



SuccessFit Transcript, Session Four

Dr. Richard Nongard

www.SUbliminalScience.com

Session Four Pretalk

Welcome aboard for session number four and I'm looking forward to today because I know that it's actually been almost two weeks since we last saw each other and you've continued to make some progress, that's absolutely fantastic. In the fourth session, it's where I usually introduce the idea of numbers. Again, if you remember the very first session I asked him what his weight was, I did ask him what his target weight was, but I didn't focus on that number and he said 200. I did give him the suggestion that he would lose one pound the next day, which you did, but beyond that, we haven't really focused on numbers too much. I haven't asked him to weigh himself each day and I have asked him when he comes in what the number was, how much weight have you lost. By the way, what is the number today, what are you down to?

That would be 251.3.

I think last time we met you were at 258, so you're about 3.5 pounds a week, so that's great, congratulations.

Thank you.

In session number four is usually where I begin to focus on the numbers and the reason why I begin to focus on the numbers is numbers become more important, especially as we space out our sessions. Again, session number one, session number two, session number three, I usually see a person a week apart. We're at session number four, I might push that to two weeks like we have now. Session number five and session number six, I normally do over an eight week period. I'll see you for session five four weeks after session number four, for session number six, four weeks after session number five. So I'll definitely be working with the person for almost three months for those six sessions.

You can adopt this, you can really go in any direction. You could meet every Tuesday six weeks straight, there wouldn't be anything inherently wrong with that, but because we're going to put some space between our sessions, I think it's actually important to focus on the numbers because when they're not coming to our office for the in-person reinforcement, we want to give them that success and a way to do it.

We don't want to limit ourselves to success only by number. You've been losing weight and I actually think it's been dramatic over the last couple of weeks, again, highly motivated when we

started this process, so it's not all Richard being the magnificent hypnotist! You've been doing exactly what you need to do and you've been doing a great job, but I want to give my clients other ways to measure success as well, especially if they're a client like I am, I'm in my 'Richard needs to lose weight' phase. When I need to lose weight, what I usually do I, one, really focus on my eating habits, trying to eat slower, choosing more nutrient dense foods, having smoothies for breakfast that contribute to me feeling better throughout the day, but I also tend to engage in a lot of physical activity.

I'll start going to the gym and working out on machines, I'll start walking every day, I'll start swimming every day. One of the things I typically do is I'll be both losing weight, but I'll be gaining muscle mass and the result of that is that I might actually stay at the same number even though I'm healthier and stronger and more fit. That's perfectly okay. It's really not the number that's most important, overall, it's how much health do we have.

When a person has got a high BMI, body mass index, the pounds will just roll off and that's something that you're experiencing because fat melts easily. Notice, that was another hypnotic suggestion and a metaphor and as you've been losing weight, the numbers have been easy for you, but you've also been increasing your physical activity.

Right.

There might come a point where you might plateau here or there, and if we're only measuring weight loss by the number, people can become frustrated by that. I didn't see my hypnotist now

for four weeks and I'm at 249 and I've only lost two pounds, something is wrong here, I'm going in reverse. Well, you're not going in reverse because you're still losing weight, but you might actually be gaining muscle mass. So we need to measure weight with the scale and have you been weighing yourself at the same time every day, in the morning?

Yes.

I recommend a person does. Again, some hypnotists prefer not to deal with the scale at all. I tend to give people a suggestion to weigh themselves each and every day because that really does keep a person on track and on target. I know I weigh myself each and every day and if today is more than yesterday, it's more Fitbit steps for Richard! Number is one way to do it but you heard me mention the BMI, the body mass index. There's a lot of criticism of the body mass index. Some of the criticisms on the BMI are, well, it's not that accurate because a person's bone density versus their muscle density versus their fat is not taken into account etc. All of those criticisms of BMI as a tool for measurement are completely true when it comes to an athlete who is competing in the Olympics or a runner who is getting ready for a marathon or a wrestler who is getting ready for a wrestling match.

