



## **SuccessFit Session Two**

**Dr. Richard Nongard**

### **Pre-Talk Session Two**

Welcome aboard, this is actually session number two and I'm really glad that you're here. We haven't talked too much about what's been going on the last ten days since session number one. You did call me the next day, you were really happy that you lost a pound, you started at 279, and so the question I have, which by the way, I actually don't know the answer so is, have you weighed yourself today and what's the number?

*Yes, 274.*

I have to use my fingers to count, so that's five pounds. I think it may have been almost two weeks since we had our first session, so somewhere between 10-14 days ago, that's really healthy weight loss, that's about 2.5 pounds per week and that's really healthy. This afternoon you said you have an appointment, what kind of appointment is that?

*With my cardiologist.*

You said you've never been to a cardiologist before.

*No, just had drinks with one*

Right, exactly, so it's going to be really interesting to get a baseline on some of the other, I'm sure the cardiologist will do lots of lab tests and things like that, so we can talk a little bit about maybe how some of the other health benefits of weight loss are going to be occurring here over the next six weeks, we're going to meet every week for the next six weeks and go through the traditional success fit protocol. You've done fantastic already. That lets me know something really important, that this is going to be easy for you. That that goal that you set for yourself, that you haven't been able to reach in the past is now something you're sort of on fire for.

*Yes.*

In fact, when you walk in the door, I haven't seen you in probably at least a week, I've been out of town, I just thought you looked better than I've seen you look in a long time.

*Great.*

That is great. In our first session we talked about a couple of things and I gave you a lot of different hypnotic suggestions, but the focus on that first session really was on feeling a sense of

hope and accepting the possibility of being able to accomplish your weight loss goals but I also gave you two real specific suggestions. One, that you would add to your diet, that you would each and every day add that food which is most nutrient, that you maybe add a salad a lunch time, a salad at dinner or some type of additional fruits and vegetables in addition to what you're normally consuming. Did you find yourself doing that?

*Yes, when I was at the supermarket I bought apples and some fruits and vegetables I'm not usually buying and I didn't know why, but now I know!*

That was part of the suggestion last week. Now, one of the other suggestions was that you would pay attention to your snacking in a way that maybe was different than you paid attention to it before and when you found yourself consciously aware, hey, I'm about to snack, just to make the decision to do something different. Did you find yourself doing that at all over the last couple of weeks?

*That I did. I've been dog sitting, so I've been out with the dogs outside, just walking around, doing something other than that or instead of going for chips, going for something more healthy.*

Cauliflower –

*Cauliflower, exactly.*

By the way, it sounds a really crazy suggestion, one of the things that I really like, and I didn't

know I liked this until I started to pay attention to my weight is cauliflower and so what I like to do is I like to take a whole cauliflower and cover it with a little bit of olive oil, just a little bit and then put Arab Seven Spice seasoning on it and then some Arabic peppers, like pepper sauce and then just shove it in the oven for 20 minutes at 400 degrees in a glass pan and voila, you can break that up and it makes a really delicious tasty snack, it's something that's satisfied my cravings.

By the way, one of the things that I like to do with clients is I always like to share with them recipes that I've been excited about. I'm not telling them what to eat, I'm not taking the role of a dietician, I'm not putting them on the cauliflower diet, but I'm just sharing with them, as a person who is building a rapport in hypnosis and as a person who really has found the cauliflower correctly, and it's actually both nutritious and delicious. So, in today's hypnosis session now I want to go a little bit deeper than we did in the first session and I want to be able to deal with three things. Have you found yourself at all in the last couple of weeks getting hungry or having the sensation or awareness of being hungry and that being uncomfortable or unpleasant for you?

*Being hungry and then being uncomfortable?*

A lot of people tell me, "I'm trying to pay attention to what I eat and so instead of eating at night time I went without, but then my stomach was growling and I couldn't sleep," have you had any experiences like that in the last couple of weeks?

