

Health Harmony- Hypnotherapy For Developing The Zen Of Being Thin And Healthy Series

Presenting your hypnotherapy series for success, enlightenment and becoming thin and healthy.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Welcome to Health Harmony- Hypnotherapy For Developing The Zen Of Being Thin And Healthy Series

Get ready to just make yourself comfortable and shut your eyes now... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to keep your eyes shut now and just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 and with every breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed....

My stomach is becoming smaller and smaller...with each day that passes. And I'll wish to eat smaller quantities of food...I'll remember that stuffed feeling I have after eating too much ...I don't like that stuffed feeling...I'll always leave food on my plate..Far, far more beneficial to throw away the leftover food...than to utilize myself as a human trash bin...I'm enjoying a fresh way of eating...very, very slowly... always laying my eating utensils down between bites..And thinking solely of the bite that's in my mouth... ... and

as I'm only thinking about the bite that's in my mouth...I shall savor the taste of it much more...

Now I'm going to imagine that I'm going to go deeper into pleasant relaxation.... There's no limit to the level that I may relax.... I know that I've a right to enjoy a slim, healthy body.... this is my own body.... and I have an enormous respect for it.... I've now selected my ideal weight, and size for my body.... and I wish to constantly.... visualize this ideal look as the true me

I simply feel terrific.... mentally.... physically and emotionally.... it's a fantastic feeling to be healthy, energetic.... trim.... and attractive.... and it's so easy And I might even wonder why I haven't done this before.... I look so great.... and I feel so great.... and I'm good.... I'm doing great things for myself... because I deserve the best life has to provide me.... and I'm enjoying a fresh positive personality Viewing myself ... admiring myself ... and knowing that the reason I look so great.... and feel so great.... this is the result of my fresh respect for myself ... and love for my body...it is likewise the result of my fresh way of life....my fresh eating habits

Boredom isn't hunger.... worry isn't hunger.... Letdown isn't hunger...and frustration isn't hunger.... lack of love isn't hunger.... because I realize this.... I'll only eat when I'm truly hungry....

I'm much more confident now.... Everybody is noticing how great I look..... I find myself smiling more.... because I am feeling so great about myself ...I feel so happy that I'm in complete charge of the way I feel.....the way I eat....the way that I conduct myself ... It's a fantastic feeling of control

I see a fantastic road ahead of me. The sun is shining in a rich, blue sky...the trees are full of leaves and the grass is lush and green...this is the road of the healthy people. This is a brilliant, cheerful road...full of optimism and health...I'm walking down the road to a longer, healthier, happier life...with each step I take I feel better, more alive, more upbeat and optimistic...I feel great...

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of becoming healthy and thin.

As you breath deeply it's time to return as we go from 1 to 5 , Number 1 you are slowly coming back to your awareness, 2 feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready open

your eyes and return to the room knowing all the while that life is to be savored and lived.

You have just taken steps to bring your own success, to boost your self confidence and to become healthy and thin.... To do what is necessary to be strong, confident and treat yourself well. Listen to this series often to tap into your new wellness.