For a person who clearly is overweight not only because of large muscles and bone density but also because there's a lot of pizza held within -

A lot of buffet.

A lot of buffets held within, BMI isn't a very accurate measure. We know that over-meets the requirements for being considered extremely obese according to the body mass index and while it may not feel good to be labeled such by something as impersonal as a chart, it's something you know that has been true in the past. Notice, that was another hypnotic suggestion by the way.

The BMI chart actually tells us, essentially, what percentage of our body is fat, the BMI chart is really easy to follow. You just have your height over here, which in your case is five foot nine and then you have numbers over here that indicate pounds and you weight 251 today and that yields a BMI of 37.1. In theory, about 37% of you is fat that can be lost. Again, different people's muscular structure and bone structure all come into play, but again, we're not at the level where we're trying to determine athletic performance here, so the BMI does become an accurate way to measure yourself.

If the numbers give us one indicator, the BMI gives us another indicator and again, as long as you're going down, we're doing something right. Now, there's a third way to measure and the third way to measure really is the waist, the girth. A lot of people who don't get on a scale, like to measure themselves by how many pant sizes they're losing essentially. I'm not going to ask you to stand up and measure yourself again, because we actually did it before we started, where is the tape measure?

It's to your right.

This is a tape measure that a tailor might use, if you ever go to a store and have them measure

your neck so you know what shirt size you wear, if you have to go to a wedding or a funeral or something like that and this cost \$4.31 and it came with seam stripper. Obert's joke was you can always just, if they don't go all the way around, you just can just poke 'em and drain 'em until it fits around! They're not particularly expensive and every hypnotist needs one of these in their office so your client can measure themselves.

The correct way to measure your waist is to find the bottom of your ribs and the top of your hips and then wrap this around at the halfway point. The number you came up with was what?

53.

Those are the numbers you need to remember, 251 pounds, 37.1 BMI today and 53 inches around and between now and your fifth session, because this is the fourth, a month will elapse. Probably actually won't for the purposes of creating this video, but as long as it's before Thanksgiving! You can look at those three measures to see what your progress is, really from three different perspectives. You did mention Thanksgiving just now.

Yes.

Thanksgiving is coming up in the US, I think we just had Thanksgiving in Canada and people like to eat during the holiday season.

It's rumored.

I think you and I have eaten a lot during the holiday seasons before. My daughter is actually coming here for Christmas this year and Alex, my youngest son might actually come out here for Christmas this year, so you're certainly invited to Christmas here this year. When people are here for the holidays, they tend to eat a lot. He's already indicated, oh, that might be an area where I might have some challenges, so we're going to make sure that in our fifth session we address that and I'll write that in my notes here so I can remember that for the fifth session because it's impossible to recall it for every client.

You've been reading the book, you've been continuing your progress, you're following up with the cardiologist, what's the state of your heart?

I will find out on Monday. He had an emergency and he didn't make my second appointment.

The cardiologist bailed on you, but you feel pretty good.

Somebody else was in worse need than me!

Somebody else was in worse shape, that's always a good thing! Are you ready for today's session, any questions?

No.

Awesome.

Obert Full Session 4

Welcome aboard to the fourth session and Obert, Halloween is coming up, so you're dressed, what is your costume today?

Airport luggage dropper.

There you go, they always seem to have their headphones on sideways, very creative idea. Go ahead and put the headphones all the way on and you can hear the music in the background, awesome. Is it loud, not loud enough, just perfect?

Great.

Of course you can hear me. Normally I have a microphone, however, in this case I'm running the microphone up here. You've done fantastic and that's great and as you go into the hypnosis session, we've done four sessions now and so you know how easy it is to simply close your eyes and relax and allow yourself to access that resource state we call hypnosis.

