

Aggressive Fat Loss

[Hypnosis for Mental Programming
And Behavioral Change]

By:

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KINOBODY

This will represent a drastic step for you.

You may remember this right here as Day 0 and as a big leap in quality of life for a few different reasons...

The first thing you'll notice is the huge improvement in the quality of your sleep. You'll conk out like crazy and wake up feeling a lot more rested than you usually do.

The next thing you'll realize is you have a lot more awareness of your body, and can physiologically control it better. These exercises put you much more in touch with yourself. The meditations themselves obviously have a lot of positive effects.

These are the personal meditations/self-hypnosis exercises I use myself.

Record yourself reading them out loud. Do your best to smoothen out your voice, soften consonants and taper your S's.

At night, put on your headphones and listen to your recording. You are programming yourself as you drift off.

Note: rerecord it as many times as you want to if you feel you can improve your delivery.

Give yourself enough time between directions to actually do it. Do not go too quickly through these or your recording will feel rushed. Though it is still quite effective even that way.

Why This Works

This drill is known as a self-hypnosis drill. You are talking directly to your own subconscious and it's one of the powerful drills I have ever performed in my life.

More powerful than visualization, affirmations, vision boards, reviewing goals... This drill really is the real deal.

You see, the biggest issue people face in terms of smashing their fitness goals is behavioral change. It's hard to change our behaviors.

Now when we train and eat in the most effective and efficient way to reach our goals, you know, the strategy I laid out in this program, that takes care of almost everything.

Suddenly leaning down and building a great body becomes almost effortless. That said, until you handle the psychological issues, you will almost always revolt and sabotage yourself, usually on an unconscious level, at some point.

Most People Don't Want To Lean Down!

You might think you want to lean down and get to a chiseled state. But most people's self image does not support their goal. And until you rewire your self-construct, you will continue to give in, fall off and self sabotage.

It's simply inevitable. For many people I have worked with, including myself, I had no problem getting down to 10% body fat. But as soon as I tried to go below 10%, I would shoot right back up in the blink of an eye.

I would get too relaxed or I couldn't take it anymore, and I would eat my way back up very, very quickly. I thought it was a physiological thing. I thought it was my body unwilling to drop down to a low body fat.

But I was wrong. It was psychological in nature. I truly didn't believe I could do it. Being at a very low body fat wasn't a part of my reality. So when I got close, I started to give in and get more cravings.

Once I started doing the following hypnosis exercise, this was no longer an issue!

How Often To Perform Hypnosis

At first, you'll want to perform this drill everyday, for at-least 7 days. Afterwards, you can perform it 2-3 days per week and you'll maintain the positive momentum, allowing you to make forward progress with ease.

What's interesting is that when I first started performing this drill, I noticed my cravings were gone, after my first meal, I felt completely full and satisfied and had no impulses to continue eating.

Before doing this, often times I would just want to continue eating. And unless I was very busy, it was hard to push through that. Even on a program that was near effortless to follow!

Ideally, I'd recommend listening to this audio tape at night, when you're going to sleep. Although, you can listen to it at anytime of the day, as long as you're not distracted.

The Recording

I was considering giving you a high quality recording of myself reading out the script. That said, this isn't quite ideal... It's better to use your own voice.

That might seem weird at first, but the bottom line is that your subconscious will be most open, receptive and trusting to your own voice. So take an hour out of your day, to record the script. You can use your iPhone or your computer. You can read one section at a time, pause the recording, take a minute to regroup, then continue on.

Once you have recorded the recording, that's it. All you have to do is plug it in at night and listen to it as you allow yourself to relax completely.

Why Traditional Success Tools Don't Work

Many traditional success tools like affirmations and visualization don't work very well because they are performed through the filter of the conscious mind.

If you don't see yourself as successful, you won't accept it and it won't become programmed into your mental reality. You will reject it.

The advantage of hypnosis exercises is that the first 15-20 minutes is slipping you into a deep state. It turns off the conscious mind, and brings you into a more and more relaxed and receptive state.

This is where powerful things happen. This is when affirmations and visualization exercises are truly powerful. In this recording, we're not even going to be doing a ton of affirmations.

