



WEEK FIVE TRANSCRIPTS

Dr. Richard Nongard

www.SubliminalScience.com

SuccessFit Pre-Talk (Session 5)

Obert just came in and this is week five and so I asked Obert a question, which was, Obert, what's your weight?

That would be 241.4.

When he said it was 241.4 pounds, now since we last met, it's probably been about a week and a half, almost two weeks, again, you're watching this one week apart, but we've actually been spacing this out a little bit. I'm trying to do math here, that's about eight pounds in the last two

weeks, again, continuing at four pounds a week, which is actually kind of high. My question Obert, just react for them, 241, is that bullshit? Are these real numbers?

They're real numbers.

So you actually weigh yourself every day.

I do it every morning.

Earlier today we saw each other and had a thought as I was sitting across the table from you and that is, I need to show you what you looked like six or eight weeks ago, whatever it was, in the first video because I did not take a before and after picture. I do do that with clients who come to my office, take a picture of them in the first session, a picture in the last session. They have that comparison, that's kind of nice. We have video, so I'll show you back to the very first video to today and you're going to be pretty pleased.

Cool.

What do you attribute your success to?

Watching what I eat. I've eliminated potatoes for the most part, out of my diet and replaced it with Brussels sprouts which is high in that chart and if I'm making eggs in the morning, I just chop up Brussels sprouts and put it in, instead of hash browns and whenever it is, I avoid

anything that looks like a starch.

Do you feel like you're giving up anything, do you feel like you're missing anything?

Not anymore.

These changes have been really easy for you?

They become easier each day, you have a less of a desire to go, okay, and then occasionally, like today for lunch, I did have the mashed potatoes, but that was the first time I'd had them in -

It was a Friday special.

Yeah.

There's a restaurant we've been eating at for years, so we had lunch over there and we're not going to admit on video what we actually had for lunch because neither one of us should have had it, but the reality is, I've been making some pretty healthy food choices lately, I've been losing some weight and you've been losing some weight, you've been making healthy food choices. The goal here is not to give our clients a diet, the goal here is to help make healthy choices, to eat healthy food more often than not.

When I got my plate today the first thing I ate was all vegetables. What did I end up leaving

behind, since I was full, was the steak. There's a steak and lobster special we've been going to for years here in Las Vegas and although I had a slice or two of steak, I left 90% of the steak because I had chosen to eat those things that were most nutritionally dense first and I didn't feel like I went without at all.

What I'm doing with that steak, I'll cut it up, I took mine to go and I'll slice up small pieces of it and mix it with the Brussels sprouts, with the eggs in the morning and just have it in three or four meals instead of one meal where you're having a 12 ounce steak.

That was one thing I noticed, is that I'll take the steak and lobster special, you ordered it and that's a great technique, can I have a go-box? I was with another hypnotist in Austin many years ago and we sat down to eat lunch and he ordered the XYZ plate and when you bring me my lunch, I would like you to also bring me a to go-box at the same time. The waitress of course did not bring back a go-box when she brought the meal. You mostly get that when you're done. He said, "I asked for a go-box with my meal, would you mind getting it now," so she did.

He immediately cut his whole meal in half and put half of it in the go-box. A great way to figure out what size portion should I be eating is to look at the back of your hand. If it's bigger than the back of your hand, it's actually too big a portion. By the way, the reason why the restaurant gives us that giant plate of food is not because we're supposed to eat all of it. It's because they want to convince us – it's marketing – that they are the best value in town. That's why they give us so much food. We're not supposed to eat that at one time.

Intuitively I noticed, without me saying anything or even a discussion about weight loss, you asked for that go-box for your steak, I knew what you were going to do with it, before you even ordered. Congratulations, you've done great. Any questions or any thoughts, have you continued to read the book?

Yes, I was reading about the plant based proteins this morning again, because I do a lot of things with soybeans and they've been getting a bad rap. Soybeans, tofu, but it goes back to like you say, portion control. Just like you go to that steak house in Fort Worth, Texas with the 72 ounce steak, no, you're not supposed to be eating that in a serving.

Take it home as a pot roast and make soup for the next week.

Exactly, it's like you say, if it's the palm of your hand, great, a deck of cards, but nothing bigger.

What about your physical activity level, what has your physician said about increasing your daily activity level?

I will see him again, the surgeon who did my knee, I will see him next Friday.