*No, I more just watch what I eat and the quantity and avoiding snacking after 7:00 or so.*

The sensation of hunger hasn't been something you've really been experiencing too much?

*No.*

Probably one of the reasons why is you've been adding to your diet, you've been adding nutrient dense food, those fruits and vegetables that you didn't understand why you've been having, you now know you have been hypno-programmed to purchase. Actually, I'm a secret agent for the fruit and vegetable, the produce association and I've hypno-programmed you to buy their product!

In today's session I want to also go to a deeper level and address some of the issues on kind of a subconscious level. The way we eat and the way we view activity is often colored by a lot of different factors, ranging from advertising on TV, the TV is going on in the background right now and who knows, there'll probably be an advert for something on TV telling us how to eat in a certain way. Maybe that bowl of cereal with milk and Trix or Cocoa Pops or whatever it is they advertise on TV, tradition informs the way that we eat.

For example, I did not realize that on Christmas Day people did not eat herring and [inaudible 0.07.01] and potato sausage until I was like 20 years old. It was the first time I went to somebody who was not Scandinavian's house for Christmas and they had turkey and they had ham and they had stuffing and they were having Thanksgiving Dinner on Christmas and I thought that was

hilarious, it was the weirdest thing I had ever seen in my entire life.

That was when I realized that actually, what we eat is in large part who we are, it's part of our cultural identity, it's part of our family tradition and I haven't asked you this question, but do you have brothers and sisters?

*Yes.*

You have a lot, don't you?

*Yeah, I've got one brother and three sisters.*

That's a lot. Any of them overweight?

*One sister.*

Your parents, were they overweight or not?

*At times.*

And sometimes these eating patterns can just be part of a family culture, a family history. Of course in Las Vegas a part of our local community culture is food. This is a foodie-dream town and I have to admit that I on my occasions have explored all of the culinary delights in this entire

city. Some of them have been wonderfully healthy over the years, some of them, like the LA Pastrami Shop, have been less than healthy!

What happens is we commit our eating patterns to subconscious behaviors and it's important for us to be able to replace those patterns with healthy patterns. It doesn't mean if Las Vegas you have to stop going to the buffet, but you have to look at the buffet as now an opportunity to make one of many healthy choices and the correct portion rather than as the opportunity to get you're your \$9.95 worth, as if there were still \$9.95 buffets in this town. You're \$995 worth!

We're going to spend some time speaking to the subconscious mind and of course food and the choices we make, the portions that we have, those are all a part of weight loss, but so really is our viewpoint on activity and even our viewpoint on how we view our health and being able to explore that is something important as well.

You've seen me wear this Fitbit around, you've probably heard me talk about, "Hey, after I go right now, I have to go get my steps," and my goal is to get at least 10 000 steps every day. Sometimes, even lately I've been shooting for the 12 000 mark. You have some limitations because your knee, I think 12 000 steps a day probably is not something your doctor would recommend for you.

*Not at this moment.*

But increasing your physical activity, which you said you've been doing with swimming etc, is

something that I would encourage you to do. Last week I gave you the hypnotic suggestion that you would buy a pedometer of some type, a Fitbit or something like that, did you do that?

*I downloaded an app on my phone.*

You did, I was expecting you to say no! I was hoping you would say no and the reason why is because not all clients act on all suggestions that we always give. That's why it's important in a hypnosis session to give multiple suggestions because some of them will resonate more and some of them will be easier for a client to act on. If a client doesn't do what I ask them to do, I don't get disturbed by it because there are other suggestions that I know that they've taken action on, like buying all those apples you've been buying, but you downloaded an app, that's great. Have you monitored your physical activity it? Have you, in other words, noticed that you've been increasing even the number of minutes or number of steps or your heart rate with the app?

