

Imagining the target state

And while the consciousness may still be busy perceiving what is going on outside, perhaps there already is the permission to enjoy the moment on an unconscious level

and at the same time the conscious mind can still have a professional interest ... perhaps the question how to help people to become more themselves to become the person one really wants to be with more joie de vivre and less weight ...

and growing trust ... that the unconscious can find a way all by itself ... to sink into an ever deeper relaxation

even if the conscious mind perhaps still asks itself: What can I learn new here, what new experiences can I have? can the outside world gradually ... in the meantime...step back more and more... at your own pace ... more and moreall by itself

while, at the same time the permission of the unconscious can step more into the foreground ... to arrive more at yourself, in your own centre..... everything on the outside can lose its weight ... become less heavy... and at some point fall off completely.... just as a tree lets its fruit fall when the time has come

while the conscious mind focuses more and more on the inside ...on one's own breath ... to leave its control more and more to the wisdom of the body ... the lifting and lowering when the breath comes ... and goes again ... more relaxed ... and easier ... layer by layer ... everything no longer needed can fall off by its own... at its own pace ... simply drift along ... with the flow of time ... as you are carried by yourself to that moment in the future where your goal will have been reached the wishes your heart really longs for and you can see yourself being the person you really want to be ... the person exactly the way you wanted to be full of joy... energy ... more flexible ... easier exactly to the moment in your future where you are as slim and full of energy and joy as you wish

as this moment gradually becomes clearer ...perhaps a surprise when this moment is ... where you see yourself ... it becomes clearerand gradually yo can recognize better and better what you look like when you have reached your desired weight ... full of faithfulness and self-confidence ... to be able to master the challenges of your lifeand while you are looking at this picture in peace .. details are coming out more clearly by themselves... the clothes colours ... form ... posture facial expression ... hairstyle and while discovering what this person is doing ... an activity that makes you happy it is possible to watch... how he/she succeeds how he/she masters the challenges.... and perhaps it is possible for you to determine what exactly has changed ... perhaps by clothing ... by posture ... by the way you move ... by the silhouette ... to be able to recognize more precisely the aspects showing you something essential has changed in weight ... and isn't it interesting or even surprising ... this discovery ... what else has changed besides the weight?

And to dive deeper into this moment ... with the ability to get involved with other perspectives ... to dive into the perspective of this person to let yourself be drawn into the perspective of this person to take over the situation ... perhaps it is a surprise what is different from this perspective and isn't it somehow astonishing where your attention is now focused on ... and new aspects come to the fore ... while others have lost weight by themselves or may even have disappeared completely how the interest is now directed completely by itself towards things facilitating joyful experiencesand the colours become even brighter and more intense by themselves ... while the sight of food as a source of comfort or reassurance has become quite irrelevant ... somehow paler more colourless ... somehow more translucent ... and your focus turns all by itself on the activities involuntarily accompanied by a feeling of liveliness and energy...

and perhaps it has already become more perceptible by itself how it feels to move in this body ... effortlessly ... being able to feel more accurately ... the altered sensations ... lightness perhaps ... or alertness the ability to enjoy your own movements changes in posture ...perhapsmore relaxed ... more powerful more upright this relief ... to have to carry less weight around with you... to feel lighter and more flexible ... knowing an balance has been found by itself ... you simply feel comfortable with

and perhaps even can hear what you say to yourself ...

... words of appreciation and encouragement ... appearing all by themselves ... while the changes of the inner dialogue become more audible ... strengthening and loving... while recalling... how harmonious it can be to acknowledge yourself... addressing words to oneself encouraging and emboldening... conveying confidence....growing trust in your own abilities... loving, comforting words...

... while your gaze is directed back to the path you have travelled ... the last step can be seen by it self ... the last step becoming the person you are now... while it can become apparent with effortless ease what it was exactly... this last step empowering you to develop this new balance... so that it is now quite easy... to hold the weight of well-being... movement gives pleasure... enjoyable with your own strength and energy... accompanied by the certainty now the unconscious is taking care to maintain this balance ... and at the same time seeing more clearly what has changed with this last step so that it was very clear from now on.... the old lies behind you ... from now on it goes on by itself in the right direction ... it's only a question of time until the changes become visible on the outside ...

and perhaps an image will emerge by itself... how your future self will take this last step... with the certainty that the unconscious will take care of everything it can do better than the conscious...

