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Weight Loss Imagery

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn. Listen, live well, and thrive.

Hello, I'm Belleruth Naparstek and this is a guided imagery tape designed to help you lose weight and build a stronger body. It's not a substitute for eating less or exercising more. But listening to this tape once or twice a day will reinforce and extend your efforts, making whatever you're already doing more effective.

The guided imagery on this tape has been very carefully researched and written. Every word, image, phrase and idea has a reason for being on it. And the composer, Steve Kohn, has carefully scored the music, phrase by phrase, to make the imagery as effective as possible.

Try to listen to the tape once or twice a day for several weeks. Over time it will have a stronger and stronger effect, and you probably won't need to use it as much.

Usually different parts of the tape will capture your attention at different times. Always feel free to ignore or change what doesn't suit you. Your mind will probably serve as an automatic editor anyway.

You don't need to pay perfect attention as you listen. As you relax, you'll probably drift in and out of awareness, and that's fine, especially if you listen repeatedly. If you notice your mind wandering, you can gently guide it back.

And because the imagery on side A is deliberately designed to help you relax, you shouldn't play it while you're driving or operating machinery. Side B has affirmations, and you can listen to them any time.

If possible, try to position your hands in the same way each time you listen. Over time, this will become a kind of conditioned response, a cue to help you move immediately to a place of deep, inner peace, even when you're out in the world, in what would normally be bothersome circumstances.

And finally, don't worry if the tape sometimes brings forth some unexpected emotion. If that happens, it just means that the imagery is working for you in a deep way.

So see if you can take this next while to commit yourself to this process of engaging the power of your imagination... by gently immersing yourself in this safe and easy process.... All you have to do is settle in, relax and let yourself listen...

Please begin by making yourself comfortable, shifting your weight so you're feeling well supported... (pause)... and gently allowing your eyes to close...

Let your hands rest comfortably somewhere on your body - on your chest or midriff or abdomen - so you can feel the rise of your body when you breathe in... and the way it settles back down when you breathe out.... and you're becoming more and more attuned to your breath, as it moves in and out of your body...

Inhaling deeply and slowly, all the way down into your belly if you can.... (pause).... and breathing

out, fully and completely... feeling the expansion of your abdomen with each inbreath... and the way it subsides with each outbreath....

And again, breathing in... and this time, imagining that you're sending the warm energy of your breath to any part of your body that's sore or tense or tight... (pause)... and releasing the tension with the exhale... so you can feel your breath going to all the tight, tense places... warming and loosening and softening them... and then, gathering up all the tension... and breathing it out...

So that more and more, you can feel safe and comfortable, relaxed and easy... noticing your breath... with friendly but detached awareness...

And any unwelcome thoughts that come to mind, those too can be sent out with the breath... released with the exhale... so that for just a moment, the mind is empty... for just a split second, it is free and clear space... and you are blessed with stillness...

And any emotions that are rocking around inside... those too can be noted and acknowledged and sent out with the breath... so that your emotional self can be still and quiet... like a lake with no ripples...

And now.. see if you can turn your attention inward for a moment... to see how your body is feeling... noticing where it might feel tight or tense, achey or sore... and where it feels loose and easy, comfortable and open...

So you're moving your attention into your body... starting perhaps with your head... checking to see how it feels around your face and scalp... becoming aware of any tension around your eyes... or tightness in your jaw... and seeing how it feels deep inside your head.... and you're just curious and neutral... friendly but detached... (pause)...

And moving your attention down into your neck... curious about any tightness there.... (pause)...

And checking your shoulders to see how they feel... noticing any heaviness or tightness there.... (pause)... as you continue to breathe deeply and easily...

Moving your awareness down into your chest... checking your lungs as they expand and contract to the powerful, steady rhythm of your breath... and it might feel a little heavy or tight in there... or maybe it's open and loose and easy... (pause)...

And seeing how it feels in your heart... (pause)... noticing any heaviness or tightness or sorrow there.... or perhaps there are pleasant feelings of soft warmth and fullness... and you're just noticing, curious... no praise, no blame... as you continue to breathe, deeply and easily...