*No, I downloaded it, it's like, there you go and it's on there. It shows me how many steps, but I haven't even paid attention to it.*

So today's hypnotic suggestion will be after the cardiologist appointment, to actually take some time to go through the app and set it up with your preferences, your goals. You might ask your doctor, since you're visiting with the doctor this after, what he/she thinks some of those goals should be, that will probably be real helpful. In today's session I'm also going to use a metaphor that I think is really important.



A lot of hypnotists wonder, what's the right diet to recommend to a person and there isn't actually a diet that as a hypnotist I should be recommending to anyone. I'm not a dietician, I'm not a nutritionist, I'm a professional hypnotist and so we work with the unconscious mind and the subconscious mind and we work with metaphors and storytelling and empowering a person to take control over their lives and we know some things about hypnosis.

We know that hypnosis changes state, it changes physiology. We know that hypnosis is a powerful tool for helping you to really release, at a higher level, the higher consciousness, or the higher self and to activate the full potential within us. One of the great lines I love about the 12 Step Program is no matter how far down the scale we have gone, we can see how our experience can benefit others.

*Yes.*

I think that's real true with anybody who is making changes, you have friends, you have clients of your own, you have people in your world who you're able to influence, as an example, by the changes you've been making and that's a real powerful motivator for really stepping into, with confidence, a new chapter of life.

There are some things that we also know, even though I don't ever recommend a diet, there are some things we do know to be true. We know that eating a bunch of Twinkies is not likely to help you lose weight, is that true or not?

*Even the deep fried ones?*

Even the deep friend ones, we actually have eaten deep friend Twinkies together, it's been many years since we've done that! By the way there is an old saying that says, 'The fat you eat is the fat you wear,' so somewhere we have a deep fried Twinkie in us right now.

*At least one.*

We know that eating food that is not rich in nutrition is not going to help us.

*It's going to wear on your body.*

Keto diet, low carb diet, blood type diet, grapefruit diet, it doesn't really matter, all those diets share something in common and that is a recognition that some foods are healthier than others and so what I'm going to give you here is actually a handout and this handout is called the ANDI chart, it's the aggregate, nutrient, density index of certain foods and what scientists have done is they've actually looked inside of the nutrient density of a calorie and they've actually scaled food from healthiest to least healthiest.

Of course the healthiest are the green, leafy vegetables, these are given a score of 1 000. The things like kale or mustard greens or watercress or bok choy, those are of course the big, green, leafy vegetables and they tend to have the most nutrient and micronutrient density per calorie. Of course on the very bottom of the ANDI chart are the things that have the least nutrient density,

cola gets a score of one, I'm surprised it even got to a one. Corn chips, I have to admit, I kind of like corn chips, only a seven.

There's a huge difference between 1 000 and seven or one. I mentioned olive oil earlier -

*Is that even the corn chips at Whole Foods?*

It's any corn chips, it's going to be, of course once you fry it, it becomes even less healthy, of course, than a baked corn chip, but corn we can see on here, isn't ranked particularly high, it's only an ANDI score of 45 versus a chip made out of flaxseeds, that's baked, that is a score that's double that of corn. What this chart helps you do is help you to know what foods are healthier than other foods. Which has a greater nutrient density, you're looking at that inquisitively?

*I'm looking at eggs and I'm surprised at how low that number is, my doctor talks about the protein in it.*

The interesting thing about protein is that we can acquire protein apart from meat. In other words, when we eat beef to get our protein, we're actually getting secondhand protein, because the cow who is a vegetarian, had to eat the big, green, leafy vegetables in order to get the protein and we know that gorillas are actually vegans. I'm not going to ever advocate somebody to become a vegan or not become a vegan, that's a choice you can make, but one of the things that we can see here is that the meats and the animal products tend to have a lower nutrient density.

