there.”

## Trance Formed Body

“John,” Jean said, “you’re the lab guy, why don’t you divide the food tonight based on how much we eat now and put that on one plate and then on another plate put the amount we will be eating when we get to our target weight.”

“That’s a great idea,” Ed said. “We’ll do the same.”

“If we have a week where we don’t lose our pound,” Betty said, “I guess that would be a good time to start tracking it for the next week so we can see what needs to be adjusted.”

“That’s it exactly,” Bob said. “The objective is to keep gradually rolling back the amount of food you consume each week until you start reducing your weight. If you want, you can do this without changing your current level of physical activity so you know it’s the calorie reduction that’s working.”

“How often should we do this?” Ed asked.

“I would suggest you adjust weekly so you can stabilize at that level before reducing the calorie levels again,” Bob said. “If you stall or aren’t getting the results you want, you would first check to see that you really are eating what you thought you were and if so, you could increase your physical activity levels or roll back more calories.”

“I can live with four pounds a month coming off permanently,” Jean said. “That way I won’t feel guilty buying new clothes because I know they’ll be used for a long-time. I really want to wear skinny jeans.”

“That’s a good example of focusing on size and shape,” Bob said. “The goal is to restore your body to what it would naturally and normally look like without this extra fat so that you can wear the types and sizes of clothes that are right for your body frame.”

“Bob,” Ed said. “I’m picking up that you steer away from using terms like losing weight. Am I right?”

“Yes,” Bob said. “I prefer to move in a positive direction and focus on what you want rather than what you don’t want.”

“How so?” Ed asked.

“In many situations, the subconscious mind doesn’t recognize or comprehend negative words so it’s better to avoid them altogether,” Bob said.

“What do you mean by negative words?” Betty asked.

“Instructions that say ‘don’t’ or ‘won’t,’” Bob said. “For example, young children spend much of their time in trance so what happens when you say to a child, ‘don’t fall down?’”

“Oh,” Betty said, “they almost always fall down. I guess it’s the same when you say, ‘don’t touch that - it’s hot.’”

“Yes,” Bob said. “That’s because in trance, the subconscious mind didn’t process the word ‘don’t’ and only heard the command to ‘fall down,’ or ‘touch that.’ By the way, did you notice that you can create a clear mental picture or image of ‘fall down,’ or ‘touch that?’”

“Weird for the kids, but I can see it happening,” John said.

“So we want to use words that create a picture for the subconscious mind?” Jean asked.

“The more detailed the better,” Bob said.

“But doesn’t weight loss speak to that?” Ed asked.

“It does,” Bob said. “But while doing that, it also brings up images we don’t want that could interfere with your size and shape goals.”

“Explain please,” Ed said.

“Suppose you heard that a friend had lost 40 pounds. A question that might come to mind would be, ‘was that intentional or did illness play a role?’”

“Oh, I would definitely think that,” Betty said.

“We don’t want to send mixed messages to the subconscious about what your true goal is and that is to reduce the excess fat stored in your bodies,” Bob said. “You don’t want to lose muscle and bone in the process, so giving the subconscious mind the clearest instructions you can is critical.”

## Trance Formed Body

“Apparently to the subconscious,” Ed said, “losing weight is losing weight, muscle, and bone or whatever.”

“As a side issue,” Bob said, “what do you normally do when you lose something?”

“Try to find it and get it back,” John said.

“Does anybody here like losing things?” Bob asked.

“I think I see where you’re going with this,” Ed said. “Losing weight is still losing, and we don’t like to lose so there might be more mixed messages running around in the background.”

“So for the sake of minimizing mixed messages,” Bob said, “we’ll keep the conversations focused on getting what you want.”

“Jean and I talked about wanting to tone our muscles so they keep us from the saggy baggy look,” John said.

“Getting that toned body look simply means removing the fat that’s covering the muscles you’ve got so they show through and define your look,” Bob said.