And moving your awareness around into your back... noticing the feel of your back, all along the length of your spine... from your neck down to your tailbone... noticing places that might have absorbed some extra stress... and noticing where it's comfortable and easy...

And coming back around... looking to see how it feels inside your belly... checking deep inside the abdomen... aware of any sensations there... comfort or discomfort... you might even notice some signs of activity... as your body distributes nourishment and strength to every part of you... food in the bloodstream infusing muscle and tissue and bone... feeding each and every cell...

And moving your awareness down into your bottom... checking to see how it feels along your whole pelvic floor... and noticing any comfort or discomfort there... and maybe there isn't much sensation there... but

you're just doing this inventory with the neutral eye of a camera... no praise, no blame... detached and curious... as you continue breathing in... and breathing out... fully and easily....

And moving down into your legs... sensing any tension or rigidity in your thighs ... maybe some achiness in the knees... or tightness in the calves... all the way down to your feet... all the way down to the very tips of your toes...

So you're just taking this space to reacquaint yourself with this body of yours... your oldest friend... your steadiest companion... noticing it... listening to it... and acknowledging it...

And letting your awareness sink down into it... settling your spirit all the way down into the welcoming spaces of your body... and just letting it drift down and settle into every corner... like a gentle, misty fog softly nestling into a lush, green valley... you're fully inhabiting your body... feeling more and more the comfort, the rightness of being home...

And as you continue to breathe in and out... deeply and easily... and you might begin to notice a tingling in the air all around you... the pleasant, subtle feel of energy on your skin... tingling and vibrating... as if you were surrounded and protected by a magical cushion of air.... alive with humming energy... tiny waves of it, sparkling and dancing with light and color... becoming fuller, denser, with every breath you take... more and more able to insulate you from whatever you don't want or need...

(pause)

And now, if you would, see if you can imagine that this cushion of energy is drawing to it all the love and sweetness that has ever been felt for you by anyone at any time... pulling in all the caring, all the loving kindness that has ever been sent your way... every prayer and good wish permeating and filling the field of energy around you.. pulling it all in like a powerful magnet... calling every good wish home... and so increasing the powerful, protective field all around you...

And perhaps even sensing around you now the presence of those who loved and nurtured you... or those who love you now... or will love you in the future... just the ones you want with you... sensing them around you now... and perhaps even seeing a fleeting glimpse of somebody... maybe noticing an old, familiar scent... or hearing the familiar timbre of a dearly loved voice... possibly feeling a presence by your side or just behind you... or the gentle weight of a loving hand on your shoulder... people from your life... alive or long gone... there might even be a dear old pet... a guardian angel... sweet spirits or magical beings... perhaps familiar or perhaps not... it doesn't matter... just so you feel their protection and support...

And breathing in all that love and care, fully and deeply... all the way into your heart... filling up with it... feeling its warmth spread all through your body... gently pulsing out from the center of your heart... and diffusing through your system... spreading widely and evenly, like ripples in a pond...

And you might even see this spreading as a beautiful color infusing your entire body... or as a humming vibration that tunes up the rest of you... like the low, powerful purr of a very finely tuned, powerful engine...

So more and more, you can feel a quickening inside of you, as energy spreads throughout your body... as centers deep inside the base of the brain broadcast signals to the glands that regulate the body's metabolism... causing a shift to occur... the way that moving the lever on a carburetor will make an engine

start to idle faster... and use up more fuel... making it possible for it to spring into action more quickly and easily...

And so your body senses a shift.... as a special deployment of eager hormones pours into your bloodstream... prodding the cells that hold extra stores of fat to release their contents... catalyzing the conversion of these tiny caches into looser, more flexible stuff... into fluid fatty acids that can easily slip into the bloodstream... and float downstream...