In some respects it's because we're getting second hand nutrition because the animal had to eat the nutrient dense food first. Probably the best way to look at what we can do with the ANDI chart or the ANDI scale comes from the research by Joel Fuhrman and this is a book that I've always given to every client who I've worked with. Joel Fuhrman is a family practice doctor, maybe he's an internal medicine doctor, but he is a meticulous researcher and he's taken really the concept of nutrient dense foods and he's created a pathway for us to make healthy choices and have an understanding of how these things can help us to do what's best for us.

One of the suggestions that he might give is rather than having three ounces of rice with your nine ounces of meat, have nine ounces of your wholegrain, your long grain rice and three ounces of meat. In other words, just make the choice not to go without.

*In moderation.*

The idea of going without is always frustrating to people, so do this right now. You do this too if you're watching this video. Close your eyes for just a second and do not think of a yellow Jeep, whatever you're thinking about right now, just don't think of a yellow Jeep, think of anything in the world other than a yellow Jeep, do not think of a yellow Jeep. Open your eyes and what were you thinking about?

*A yellow Jeep.*

The yellow Jeep, right. So if I tell myself I'm not going to eat candy bars or I'm not going to eat

cake, you're actually giving yourself, to some degree, a negative suggestion that you want cake. There's an NLP trick in NLP pick-up artistry and suggestion and some of those folks actually used to have t-shirts that would say, 'Stop being in love with me' and it had a 'stop' sign on it. The idea here was that in order for somebody to mentally process, 'stop being in love with me,' they had to think about being in love with that person first.

The idea with understanding nutrient density is not to stop anything; it's actually to start doing more. I'm going to give you a copy of this book.

*Cool.*

It's been a book that's actually been real helpful to me and over the next couple of weeks, just make the decision to read a couple of chapters every week or more if you want to sit down and go through the whole book at one time, that's fine, but I found it to be a real helpful book. It's been a real helpful book not because it tells you what you should do, but because it actually opens the doorway to new choices.

The great thing about the authors work here is that it's evidence based, he has the research to back it up and it's not a diet, it's not trying to convince you to only eat half a grapefruit at breakfast, two boiled eggs at lunch and a can of tuna at dinner. There is no, this is what you're going to have Monday, Tuesday, Wednesday... It's really all about understanding nutrition and nutrient density and then making the choices that are best for you and hypnosis is a great way for then accessing the subconscious desire to activate the actions that really were congruent with the

new knowledge that we have.

There are a lot of other great books out there, I like this one because it's not a diet book but it does give some recipes and I think that actually might be the book where I got that cauliflower recipe, maybe, but the cool thing about it is it doesn't just tell you, these things are more nutrient dense than other things, it actually tells you what to do with the kidney beans, bell peppers, cashews and Swiss chard and that's actually kind of cool. Would you like to read it?

*Oh yeah.*

There you go, there's a free book for you.

*This will go with my other book, I've got the Show Girl Diet.*

I actually remember hearing Las Vegas, somebody rating the Show Girl Diet book, I honestly can't tell you what's in it, but again, this is not about a diet, it's not the eat to live diet, it's really about, what he calls 'nutritarean' living. It's not vegetarian living or vegan living or paleo living, it's just about eating to live.

*Common sense.*

Yes, it's about nutrient density, so it really is different than any other diet book out there and because I'm not a nutritionist, because I'm not a family practice doctor, I like to give that as a

resource to people so that then they can understand the ideas and really decide on what works best for them.

Let's go ahead and do our second session. Do you have any questions from the first session?

*No, I'm ready to go.*

Let's move over to the hypnotic furniture and begin week number two and I have no doubt that this week you're going to find the same level of success, or greater than you had last week.

*Yes.*

## **Hypnosis Session 2**

As we do session number two, again, I usually use the microphone and you can usually hear my voice over the microphone, but we're actually using this microphone up here, which is picking up my voice. Go ahead and put the headphones on and can you hear the music in the background?

*Yeah.*

It's not too loud or too quiet, it's okay?