“How do we talk about what we want to do then?” Jean asked.

“Focus on your size and shape goals,” Bob said. “You want to imagine your body as slim, trim, and physically fit. Those are images the subconscious mind can work with so you want to keep those in front of you.”

“Now I understand,” Jean said.

“When your subconscious mind believes that this imagined slim, trim, and physically fit body is your true body size and shape,” Bob said, “it will automatically begin to guide you to act, eat, and move to create this body at the physical level.”

“You know,” Jean said, “there are times when I just don’t seem to be strong enough to stick with something I know is working. Is there something you can add into what we’re going to do to help with that?”

“Yes,” Bob said. “That’s the final area we’ll explore. Everyone has internal resources such as passion, courage, and desire that will come out when you care about something deeply enough.

“Can we start there,” Betty said.

“Since you’ve all been down the road of disappointment before,” Bob said, “I’m going to suggest we use this component at the end to cover anything else that might interfere with your long-term success.

“I’m beginning to understand how the subconscious mind is maintaining our body’s size and shape,” Ed said. “What I’d like to know is how hypnosis will help us make the changes we need to make with our subconscious minds.”

### *Chapter 3 Experience Your Natural Trance State*

“Good transition,” Bob said. “I think this is a good time to start to understand the basics of hypnosis. That way you’ll be able to make an informed decision about using it to help you achieve your weight, size, and shape goals.”

“You might have noticed I’m a little skeptical.” Ed said. “So I really need to be more comfortable with this.”

“I’m glad to hear that,” Bob said. “That’ll help make sure we don’t miss anything.”

“Ed,” Betty said. “Behave.”

“I’m with Ed on this,” John said. “I’ve seen a hypnosis show and have some questions about how they got those people to do those crazy things.”

“To begin with,” Bob said, “stage hypnosis has but one purpose and that is to entertain. To understand what’s happening on the stage, we’ll need to take some time to understand hypnosis for what it really is.”

“OK,” John said. “But I still want to ask the questions.”

“Absolutely,” Bob said, “We’ll get through all of those for sure.”

“That’ll help.” John said.

“First and foremost is to understand the trance state is as natural and normal as your wide awake or your sleeping states,” Bob said. “For example, have you ever got caught up in a movie or a good book and felt emotions, excitement, and suspense?”

“All the time,” Jean said. “I can really get carried away with some of the novels I’m reading and, boy, some movies open the floodgates of emotion.”

“Me, too,” Betty said.

“Uh huh,” commented Ed and John almost in unison.

“Hey there now,” Jean said. “You get as caught up in your action movies as much as I do in my chick flicks.”

“See how easy it is to go into trance?” Bob asked.

“I guess so,” John said.

“Let’s look at couple more common trance events,” Bob said. “Have you ever been so mentally focused on something that you missed your exit while driving? Or, how about arriving home and not remembering the trip?”

“Guilty as charged,” Ed said.

“I played sports in college,” John said. “Mostly downhill skiing and we were trained to practice by imagining going down the course executing each turn perfectly. It was easy to get caught up in that and lose all track of time. We called it getting into the zone.”

“So there you have it,” Bob said. “Each of you has experienced trance in different situations from reading a book, to watching a movie, to missing an exit, to competitive skiing. Whether you call it getting in the zone, hypnosis, or trance, they’re all the same thing.”

“Are you saying we went into trance when we did that?” Jean asked.

“Sure,” Bob said. “Again, trance is a naturally occurring state in which you are able to bypass the internal reality check function of your conscious mind. This reality check would tell you that the characters in the novel you’re reading or the movie you’re watching aren’t real. But what fun is that?”

Ed took in a deep breath and let it out as he said nothing but, “Oh, boy.”

“There are really just two conditions that are required for hypnosis to occur,” Bob said. “First, we have to get by this reality checker I just mentioned so it doesn’t interfere by telling us what’s real and what’s imagined. And second, we need to selectively choose supporting evidence that what we’re imagining is real, at least to the subconscious mind.”

