

Prelude to a Weight Loss Session

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It's 2005, the start of a new year and time to make my annual unresolved resolution to lose weight. This is so frustrating. I don't know why *I can't lose weight*. It seems like I've *tried and failed* miserably at every fad diet that's come down the road promising results. I *'eat my heart out'* when I look at all the slim, slender models in the magazines. I wish I could lose this extra weight permanently instead of being a prime example of an unhealthy accident waiting to happen. I feel like I've been continuously waging war against what some folks call the yo-yo syndrome my entire life. I'd like to have a dime for every pound I've lost, only to regain all of it back and more. Maybe it's genetic. I heard someone once say that if it's genetic *it's not my fault*. That makes sense to me... all of the adults in my family are *'big boned'*. That's it, it's either genetic or *I'm just big boned*. I think society should have a bit more compassion and acceptance for overweight people. Besides, it's not anybody's business what size I wear or how heavy I've become. It's my body and as long as I don't impose a health risk to anyone else, and I can live with the size I am, people should mind their own business. Although I know this extra weight can't be good for my overall good health. It causes me to become short-winded very quickly and I also have a harder time climbing stairs. I know how hard it is on my body to carry around this excess baggage, but it seems like *I am out of control* and can't seem to find an answer to permanently lose this unwanted weight once and for all.

Skinny people make me laugh when they utter remarks about 'forgetting' to eat. What a joke! Now, I know we can forget to mail a letter, we can forget an appointment and forget someone's birthday, but forget to eat? That's just plain crazy! My body reminds me *often* that it wants food. If I could just manage to curb my appetite or cut my caloric intake... Sometimes *I believe that I am a weight magnet. All I have to do is walk by a buffet table and I gain ten pounds!*

I would love to go shopping and fit into the fashionable clothes designed for slim figures. They don't make nice clothes for 'BIG people' It seems like all the bargains and choices are in the small sizes too. Just think of all the money I could save if I could just fit into the smaller sizes.

If only I could find an effective way to lose weight... What's this? It's an ad in the local paper about a hypnosis seminar for weight loss. Now that's something I've not tried yet. Hmmmmm I wonder how hypnosis works for weight loss? I know my brother-in-law Steve stopped smoking through hypnosis more than 4 years ago and he was a 2-pack-a-day smoker. My Aunt Elizabeth told me about a friend of hers who used hypnosis to overcome her fear of heights. I might just give hypnosis a try. Heck, it may be my last resort since everything else I've tried has failed miserably.

I'll toss the thought around today, about going to the hypnosis seminar tonight. I don't want to make any rash decisions. In the meantime I'll just 'down' these Danish pastries just in case I decide to go. This may be the last time I eat them for a while.

3:00 PM What a day! I'm exhausted! Who says a 'stay-at-home' Mom has a life of leisure? Besides the laundry, housework and shopping I've done today, I managed to fit in stopping by the pharmacy, planting tomatoes and cutting the grass.

I think while the baby is napping and the house is quiet, I'm just going to prop my feet up and catch a few minutes of Oprah. I know what I'll do; I'll just close my eyes and *listen* to the rest of the show. Boy it feels so good to be able to sit here for a moment... and the temperature is really comfortable in here compared to the heat index outside... this chair is so soft... and feels so good against my skin.... and... and...

4:00 PM WOW! The baby is awake, Oprah is over and the news is on! Where did the time go? I couldn't have fallen asleep... I heard everything Dr. Phil and Oprah said. I heard Jenny, my neighbor come home from work. And I even heard Mr. Smith cutting his grass... Oh well... I better get myself in gear to finish up dinner before everyone gets home.

5:00 PM Darn! I just caught myself doing it again. Here I am... cramming food down my throat while I'm preparing dinner rather than waiting to eat when everyone gets home. I keep telling myself that I'm not going to continue to eat in between meals and yet, I can't seem to follow through with what I want to do. Sometimes I get so angry with myself. Okay, I just made a decision. I'm going to go to the hypnosis seminar this evening. At this point I'm desperate to try anything that can help me get a handle on this weight issue.

5:15 PM I'm not going to tell anyone about going to a hypnotist. I'll just keep it my little secret. If it works I'll take all the credit. And if it doesn't work, nobody will be able to ridicule me at this last ditch effort at losing weight.

6:00 PM I hope this guy doesn't make me run around the room like a dog, quack like a duck or peck like a chicken. Well, if he does and it works, at least I'll be a *thin* dog, duck or chicken!