*It is.*

In fact the music I use is typically just background tracks, recorded in a delta level to encourage a person to go into the deepest level of trance. In fact, that's what the binaural beats are, are really a sound file, a sound wave and it's at the same wave rate as our mind is when it's in deep relaxation and so when you're listening, do you ever listen to a song and you start tapping along with the song?

*Yes.*

Literally when you're listening to the binaural music, your brain begins to tap along with it and go into that state, that resource state of deep relaxation or focus and concentration and healing that we associate with hypnosis. You've experienced hypnosis before, we did our session two weeks ago and you've had great success over the last two weeks, so as you continue that, simply close your eyes and with your eyes closed, pay attention to anywhere in the body that you're carrying any of the tension of the day.

Just make the choice to release that tension. Since you know how to experience self-hypnosis and you've had me guide you through hypnosis sessions as well as others, you can simply access that resource state that you associate with helpful hypnosis.

As you relax in that chair, during our session if at any point you need to adjust for comfort, move, scratch an itch or adjust to feel more comfortable, that's perfectly okay. It won't disturb



you, it will simply reinforce exactly where you need to be, doing exactly what it is that you need to be doing.

As you listen to my voice and as you relax in the chair, take a moment to pay attention to the breath, to really note what it feels like to breathe the air into the nostrils and to feel the air in the back of the throat and to feel the air as it goes into the deepest part of the lungs and as that inhalation turns around, like a swimmer at the end of an Olympic swimming pool and becomes an exhale, pay attention to what it's like to exhale that air. The rate or the pressure or the tempo of the air as you inhale and exhale.

The reason I'm having you do this is because when we are paying attention to the breath, we're in this moment because each breath marks, of course, each moment, but paying attention to the breath, by practicing it, noticing what it's like to breathe the air in and what it's like to breathe the air out, what you're also doing is you're practicing the art of mindfulness, of having your focus or your attention on something in this present moment.

When you're doing that, what you're not doing is either dwelling on the past, the regrets a person might have had, over the years accumulated way or the fear of the future as they often follow a thought or an anxiety and so continue to be present in this moment, just breathing, neither trying to speed up or slow down the breath, just breathing.

With each breath and each number, allow yourself to access an even deeper state of hypnosis, 5,4,3,2,1, zero. You're doing perfect, letting go absolutely and letting your hands and arms and

back relax into that chair, calm and comfortable, never asleep but deeply relaxed.

Now can your body, anywhere you're carrying any of the tension of the day, you can simply relax the muscles in that part of the body. Of course I know you've also been carrying in your body some excitement for the day, after all, you've lost five pounds in the last week, which means you've gained health and gained confidence towards your goal and so as you scan your body, relaxing anywhere that might be holding tension, allow yourself to also harvest the power of that excitement which you came in the door with today.

You've really done a great thing, you've moved closer towards your goal. The goal not only of losing weight and gaining health, but the goal of really stepping into a chapter of life where you're able to set behind you forever that which has held you back at any level up until this point.

With each breath and each number allow yourself to delve further into the amazing abilities of our conscious and subconscious mind to work at harmony towards accomplishing that which is most important to us. With each number and each breath, relaxing a little bit further, 10, 9, 8, never asleep, but deeply relaxed. Each breath and each number, helping you to focus on this moment of learning and intuition and experience, 7,6,5,4,3,2, all the way down now, one, zero.

I know that you're familiar with the metaphor that Milton Erickson shared of the tomato and the garden. It seems like I must have had the same grandmother as Milton Erickson because when I was a child my grandmother also had a tomato garden and when I was a kid I used to sit out in

the garden as she in the springtime would begin to till the soil in her garden.

I would lay in the grass beside her as she'd work hard, to prepare her annual tomato garden and after the soil was tilled, she would carefully plant the seeds and she would water them each and every day and each and every day I would go with her to watch and accompany her as she did her work and I was always excited when the first green bud started to pop out of the soil and as it grew over the weeks, would give way to yellow flowers on the vine.