We don't even need it! Just by going through a quick visualization at the end, and imagining yourself as the person you really want to be...

Picturing yourself, lean, chiseled and confident. You'll be accepting this new reality. And then in the following days, your choices and behaviours will be aligned with that person you are now becoming.

You'll be more driven to workout, stick to your diet and stay on the path!

Now Let's Begin...

A

First I want you to stand up and take a good, complete stretch. Get all the kinks out.

That's fine. Now just sit in the chair and relax. Close your eyes and take a nice deep, full breath and exhale completely, all the way to the bottom of

your lungs. All out. Do it again now. Just relax and let it all out. One more time time, and this time hold your breath when you have filled your lungs with clean, refreshing, relaxing air. Hold it in. Keep your eyes closed. Now let your breath out slowly and feel yourself relaxing all over.

1A

Focus your attention on your knees now and relax everything below your knees. Relax your calves. Relax your ankles. Relax your feet. And relax your toes. Everything below your knees now are loose and relaxed. Now relax your thighs as completely as you can. Let your thighs just droop limp and loose and heavy into the chair. Relax your hips and relax your waist. Now relax your chest as completely as you can. Allow your breathing to be easier and deeper, more regular and more relaxed. Relax your shoulders now. Let the muscles in your shoulders be heavy and loose. More and more completely relaxed. Relax your neck and throat. Let your head just droop as all the muscles in your neck just relax. Now relax your face as completely as you can. Allow your face to be smooth and loose, relaxed and easy, your jaws all loose and relaxed, your teeth are not quite touching. Everything smooth and loose and easy. Now relax as completely as you can all the little muscles around your eyelids. Feel your eyelids growing heavier and smoother. More and more deeply relaxed.

In a moment, I am going to ask you to open your eyelids. When I ask you to open them, your eyelids will be so relaxed and heavy they will just barely open and when I ask you to close your eyelids again you will allow yourself to relax even more completely. Now try to open your eyelids. Now close your eyes and feel yourself relaxing even more.

B

I want you to imagine now that all your tensions, all your tightness, and all your fears and worries are draining away from the top of your head. Let it drain down through your face, down through your neck, through your shoulders, through your chest, your waist, your hips, your thighs, down through your knees, your calves, your ankles, your feet, and out your toes.

All your tension, all your tightness, all your worries and fears are draining away now from the very tips of your toes, and you are relaxing more and more.

1B

We are going to do this relaxation exercise again. This time I want you to allow yourself to relax even more fully and completely than you did the first time.

Focus your attention on your knees once again and relax everything below your knees. Relax your calves. Relax your ankles. Relax your feet, and relax your toes. And now relax your thighs even more completely. Allow your thighs to droop limp and heavy into the chair. Relax your hips and your waist. Feel the relaxation flowing into your chest now. Relaxing the vital organs within your chest, your heart, your lungs, allowing your breathing to be more intense, more regular, more and more completely relaxed. Now relax your shoulders even more. Feel your shoulders heavy and loose. More and more deeply relaxed. Relax your neck and throat. Relax your face even more. Feel your face all smooth and loose, completely easy and relaxed all over. And now relax even more all the little muscles around your eyelids. Feel your eyelids heavy and smooth, more and more deeply relaxed.

In a moment when I ask you to open your eyelids, your eyelids will be so relaxed, so lazy, that they may not even work. But whether your eyelids open or whether they do not open, in either case when I ask you to close your eyes again you will allow yourself to relax even more completely. Open your eyelids. Now close your eyes, and feel yourself relaxing even more.

1C

We are going to do this relaxation exercise once again. This time I want you to allow yourself to relax completely. There is nothing to fear, you will

always hear me, so just pull out all the stops and allow yourself to sink into perfect relaxation.

Focus your attention again upon your knees and relax everything below your knees. Relax your calves, relax your ankles, relax your feet, and relax your toes. Now relax your thighs completely. Feel the deep and heavy relaxation flowing into your hips now. Feel it going up through your waist, flowing into your chest, to your shoulders, heavy and loose, completely relaxed. And now this heavy relaxed feeling is going into your neck and throat, all over your face. Your face is all smooth and loose, completely easy and relaxed, and the heavy relaxation is flowing into your eyes and eyelids now. Your eyelids are so heavy and so smooth. Ever more deeply relaxed.