Go ahead and with your eyes closed now, take a moment to scan the body and really notice anywhere that you're carrying any tension of the day and release that tension. Let your hands relax, let your arms relax, let your face relax. There are over 20 little, tiny muscles in the eyes

and the eyelids, micro muscles, 200 muscles in our face, around the nose, the mouth and relax those muscles. Just let any tension in your brow, in your eyelids and your jaw relax. You can even unclench the jaw a bit if that helps.

It feels pretty good to take a moment to deeply relax doesn't it? You've set this time aside from your schedule to make sure that you were able to accomplish your goals by making lifelong transformation in the subconscious mind and in the conscious actions that take place. You can congratulate yourself, you've done a great job so far. The numbers come down now a great deal over the last couple of weeks and the last two months, down today to 251.3 pounds.

Imagine a number in your mind, a number that represents the highest weight you've ever been that you recall. It might even be unpleasant to think of yourself that way at that time, but think of that number and then imagine a cascade of numbers. One number kind of like the numbers on the old time digital alarm clocks that flip from more than 300 to 295 to 290 to 285 to 279, 278, 277, 276, 266, 261, 259, one number flipping into the next number, 255, 251, what a wonderful place to be today. It represents, of course, tremendous progress and a breakthrough point for you because you know it will just be a matter of time when the 251 flips to 250 and below that 250 mark, for the first time in a long time to 249. In fact, I have no doubt that will happen this week and it will be exciting when it does.

So right now, in this chair, congratulate yourself, give yourself a virtual pat on the back, or a real pat on the back, it's perfectly okay. I see the smile on your face, I love to see a smile because it's a recognition that change has happened, losing weight isn't something that will come in the

future, but it is something that is here right now. With each breath and each moment, continue to relax into this resource state of hypnosis.

Let your hands as they rest on the armrest of the chair and as your fingers touch the leather of the recliner become heavy and relaxed, warm and relaxed. Let your feet in your shoes be heavy and relaxed and warm and relaxed and your back and your thighs and your body relaxed, enjoying this moment of success. Continue to breathe in and breathe out, bringing all of your attention to the breath, recognizing, of course, that each breath marks each moment and in this moment you're exactly where you need to be, doing exactly what you need to be doing and that is rewarding yourself for a job well done.

Continue to allow yourself to access deeper resource states of hypnosis, with each number and each breath going a little bit deeper, 10, 9, 8, you're doing perfect, all the way down now, 7,6,5,4, you're doing just great. You've accomplished what's most important, you've stopped the upward trend, you've reversed it and here right now in this chair you're accomplishing that which is most important to you. With each number and each breath, ratifying that transformation, committing it to the unconscious mind, healthy food choices, the norm. Smaller portions, the norm, enjoying life with each day, each number, each breath, 4,3,2,1, zero.

In this resource state we call hypnosis it is this moment that's really most important, any regrets of the past, any fears of the future can be absent as you are in this moment filled with gratitude and hope and a sense of accomplishment and it feels pretty good in this moment and this time.

The good news of course is, this moment and this time can go with you and forward from here to

there, at any time, at any place, allowing you to access strength, courage, commitment, moderation or any and every resource state that is most important to you.

Be fully present in this chair, with your hands resting on the armrest of the chair, neither worried about then or the past, but instead embracing this moment and I'm going to give you a minute to practice the art of mindfulness and being in the present. I'm going to be silent for about one minute. In fact, I'm even going to time it with my Swiss chronograph and as I time this one minute period, allow yourself to be fully engaged in this present moment. Any time you have a thought or a feeling or a sensation or awareness, rather than following it, just use it as a cue to bring yourself back to this moment. Practice now.

You're doing perfect, bringing your mind back to the present moment, any time there's a thought or sensation or a feeling that distracts you. This time is the perfect time and this time here, of course, reinforces the assignment in the MP3 I had given him and as you continue each day to listen to that MP3 and continue to practice mindfulness, I know that you'll continue to experience the results of present living and the power of now.