Within the center of each of those yellow flowers was a green bulb, at first the size of a pea, but then becoming a little bit larger and a little bit larger and as the petals of the flower would fade away over the next couple of days and weeks and the bulb would become larger and larger, I recognized its form as a tomato. Throughout the summer my grandmother would prune her plants and she would take care of her tomatoes and water them and care for them.

It was always exciting when the first tomato went from a green bulb to a yellow and an orange and eventually a rich red and we were able to pick that first tomato of the year. I don't know if you've ever done tomato gardening yourself or watched anyone else garden their tomatoes, but it's always exciting when that first tomato is ready to be shared.

My grandmother would bring it inside and she would slice it carefully with her knife. She would put it on a plate with a little bit of salt and pepper and a little bit of oil and a little bit of vinegar and we would always enjoy that perfect tomato. As the summer continued, the tomatoes kept coming and we would have those tomatoes with almost all of our meals. At the end of the season

any remaining tomatoes she would always can at home, so we'd have them for stew or for sauces or even as a side dish over the winter.

One day it occurred to me, those tomatoes never had to ask my grandmother, "How much water from the sky should I drink? How much nutrition from the soil should I absorb?" Intuitively each and every year each and every one of those tomato plants grew to their greatest ability and their perfect size and their healthiest condition. My grandmother was there to prune the plants and to keep the soil free from pests or debris, the tomatoes themselves knew exactly what they needed to do in order to become exactly as they were supposed to be.

The good news here Obert is that I don't need to tell you what diet to be on or what exercise to do, if a tomato plant intuitively can grow exactly the way it is supposed to grow, we as people have the ability to intuitively listen to our own body, knowing exactly how much water to drink, exactly how much nutrition to absorb.

Before we started I shared with you the worksheet with the ANDI scores on it The aggregate, nutrient density index scores of various foods, and you looked at it a couple of times. Even noticing things that surprised you, how much some of those plants had a high score and surprised that some of them, like an avocado, have a fairly low score. By listening to your body, or in other words, your subconscious mind, you will intuitively know exactly what to add to your diet in the next week or two or three.

Exactly what fruits or vegetables or even complete recipes will help you to be exactly as you are

supposed to be, to be your very best. So, right now, use the next moment or so to simply scan the subconscious mind, that reservoir of knowledge, of likes and preferences and couple that with your new knowledge of the ANDI scores and make a decision now about that which you think will be most beneficial to you in the next week or two or three.

Without giving up the resource state of hypnosis or the importance of trance and accessing all of the things in today's session, you can at this moment take in a breath and open the eyes, refreshed and exploring with me the answers to some of these questions and so go ahead and open your other eye also, perfect, good.

Before our session we talked about some of those ANDI scores, as you explore the idea of listening to your own body, what are some of the things that you think would be most helpful to you, to add to your meal choices in the next week or two or three?

*I was looking at, I was surprised that the avocado wasn't as high, but I can see where I could make a salad with that, and the kale or the Swiss chard and carrots, something like that, without*  
-

Let me ask you a question about that. It almost sounds like you have some excitement about making that dish.

*Of course.*

Food is fun and in the past, though we've talked a lot about food over the years, I've never seen excitement about Swiss chard and kale and an avocado. So, by exploring what the subconscious wants, what our bodies crave, does it create an excitement that perhaps you haven't had in the past.

*I see that.*

Good, go ahead and close the eyes again, continue to access that resource state of hypnosis, 5,4,3,2,1, zero and see yourself as you know you'll easily be in the next week or two or three. You've already lost five pounds, gaining tremendous health in the last two weeks, by seeing the physician today, following on the footsteps of the physician who has treated your knees, you know that the recommendations that he/she makes today will help bring you an even greater state of health in the next couple of weeks and months.