6:30 PM Okay, I'm registered for the class. I think I'll run down to the vending machine area and grab a soft drink and candy bar *just in case this works*.

6:45 PM Funny thing, there's several people down at the candy machine doing the same thing and joking about the class. I better get back and find a good seat. I desperately want this to work.

7:00 PM That must be the hypnotist standing over there in the back of the room. Funny, he doesn't look anything like what I thought a hypnotist should look like, although I haven't gotten a close look at his eyes. All hypnotists have those

mesmerizing eyes! I'm half afraid to look at him. I know what I'll do; I'll just not make direct eye contact with him until I feel comfortable.

7:10 PM Boy did I have it all wrong! This guy isn't anything like I imagined him to be! He speaks intelligently, has a wonderful sense of humor and a way of making me feel comfortable. I'm beginning to feel very foolish.

7:20 PM The hypnotist begins to explain how we have a conflict between the conscious and subconscious mind, how we are all victims of self-hypnosis and how our self-talk is in actuality the reason we have issues with our weight in the first place; that what we tend to think in our mind for 21-30 days or more, manifests itself into our physical reality. More importantly, for us to take a moment to reflect on what our thoughts and images of ourselves have been and for how long have we had those images? This is all beginning to make sense to me.

7:30 PM Levels of hypnosis? He continues to explain the levels of hypnosis and that for behavior modification only a light level of hypnosis is needed. You mean I don't need to be knocked out, in a trance, in a coma or 'under'? What a relief to hear this information. Now I can finally relax and enjoy the rest of his class.

7:40 PM He's using the idea of getting lost in thought or getting involved with reading a good book as a primary example of an alpha state of hypnosis. He's also using the example of losing time while watching television. Heck I can relate to these examples. As a matter of fact, I experienced both of them today! I'm beginning to believe I really am hypnotizable.

7:45 PM Okay, I'm convinced. I'm ready. Let's do it!

7:50 PM The hypnotist grabs his microphone and asks us to pick out a spot in the front of the room. He moves slowly to the back of the room and dims the lights as his words flow softly and easily from his lips. Urging, droning... I wish he'd stop doing that! I'm beginning to feel that maybe I should have rested more so I wouldn't be quite so sleepy for this class.

8:00 PM He has us counting down backwards to ourselves. Asking us to envision a scale, bring into focus and have the numbers on the scale reflect our desired goal weight. See the numbers clearly... Feel the pat on the back... Hear the applause of friends for a job well done... drinking pure, clean, clear refreshing water throughout the day... Yep, it's just like he said, I can hear everything he's saying... Does he want me to continue counting while I see the numbers on the scale? Geez, I could really go for a glass of cool refreshing water right now... and I hear applause from family members while I'm at it... I hope that's okay... wait a minute... I'm confused... what about counting... what number did I leave off at? I wish he'd stop speaking in that repetitive, monotonous tone...

8:20 PM Now what's he saying? Four ounces a day? I want to lose more than four ounces a day. Day after day after day... that new thin, slim, trim YOU.

8:30 PM That's it? We're done? The lights come on and he dismisses the group. It doesn't seem like 40 minutes has passed since he asked us to pick out a spot in the front of the room. He offers us water at the back of the room and the *option* of purchasing an audio program of an actual hypnosis session. I take him up on the water invitation and purchase the re-enforcement tape to be on the safe side. It's odd, but I don't FEEL any different.

8:45 PM I unlock my car for the ride home and find a Mounds candy bar (my favorite) on the front seat of the car. Oddly enough, I don't want it at the moment. I simply pick it up and stick it in my pocket 'just in case'...

9:00 PM I arrive home to find a package of chocolate chip cookies and a half-eaten apple pie left out on the counter from my family's evening snack. As I dutifully pick up the treats, and straighten up the kitchen, I think to myself, not now... maybe later, and put the pie and cookies away

9:30 PM I pour myself a glass of water and set down at the kitchen table to balance my checkbook. I am totally amazed that my beverage of choice was water! Co-incidence? Perhaps. But then again, perhaps not. I did think about taking a bite out of that apple pie, but the thought crumbled like the crumbs of the piecrust, beneath my surging desire for thinness. I finally realize that I have the freedom of choice and at this moment my choices are focused on healthy nutritious foods that will aid me in attaining my desired goal weight. I don't know how long the effects of this session will remain with me, but I do know one thing... I am now in the process of becoming thinner and thinner.