“What do you mean by supporting evidence?” Ed asked.

## Trance Formed Body

“Suppose you were to imagine your body being at your targeted size and shape,” Bob said. “As soon as you can imagine that, you’ve bypassed your reality checker.”

“You got that right,” Ed said.

“Funny,” John said.

“That was quick,” Bob said. After the laughter let up, Bob continued. “Imagining your body at the size and shape you want starts the process. When you then add something like seeing yourself wearing smaller size clothes for that image, you’re selecting evidence to support your image of your body’s new size and shape while at the same time ignoring equally valid contradictory evidence.

“In your mind you’re rationalizing that your smaller size clothes wouldn’t fit unless what you imagined about your body size and shape is true. And because they do fit, it means your body must be that size and shape. That’s the evidence the subconscious mind uses to know that it’s real.”

“It’s like adding props to a stage show to make it more real for the audience,” Betty said.

“That’s it exactly,” Bob said. “All those are aids to your imagination. Notice that there is evidence to the contrary as well. For example, the stage floor, the lighting, and other evidence of a conscious reality. What you do in hypnosis is enhance your ability to select the evidence that supports your imagined goal and ignore the rest.”

“If that’s supportive evidence I got it now,” Ed said.

“The psychological process involved is called selective thinking,” Bob said. “You select what you want to think about and what you want to let fade into the background.

“After you start seeing actual changes in your body’s size and shape,” Bob said, “the supporting evidence moves from your imagination to the realm of conscious reality.”

“I think I better understand why we need to add the detail of what we’re imagining,” Jean said. “But first, don’t we have to get past the reality checker you mentioned? How can we do that?”

“There are several ways to bypass it,” Bob said. “I’ll teach you what hypnotists call trance inductions to help you quickly go into trance.”

“Good,” Jean said. “But if we all go in and out of trance all the time, how do we do that without using a trance induction as you call it?”

“You could relax your mind so that it is no longer on alert for the unreal. Boredom does this when it leads to a trance called day dreaming,” Bob said.

Jean started laughing and said, “I’ve been to many lectures that took me right into trance.”

“Another way,” Bob said, “is experiencing sudden strong emotions ranging from joy to fear that can jolt or stun the conscious mind out of action. You might instantly become speechless or motionless. Even momentary mental confusion can cause trance. It’s the fight, flight, or freeze reaction.”

“Kind of like the deer-in-the-headlight look,” Ed said.

“That’s it,” Bob said. “Also physical pain automatically puts the person experiencing it into trance. And there are some really powerful ways to use hypnosis to lessen the pain a person feels.”

“Is that why some dentists use hypnosis?” Betty asked.

“Yes,” Bob said. “Some people are too anxious or afraid of needles or are allergic to the medication used to numb the nerves. Hypnosis does a very efficient job in this setting, calming the person, removing fears, and controlling pain.”

“What about other ways we go into trance?” Ed asked.

“Rituals quickly bypass the reality checker, especially if led by an authority figure,” Bob said. “Monotonous repetitions such as a drum beat, chanting, music, or even stripes on the highway can quickly numb the mind into trance.”

## Trance Formed Body

“Ed and I have a favorite song,” Betty said. “We just get caught up in it and lost in our memories.”

“Yes,” Bob said. “Music we personally like can carry us mentally away to an imaginary place. And like you and Ed, a lot of people have a song that holds special meaning.”

“We have special song, too,” Jean said. “And when we hear it we say, ‘That’s our song’ and off we go into good memories and feelings. It’s so real.”

“Many people will play classical music softly in the background when they go into trance to help with full brain absorption and learning,” Bob said.

“How’s that?” Ed asked.

“It’s a right brain/ left brain thing,” Bob said. “Left brain is logical and right brain is creative. The left brain reads, and the right brain imagines what’s being read. The two sides of the brain are connected by a bundle of neurons. Music helps carry the logical to the imaginative.”