So I wonder what that new you will look like? I wonder what the skin tone and color will be when you look in the mirror three weeks from now, four weeks from now, when it's time to shave in the morning. I've always been amazed that you've never admitted to coloring your hair, especially since I admit to coloring mine and I'm actually a few years younger, but health is reflected in the radiance of our hair and it makes me wonder what the health of your hair will reflect in the next three or four weeks.

I bet you wonder as well what the scale will say when you step on the scale in three or four weeks, but I also think the subconscious mind knows exactly what the body is capable of and so

it was 279 two weeks ago and 274 today and so in another three weeks, the subconscious mind can probably reasonably predict the number that will be on the scale.

Go ahead and open your eyes and tell me what that number is.

*Two weeks, three weeks? 258 -*

Go ahead and close the eyes, see yourself as you put on your jeans, wondering if somehow they have been worn too many times and have stretched out too much, then having the realization that your jeans haven't stretched, but you've become thinner and healthier. This new you feels pretty darn good, not only because of the improved look, but because with each unlabored breath and each confident step, you notice the healing in your knees, the healing in your body and the healing in your spirit as well.

Right here today connect, create a bridge from where you are in this chair to where you know you will be and allow the you that is here to join with the you that is there, being present in this moment, not as you know you can be, but as you actually are now, the healthy, thinner, confident and pain-free you.

I know over the years you've spent a lot of time doing a lot of different types of work in different places here and there and I know that over the years in your office you have had a file cabinet at one time or another filled with files and collected data and information and so in this moment, access that file cabinet of the subconscious mind, finding the files that actually inform you of the

things that you do best, that can help you to, in the present time, accomplish what you need to.

The coping strategies for emotions file, the building confidence file, the file that contains the process for instinctiveness and the process for stepping into abundance. Say to yourself right here and right now, like the tomatoes in the garden, the resources are within me to listen to my body, to listen to my mind, to listen to my spirit and take on action on that which is most helpful to me.

Over the next week you'll take that book that I gave you and you'll read a chapter or two or three or maybe you'll even find that it's so interesting that you'll read all of the book this week, it doesn't really matter to me if you read it all from cover to cover or you skip from front to back or back to the front or middle to middle, what's most important is that not only do you experience success, but that you learn new things to put in that file cabinet, new knowledge to take you from here to there.

Congratulate yourself, you've done a great thing by over the last couple of weeks, dedicating yourself to this change and in this moment connecting yourself to that higher self, transcending and releasing anything either known or unknown that's kept you from success.

When I count to three, open the eyes, feel fantastic and allow yourself to take in a big breath, energized by health and wellness and what you've gained by coming here today, one, two, stretching out any muscles that need to be stretched and three, opening the eyes, feeling fantastic, ready for the rest of the day. High-five. By the way, that high-five was actually real energy. You



can take the headphones off.

*Wow.*

This is kind of a cool device here, we can actually plug in four different headphones, we've got four people over here, into mini group sessions, it's actually pretty cool. About how long did that session feel?

*Ten minutes.*

Let me check the timer, more than double, we're at 25 minutes, again, the time of time distortion.

*I must have stepped out.*

What's interesting is that even though you stepped out, you have that time distortion experience, you were also able to check in. Did it disturb you at all that I asked you to open your eyes and talk to me during the middle of the session?

*No.*

It's interesting, a lot of hypnotists think hypnosis is me always talking to the person, but I think that we can also listen to the person in the hypnosis. We can do that observationally. I was listening to your breath, I was listening to your movement, I was listening to the intonation and

the skin tone and eye flutter and all those sorts of things, but we can also ask our clients, it won't disturb them, to open their eyes and to respond to us.

Use those techniques with the clients that you work with. You were familiar with the tomato metaphor?

*Yes.*

I know you've heard me share it, you've heard Milton Erickson's version of that.

*Yes.*

Exactly, I just think that's such a powerful metaphor, that we are self-regulating and we can listen to our own bodies. It's far more effective than really trying to be on any type of a diet.

You've done a great job so far.