Before our session started we looked at some numbers, 53 in the waist, 37.1 BMI, 251 on the scale and each morning as you wake up, open your eyes with a feeling of refreshed energy from having accomplished something so important, but excited about a new opportunity to measure yourself, finding the numbers on the scale move from 251 to 250 to 249 and continue to flip downwards each and every day and while the BMI might go down a point or two over a period of a week or two, the BMI continues to go down as your weight goes down and as your strength

increases and immediately before next session or halfway between now and our next session, if you're excited, measure yourself again, discovering that the girth and inches has decreased from 53 to 52 and 51 and the numbers on the scale will also continue to disappear from one number into the next.

In this session you can not only congratulate yourself, but also make the conscious decision to act on the things that you've learned in the books that you've been reading, to take action on the things that you've practiced over the last six or seven weeks, to continue the progress that has brought you to this point. Continuing to add to each and every day those foods that are most nutrient dense and choosing the foods which are healthiest for you, continuing your pattern of adopting new and healthy snacks to your diet, like the chia seeds that were eating earlier and like the chickpeas and the hummus that you have enjoyed in the last couple of weeks and with each number and each breath, allow yourself to relax more fully into a state of success, being confident and yet calm, being focused and yet relaxed, 5,4,3,2,1, zero.

Again, releasing anything known or unknown, either by letting it float up and out and high into the clouds above or to simply melt away through the soles of the feet and into the core of the earth, releasing anything known or unknown, now and forever more that has to this point held you back. Enjoy, enjoy this time of success, of accomplishment and the feeling of being lighter. In fact, that feeling of being lighter probably gives you more energy each and every day and that feeling of being lighter probably helps your emotions to float freely and more calmly and that feeling of being lighter probably allows you even to feel weightless in this chair.

Imagine that, weightless in this chair, again, you've done extremely well and I have no doubt that you'll continue to do well, accomplishing those things between now and our next session that are most important to you, but reinforcing each and every day, in each and every way, that you get better and better and better.

Now, take in a breath and let that breath mark this moment and be ready when I count to three to open the eyes, feeling fantastic, ready for another day, with another healthy meal and continued activity levels, one, enjoying this moment, two, congratulating yourself for a job well done and three, opening the eyes and feeling absolutely fantastic and ready for the rest of the day.

Take off the headphones. What was that experience like for you?

It was good, I enjoyed it, drifted away from your voice for a little while.

That's okay, that's one of the things I wanted to see if you noticed. Again, as is typical with you, something I've learned, you'll adjust for comfort, you'll touch or you'll itch or you'll move around and that's perfectly okay. Notice, I haven't been commenting on it or telling you to stop it.

Because you're used to it.

I'm used to it and I see a lot of clients who do that, it's just what we do to allow ourselves to be comfortable. Once you become comfortable, you let yourself really go to some of the deepest

levels, but what's great is that in those deepest levels, even though you may only be paying attention to every third word or seventh or eleventh word that I use, what you're doing is you're experiencing process rather than simply listening to the process and that is always a good thing. Again, when you get into deep state of relaxation, there's a little bit of snoring going on, right? I don't know if you notice it, but I do.

Again, that doesn't mean a person is asleep, in fact I made a video not too long ago and I was trying to video something out there, but as I was holding the camera, I was breathing like BJ and the Dirty Dragon and so I couldn't actually use the video because of course the microphone is on the camera and it was capturing my breathing. Sometimes when we find ourselves deeply relaxed, we simply will snore, even if we're awake. The only time that I worry that my client is asleep is if I count one, two, three and they don't open their eyes. They're either asleep or they're dead, one of the two, or I guess there's a third possibility, it feels so wonderful in the state of trance that they just don't want to come back. That doesn't happen very often, but it has happened with my weight loss clients actually, because it just feels so good to feel so light and to have hope for the first time in a long time.

You look great, you look fantastic.

Thanks.

Same time, same channel next week and again, thank you Obert and congratulations.

Thanks.