Where they are met and escorted by dashing young enzymes... clever fellows who know their way around the body... who can dance these tiny particles downstream ... until they reach the entryway of an energyhungryhungry cell... where they charm their way through the membrane... gallantly holding open the door and dropping their charges off just inside... cell... where they charm their way through the membrane... gallantly holding open the door and dropping their charges off just inside...

And once inside, these tiny particles can do what they were born for... gladly transforming themselves into heat and power... strength and growth.... making you want to move and feel the pleasure of muscles working... the body doing what it was meant to do...

Tiny particles eagerly joining the exquisite dance of creation inside the body... helping to sculpt new muscle...
to grow healthy new cells... delighted to fulfill their purpose and contribute to the whole...

(pause)

And knowing that it is not just the fat cells of the body that are releasing and converting their contents... but that you, too, are emptying out old pockets of stored pain... tossing out the crusty debris of long-held hurts and resentments... letting go of ancient fears... shaking out any left-over guilt or self-hatred...

Forgiving yourself and others for disappointments of the past... no longer willing to re-injure yourself with repeated visits to old wounds... but releasing it all... so your heart can be lighter... your body stronger... your life freer... with more choices, more energy, more aliveness available to you....

Better able to appreciate yourself just as you are, right now, in this very moment... better able to appreciate your body... your oldest friend, your steadiest companion... even with its alleged imperfections ... and perhaps beginning to comprehend its true beauty, its awesome intelligence, and its faithful service to you...

And knowing that there will be a time that you'll be walking in one of your favorite places... aware of all the life and beauty around you... attuned to all the richness of the sights and smells and sounds of the place... of the delicious feel of the air on your skin... and maybe even taking pleasure in the way a soft fabric feels against your arms or legs...

Enjoying the easy, natural swing of your arms... the steady roll of your hips... and the way your feet touch and lift off from the ground... glad to make contact with the steady support of the ground beneath your feet... feeling the earth breathing its ample energy through the soles of your feet.... grateful for so much strength and beauty, in so much abundant supply...

Knowing you are getting stronger... building muscle... gathering energy and power... clarity of purpose ... wanting to move and grow... feeling new stirrings of confidence... a clear sense of coming into your own as never before... more and more aware of your own strength and resourcefulness...

And suddenly you are certain... you know with your whole heart, with your whole being... that you can do this... that you can let go of needless baggage, piece by piece... that you are cleaning out the overstuffed closets of your heart, your mind, your house, your body, your life... and filling yourself up with the vast energy from your own open heart...

Knowing you have things to do, purposes to accomplish... that you require a strong, vital, healthy body for this... you require all your energy and power to fuel you... every part of you aligned with your sense of who you are and what you are about...

You again become aware of the protective cushion of energy and the allies around you... you might even see a nod, a smile, a gesture... maybe hear an approving murmur, an encouraging phrase... perhaps even feel a loving squeeze on your shoulder...

And you know that they see it too... that you can do this... that you can be stronger and surer and clearer than ever before... and they are your witnesses ... your private cheering section... to see you through this and other goals too... always at your side... to provide you with support and encouragement and protection... yours to call forth whenever you wish...

And so... feeling peaceful and easy... you once again become aware of your breath moving in and out of your body... fully and easily... perhaps feeling the need to stretch a little and noticing how good it feels to move after being still for so long...

And so... very gently and with soft eyes... allowing yourself to come back into the room whenever you are ready.... knowing in a deep place that you are better for this...

And so you are....

Weight Affirmations

I know there are times when I become worried, fearful, angry or sad, and I accept what I feel as my inner truth of the moment.

I know that the more I can accept and allow what I feel, without criticism or blame, the more I energy, strength and focus.

More and more, I can soften around my feelings and release them... breathing in to soften them, and breathing out to release them.

I know that when I let go of harsh expectations and unrealistic demands, of myself and others, I have more energy, strength and focus to bring into my life.

More and more, I can forgive myself and others for errors of the past.

I know that when I can let go of old pain, guilt, resentment and fear, I lighten my heart and free up my life.