“We don’t have any classical music,” Ed said. “How about something else?”

“Some easy listening music might do,” Bob said. “But classical music is mathematically defined and has a positive effect on the mind and body. For now, better to stick with what the research, and in this case, personal experience shows works best.”

“OK,” John said. “Can we go back to getting past the reality checker?”

“Of course,” Bob said. “One of my favorite ways to bypass the conscious mind’s reality checker is to simply give yourself permission to do so by saying something like, ‘Just imagine,’ or, ‘Pretend.’

“For kids, an easy induction is to say ‘let’s go to the land of make believe and pretend.’ That gives them permission to bypass reality. After that, you select the supporting evidence to create a story with lots of sensory stimulating picture words.”

“Just that easy?” Ed asked.

“Usually yes,” Bob said. “You can make it easier to set up the leap into trance by giving yourself permission to imagine something strange and wonderful. For example, Alice went down a rabbit hole. That made it OK to believe all those strange things could be happening to Alice.”

“So maybe it’s not as complex as I’m making it out to be?” John asked.

“Actually, it’s easier done than said,” Bob said. “Let me demonstrate”

“Do you remember what a chalkboard is?” Bob asked.

Everyone nodded.

“Does anybody have any good memories about the chalkboard?” he asked. “Remember chalk dust getting on everything or remember writing on it?”

Heads nodded.

“Now just imagine yourself in a room with a chalkboard when someone scrapes their finger nails across it making that loud screeching sound that grates on your nerves. See it, hear it, feel it. Notice how this causes a shiver down your spine.”

Everyone groaned. John’s eyes went wide and then he shook his shoulders.

“Just to be sure, let’s do another example,” Bob said. “Here we are in Betty and Ed’s home. You know the refrigerator is in the next room. But now for just a moment let’s pretend that you’re standing in front of that refrigerator staring at the door. Take a deep breath and let it out to help you get that picture clearly in your mind. Everyone have it? You can nod when you’ve got it. Good.

“Now imagine opening the door and seeing a jar of cold juicy dill pickles. Watch as your hand takes that cold jar out of the refrigerator and sets it on the counter. Open the jar and reach in and take out a big juicy dill pickle. Feel the wet cold juices dripping onto your hand. Now bring it to your mouth and bite into this big, cold,

## Trance Formed Body

juicy dill pickle. Feel the crunch as you bite into it. Taste it. Feel the cold dill juices running under your tongue. Smell it. Feel it chill your teeth.”

“Enough,” John said. “My salivary glands are hurting.”

Everyone laughed and nodded in agreement. They had all experienced it.

Bob said, “Notice how that multi-sensory imagery of the pickle provided enough supportive evidence that it caused you to salivate, or how the fingernails on the chalkboard caused a shiver down your spine. Are either the chalkboard or the pickle right here right now?” he asked.

Heads shook no.

“Be clear that while neither the chalkboard nor the pickles are present, the physical effects occurred anyway,” Bob said. “The subconscious mind doesn’t do a very good job of distinguishing what’s real and what’s imagined. It has difficulty telling the difference between a real pickle and an imagined one.”

“That’s really amazing when you think about it,” John said.

“What’s so important to realize,” Bob said, “is that just by imagining something with a lot supporting evidence using multi-sensory input that’s not even present in your conscious reality, you can still get the subconscious mind to make physical changes in your body. Isn’t that what you just demonstrated you could do?”

“We did, didn’t we?” Betty said.

“In our earlier examples we talked about having a physical and emotional reaction to the books and movies. The characters in the book and movie were not real, but rather creations of the author who was able to engage you so completely in the story that you imagined them to be real enough to feel emotions, shed tears, laugh, or have any number physical and emotional reactions,” he said.

“That’s hypnosis?” Betty asked.

“Sure is,” Bob said. “Any time you imagine something that is not present in your conscious reality, and your body responds