A week from today.

Next week I also see my general doctor. I saw the cardiologist the other day.

Have you told them about the weight loss? I'm assuming they're weighing you at the beginning of their sessions and what you've been doing to accomplish the goal?

Yes, and my general, she loves it because I've been using hypnosis also for blood pressure and you and I had done a video on that and I told her about that. She's like, "Keep doing it, bring me a record of what your blood pressure is before you leave the house." I said, "Okay." She says, "Because a lot of times people's blood pressure is elevated-"

When they get to the doctor's office, they're going to call it [inaudible 0.07.29] syndrome or something. Mine does, any time the nurse puts on the blood pressure cuff, my blood pressure is 5080 over 4 million or something!

When I was at the cardiologists office the other day, his assistant, I don't think she's even an RN, she's taking it and she's chatting with me the whole time and I'm just going, I'm ignoring her. You're going to ask me questions, automatically it's going to be elevated.

Well, you've been doing all the right things, so continue on with that. Now that you've made the change, you've lost the weight, moving towards, automatically, each and every day and each every way, that goal that's important to you, we're going to do something in our session that I think is really important. We're going to look back using some regression techniques. I talked a little bit about regression to cause in the last teaching videos, but the purpose of the regression that we're going to be doing today is to simply get new vantage points as relapse prevention tools because Obert, you've made the changes, now the goal is to continue doing that without

going back to the old behaviors. Congratulations.

Thank you.

SuccessFit Week 5 Session

In our fifth session we're often ratifying the change that's already taken place, but a fifth session is a great place to really begin some relapse prevention things. It seems as if Obert has been doing absolutely everything he's supposed to do, so congratulate yourself. One of the things that I noticed was not only did you look a little thinner, not only did you look a little bit better, the color is coming in, all kinds of great stuff happening to you, but I also noticed just how when you moved from that chair to this chair, that your pants were falling down.

Yes.

What you don't know at home is that between last week and this week, I've actually opened up my new clinic, the Hypnosis Nevada clinic and so I actually took that tape and it's in my office, so this is my home office studio, so I actually don't have that tape, so we can't get a count today, but in our fifth session I would typically get a measure, if I saw somebody had been losing that much weight and their pants were beginning to fall down. I think you were at 253 the other day, have you measured yourself again that way?

Not in the last couple of days.

I bet you lost an inch or two or three or four, you've been doing great.

Thank you.

To begin today's session, simply close your eyes down and take in a breath. Bring yourself to this present moment. I know you have a busy day. You told me, "Richard, I have to be somewhere at 2:15." I know because I talked to you earlier that you've had some other things going on yesterday and the day before, needs that you had to attend to and take care of. Right now is your time to be present in this chair, neither concerned about the past or worried about the future.

My watch keeps really good time and you told me how much time you have and so I'll keep my eye on the watch, which frees you to simply enjoy this resource state that we call hypnosis and already being an expert in both doing hypnosis and experiencing hypnosis, bring yourself to that resource state that you associate with hypnosis and with learning. Scan your body, anywhere you're carrying the tension of the day, let go of that tension.

Notice your breathing, smooth and rhythmic and your fingertips lightly touching the leather armrest of the chair and your feet inside of your blue shoes, completely relaxed, never asleep, but deeply relaxed. With each number and with each breath, double that awareness of insight or success or control or hypnosis. Each number, each breath, doubling your ability to create success from within in today's hypnosis session, 5,4,3, you're doing perfect, absolutely perfect today and you have been for the last ten days. 3,2,1, zero.

In today's session, our goal is not to change anything, you've already made the changes. It no longer is something that you need to do but something you are doing and that's pretty awesome.

You've been controlling your portions, you've been controlling your choices, you've been at every level, both consciously as you play the game of making new selections and unconsciously as you respond to new preferences and new likes, doing exactly what it is that you need to be doing.

In today's session we're going to focus on what might be called 'relapse prevention.' Setting aside those problematic behaviors that you've had as part of your life and relegating them strictly to the past so they don't re-emerge as an issue or a problem in the future.

Think about the first time that you came to Las Vegas. It was a long, long time ago and think about the first time that you came to Las Vegas and discovered one of those super buffets. I know at that time in Las Vegas the buffets were cheap and the food was plentiful and imagine yourself as you were at that first buffet. See yourself and what you actually did, perhaps loading up one plate as high as it would go, putting both the main course and the desserts together.