More and more, I understand that the time for re-injuring myself by remembering old wounds is over; now is the time to open my heart to feelings of peace and joy.

More and more, I understand that the time to be motivated by guilt and resentment is over. Now is the time to do things out of love and gratitude and the joy of self-expression.

More and more, I can love and appreciate myself, and take time to care for myself.

I know that when I can appreciate my body, respect it and take good care of it, I have more energy, strength and focus for my life.

More and more, I can commit myself to the body that I have right now, and I am willing to take good care of it, even with its alleged imperfections.

More and more, I can consider the possibility that my body is my ally, my oldest friend and my steadiest companion.

More and more, I am grateful to my body for staying with me, in spite of any unkindness or ill will I've felt toward it.

I know that I am better and better able to listen to my body, and sense what it needs. I

know that I am better and better able to know when I'm hungry and when I'm not.

More and more, I can take in the richness of the world around me with all of my senses, enjoying the colors, fragrances, tastes and sounds.

I know that I am becoming more and more aware of the feel of my feet on the ground, and of the solid, steady support of the earth beneath me.

More and more I can feel full and satisfied just from taking in the beauty of my surroundings with all of my senses.

More and more, I can feel full from the nourishing feelings of love and gratitude that reside and have always resided in my own heart.

More and more, I am willing to take time to touch a leaf, to breathe deeply and smell the morning air, and to enjoy the caress of a fragrant breeze on my face.

I understand that I'm becoming more and more aware of the pleasant feel of my own body as it moves, stretches, breathes, rests and settles in for sleep.

More and more I can take pleasure in the simple joys of living, as I open my senses to the world, fully present, in a spirit of unhurried, joyful reflection.

I know that the time for battling with myself is over. Now is the time to join with myself, marshalling all my considerable strength in a coherent, unified effort.

I call upon my intention to heal myself, to shed this extra weight and lighten my life.

More and more, I know that I will shed this extra weight, not because I subscribe to someone else's absurd and unrealistic standard of beauty; I will shed this weight because I want my body strong, energized and well.

I know that the time for hating my body is over. Now is the time for appreciation, gratitude and joy for its loyal service to me.

I welcome the heightened energy, power, focus and strength that this new commitment to myself is bringing me.

I can see and feel radiant sunlight entering and warming my body, sending comfort and solace deep into my heart.

I can see and feel a powerful blue-green wave of healing, washing through me from head to toe, clearing away any unwanted debris and taking it out with the tide.

I can see and feel a warm, pulsing, glowing blanket of magical comfort surrounding me, enveloping me with peace and safety, soaking its energy into me.

I can feel the mechanism that controls my metabolism readjusting itself, the way moving the lever on a carburetor makes an engine burn more fuel, even when idling.

I can feel my body tuning up, becoming a more and more efficient engine, humming with power, vibrating with its own vital energy.

I can feel my body melting away unnecessary stores of fat, and converting them to exquisite heat, motion, strength and power.

I can see and feel tiny particles of fatty acids traveling in my bloodstream to feed hungry muscle and promote growing tissue.

I can see and feel the moving muscles of my body hungrily absorbing the energy from the released particles, converting them into the beauty of heat and motion.

I can see myself more and more willing and able to move and stretch, more and more enjoying the feel of my body in smooth and easy motion.

The blueprint that I hold in my mind's eye is the picture of myself, vital, strong and healthy, doing what I love to do, without a thought. Just the pleasure of moving, freely and easily.

I invite assistance from my friends and loved ones, past, present and future, to help me with my health and well being. I see myself surrounded by their love and caring, and I feel it over my body like a warm wave.

I know and feel that I am surrounded and supported by invisible forces, blessing my efforts and reminding me of the beauty of my own being.

I salute my own courage, strength, endurance and resourcefulness in my efforts to take charge of my own health and well being.

I know that I have things to do, gifts to give, purposes to accomplish. I require a strong, healthy body and a peaceful, focused mind for this.

More and more, I know that I am perfectly, utterly safe.

And so you are....