D

In a moment when I ask you to open your eyelids, I want you to believe very very strongly that your eyelids are glued together. I want you to imagine that your eyelids are one piece of skin. Like one piece of skin. Don't be antagonistic or skeptical and say that you can open your eyelids. Just believe. Just imagine that your eyelids are glued together. And if you believe and if you imagine that you cannot open your eyelids, you will really not be able to open them. Believe now very, very strongly that your eyelids are glued together. Imagine your eyelids are like one piece of skin. Now try to open your eyes. Now let your eyes relax. Feel yourself relaxing all over.

1E

I want you to imagine now that you are looking at a blackboard. And on the blackboard is a circle. Into the circle put an X. And now erase the X from inside the circle. And now erase the circle. Forget about the blackboard now as you just go on relaxing more and more deeply.

In a moment, I am going to count backward from 100. I want you to count with me silently to yourself. Say each number to yourself as I say it, then when I ask you, erase the number from your mind and allow yourself to

relax even more deeply. 100...say the 100 to yourself. Now erase it from your mind and go deeper. 99...and erase it all away. 98 and erase it. 97 and now erase it so completely there is nothing left at all, just deeper and deeper waves of relaxation.

1F

Focus your attention now on the very tip of your nose just as we practice before. Keep your attention gently focused on the tip of your nose until you reach a point where your entire attention is on my voice. And when you reach that point, you can forget about your nose and just go on listening to my voice and allowing yourself to relax more and more deeply. And as you keep your attention focused very gently on the tip of your nose I am going to take you down through four progressively deeper levels of relaxation.

1G

I will label these levels with letters of the alphabet, and when you reach the first level, level A, you will be ten times more deeply relaxed than you are even now. And then from level A we will go down to level B, and when you reach level B you will be ten times again more deeply relaxed than you were before. And from level B we will go down even further, down to level C. And when you reach level C you will be ten times again more deeply relaxed than before. And then from level C we will go all the way down to the deepest level of relaxation, level D. And when you reach level D, you will be ten times again more deeply relaxed than before. You are drifting down now, two times deeper with each breath that you exhale. Two times deeper with each breathe. Your hands and fingers are so relaxed and heavy, and they keep growing heavier. Feel the heaviness growing in your hands and fingers. Heavy...heavier still until now they are so heavy it is as though your hands and fingers were made of lead. And this deep relaxed, heavy feeling is flowing up through your forearms now. Feel it going up into your upper arms. Flowing through your shoulders, into your neck, over your face, over your eyes. Flowing up to your eyebrows, your forehead over the top of your head. The deep relaxed, heavy feeling is flowing down the back

of your head and down the back of your neck. You are now approaching level A.

1H

You are on level A now and still going deeper. Five times deeper now with each breath that you exhale. Five times deeper with each breathe. Your mind is so still and peaceful. You're not thinking of anything now. Too relaxed to think. Too comfortable to think. And this heavy relaxation in your mind is flowing into your face and eyes. It is flowing down through your neck and into your chest. Flowing down to your waist, down through your hips, your thighs, your knees, your calves, your ankles, your feet and your toes. You are now approaching level B.

1I

You are on level B now and still drifting deeper. Floating smoothly and gently into perfect relaxation. your arms and legs are so relaxed and heavy they feel like logs. Your arms and legs are stiff and numb and heavy...simply immovable. your arms and legs are like planks of wood. You are now approaching level C. You are on level C now and still drifting down. Sinking into the chair. Sinking deeper and deeper into perfect relaxation. And as you go on drifting even deeper, I am going to count backward from 15 to 1. Each number that I say will take you deeper and deeper still, and when I reach 1 you will be on level D. 15, deeper, 14, deeper still, 13...12...11...10...9...8...7...6, let it all go now, 5...4...3...2...1...1...1, so deep, so dreamy, so heavy, so misty. You are now on level D and still drifting down. There is no limit now...no limit. Go on floating, drifting deeper and deeper into perfect relaxation, deeper with each breath.