Bringing the plate back to your table and maybe even filling up another plate or two, making sure you fully got your \$9.95 worth. I see a smile on your face which means it's easy for you to recall that first experience with that Las Vegas buffet.

Now with your mind imagine there's another you sitting at the table next to where you actually were, but this other you is the new you and when you see the actions you took that first day at the buffet from the vantage point or the eyes of the new you, it's pretty amazing isn't it? Imagine the new you goes to that same buffet that you were at once a long time ago, it's amazing how

powerful the imagination is and what we can actually create and imagine that new you going through that same buffet but choosing in healthy portions the things that you enjoy that are actually most beneficial to you.

From the salad bar, the specialty bar, maybe from the vegetable section or barbecue section and Mexican section and bring that plate back to the table next to the table where the old you is sitting. It looks different doesn't it? In the past there was a certain amount of joy from one experience one way, but in the present there's a new amount of joy from a new experience in a different way isn't there?

Yes.

Fantastic. You can see how rather than giving up your old ways, you've actually grown and matured into a new way, a new manner and so from this point forward, any time you step into one of those Las Vegas buffets, there won't be places you try to avoid, but instead a convenient place for you to make the healthy choices in the correct portion that are most important to you regardless of the choices an older you might made or that the friends who you are with might make today.

Imagine now being in that buffet the first time you were there, but the new you with that plate with new selections and as you look over at the table across with the old you and the pile of food, let that image simply fade away into the water fountain or wallpaper of that restaurant and enjoy, in your own mind, that new plate, that new meal that the new you is enjoying right here and right

now.

When your plate is done, rather than going for more, simply observe the body, noticing the feeling of being satisfied without being stuffed and how good it feels to not have to worry about heartburn because of that second or third plate and how good it feels to know that the choices that you've made have energized the body and promoted de-inflammation in the knees rather than inflammation in the body. It feels pretty good doesn't it?

Imagine in your own mind, stepping out from that table in the buffet where you were, the new you, having finished that meal and bring yourself now back fully to the present, this chair, this breath, this place, neither regretting the experiences of the past, for both of us those were the good old days, but stepping into a new and vibrant healthy and prosperous future.

Something you've been doing each and every day, embracing that reality as the new you, enjoying it at every level and in every way, each and every day. Congratulate yourself once again for having made a decision and taking an action that truly helps you, with each number and each breath relaxing even further, 3,2,1, zero.

Any habits that you might have developed in the past, a propensity to snack in a certain way or to act in a certain way or to even procrastinate in a certain way, you can look at the past, from the eyes or the experience of the new you and you'll discover that it is as if you've never procrastinated in those ways at all in the past. It's as if you have always had the habits that you currently have and never adopted any of those old habits.

Beginning to forget, to remember the old patterns were not helpful to you or perhaps remembering to forget those things by taking a breath, paying attention to the body and always being in the present. Now it is time to re-enter the room, to go on with the tasks of the rest of the day, but to do it with the energy your recent success has brought to you and to enjoy accomplishing everything in its own way, from this day forward.

Take in a breath, enjoying this moment. Committing to continue to listen to that mindfulness training MP3 each and every day for the next week or two or three and to doing the things that you've done that have led to your remarkable success over the past couple of months. Taking in another breath, feeling energized and fantastic from the oxygen that can reach and resolve the body and opening the eyes, 3, feeling fantastic and ready for the rest of the day.

All right.

Any feedback or thoughts on that session?

Just reminded me of something that happened earlier in the week and I was walking to my car and there were people on the street eating garbage, candy bars, everything and I just thought, that's fuel for your body and that's what you chose to eat? I was like well, it wasn't that long ago that I would do those sort of things, but you think about you've got 24 hours in a day, what are you fueling your body with to get through each and every day?

Absolutely, either simple carbs, candy and donuts or the complex carbs, broccoli and sweet potatoes.

Exactly.

One, from your experience, obviously has a much better outcome than the other.

Right.

Congratulations. Same time for you online, same channel for next week. Same time, same channel next week, we'll continue to follow Obert's progress. You'll continue to do your homework, you'll continue to read that book, look for additional resources, begin downloading the PDF's and the scripts that go along with these sessions that I've done and using them with your clients to help them experience success as well.