R-2

As you go on floating, drifting smoothly and gently more and more deeply relaxed with each breath, focus your attention on the tip of your nose. Keep your attention now focused gently and lazily on the tip of your nose until you reach a point where your entire attention is on the sound of my voice.

When you reach that point you can forget about the tip of your nose and just relax more and more deeply. As you keep your attention gently focused on the tip of your nose, I want you to imagine for a minute. Imagine yourself as you really want to be, trim and healthy, looking "strong and " handsome and masculine, full of confidence, energy and vitality, wearing well-fitting clothes that look so good on your proportioned, trim body. This is you. This is the handsome, masculine man you are now becoming. Every day from now on you will be more and more completely the man you really want to be. You will be relaxed and calm no matter what is going on around you, and anything that does happen you can handle it in a relaxed and sensible manner. And you will feel so good. You will have all the energy you can use every day, and you will find it very easy to stay on your regimen strictly every day, no matter where you are and no matter what you are doing.

T

You will continue to practice the self-hypnosis exercise faithfully as often as you can every single day, and each time you go through the routine in self-hypnosis you will relax completely. You will go just as deep as you are now, and whatever suggestions you give yourself will be stronger and go deeper all the time. By continuing to practice your self-hypnosis faithfully every day, you will have perfect control over your own mind, and over your own voice. You will feel the power and energy circulate out of your throat as you speak, influencing the people around you to accept your authority and goodwill towards them. Men will respect you, and women will love and revere you. You can dissolve away any tension they feel, any discomfort they have, any fear or anger or unnecessary pain. For you are in control now, and whatever you set your mind to do, you can and will do it. You will be completely successful and you will enjoy your success. You will enjoy looking better and feeling better, and making others feel better, every single day.

U

I want you to imagine now that you are standing on the top step of a heavy wooden staircase. Feel the carpet under your feet. The carpet can be any

kind and color you wish...create it. Now extend your hand out and touch the railing. Feel the smooth polished wood of the railing under your hand. You are standing just ten steps up from the floor below. The stairs are curving very smoothly down to the floor below. in a moment we will walk down the stairs. With each step down you will allow yourself to relax even more deeply. By the time you reach the floor below you will be deeper than you have ever gone before. Take a step down now, down to the ninth step smoothly and easily. Feel yourself going deeper. Now down to 8, deeper still. Now down to 7...6...5...4...3...2...1. Now you are standing on the floor below. There is a door in front of you. Reach out and open the door. And from the room beyond the door a flood of light comes streaming out through the open doorway. Walk into the room, into the light through the open door. You are inside the room now, look around you. This is your room, and it can be anything you want it to be. Any size, any shape, any colors. You can have anything in this room that you want. You can add things, remove things, rearrange things. You can have any kind of furniture, fixtures, paintings, windows, carpets, or whatever you want because this is your place...your very own private inner place and you are free here. Free to create, free to be who you are. Free to do whatever you will, and the light that shines in this room is your light. Feel the light all around you, shining on the beautiful things in your room. Shining on you; feel the energy in the light. Let the light flow all through your body now. Going in through every pore in your skin. Filling you completely. Pushing away all doubt. Pushing out all fear and tension. You are filled with the light. You are clear and radiant, glowing with the shining light in you room.

V-2

While you are standing in the light in your room, I want you to build an image. An image of yourself as you really want to be. Not as someone else wants you to be, but as you really want yourself to be. See your image standing in front of you in the light. Your image is trim, healthy, handsome, calm and free, wearing clothes that fit to your image and masculine physique. This is you. This is the real you. This is the man you are now becoming. Walk closer to your image now. Walk closer. Now walk into the

image. Let it blend into your very body. Your own best self- a living part of you now. Stronger every day.

Y

You will continue to practice your self-hypnosis exercise faithfully as often as you can every single day. And each time you go through your little routine in self-hypnosis you will relax completely. And very, very swiftly. Within just a few seconds you will go just as deep as you are now. Even deeper. And whatever suggestions you give to yourself will be stronger and deeper all the time... For you are in control now. Whatever you choose to do, you can do. However you set your mind to achieve, you can and will achieve. You will be completely successful, and you will enjoy your success. And you will enjoy becoming more and more attractive every day. You will enjoy feeling beautiful, more and more your real self every day.