And looking back from this moment ... on every path there are moments when challenges have to be mastered... and looking back on the moment a decisive challenge had to be mastered... perhaps the moment the question arose: Everything remains the same or not ... and in this moment you accepted the challenge ... and changed something fundamental ... and it can become quite effortlessly clear what it was all about ... what exactly you changed ... or what was changed for you perhaps just a tiny little thing ... which resulted in many other changes perhaps hardly noticeable at first ... after this change nothing was exactly the same as it was before... it was followed from a cascade of other changes....you can perceive this moment of change very precisely ... what is it all about? ... what is the essential thing?... the picture can become clearer by itself... and you don't have to do anything else but to watch yourself mastering the challenge of this moment....

and going even further back to the point where the journey of changes began ... anyone who has ever read an adventure story knows: the journey begins the moment the protagonist realizes it can't go on as before ... the hero hears the call to adventure and accepts it leaving the familiar world forever .. now discovering the first step to be taken to give life a new direction...this decisive impulse to give your life a different direction.... and to recognize on its own what it is really about ... the focus can focus to perceive the essential in this situation ...this moment, when the decision was made for the first step ... and to watch how this first step is taken... almost by itself.....

And then diving into the person taking the first step and experiencing this step from an inner perspective... what it feels like... what is going on inside you.... to hear the words you are saying to yourself in this moment... the insight through which everything becomes different..... and it is unnecessary to do anything else but experience the further steps resulting from the first step by themselves....

.... perhaps to approach things with a different attitude.... or clarify things.... or simply leave them behind... perhaps there is the surprise how quickly some things can change when the first decisive step has been taken.... others may need more time..... the unconscious knows exactly... how much time is necessary for each change what has perhaps matured inside for a long time ... can now gradually become visible to the outside the layers still covering it now can gradually disappear dissolve while you are gradually putting aside weight on this path almost imperceptibly... like a chick hatching that slowly begins to move in its shell ... more determined ... with more strength... until it can finally burst the shell ... overcoming the stagnation ... and moving out of its shell... the pleasure feeling so much free space around you... so much freedom to move.... with every movement becoming more powerful... expanding the radius of movement.... recognizing the first signals telling you something fundamental is changing.... perhaps a different sensation ... or feeling... perhaps a better condition ... a different attitude a different way of dealing with yourself.... ... changed needs... emerging now all by itself.. supporting you to recognize you being on the right path...

and who likes to hear adventure stories, knows to every adventure belongs the challenge or the

temptation and how the adventurer masters it ... and now being able to experience from the inner perspective how you master your challenge ... or your temptation on your journey and how you grow at it grows beyond yourself.... leaving the past behind forever..... realizing what is really important to you..... and deciding to do something about it... . while the things holding you back so far become less and less weighty.... and now permanent changes become possible... and there can be curiosity... what exactly shows you something fundamental has changed..... perhaps being surprised what you discover emerging now all by itself ... as a signal helping you to remain on your path, even if it becomes more difficult.... something helping you to stay true to your goal.... maybe an image ... or a sentence you say to yourself ... maybe both.

until you come to the last step..... the step after which is clear: the old life, the old behaviour patterns lie forever behind you.... the step into a new balance.... which you can keep easily from now on... the rediscovered joy of movement maybe... or a completely new trust in your own possibilities.... new habits or new abilities that you have developed to perceive what has disappeared from your life by itself at some point... Habits that didn't do you any good.... maybe people have disappeared from your life, too.... and other people better fitting to your new life have come along.... probably you notice at some point that your appearance has changed a different attitude... a different charisma... maybe you have become more powerful... more flexible... perhaps you dress differently... .. food has become less important for you... and your weight as well... not keeping you any longer from focusing on the really important aspects of your life... while realizing you became slimmer when discarding all the things not really supportive perhaps also being able now to perceive the body signals clearly telling you being well fed... satisfied.... the feeling of fullness and contentment ... enjoying to sense your body while knowing it is supplied with everything it needs ... movement ... lightness joie de vivre ... self-confidence

at the same discovering how your perception of eating has changed on its own ... every single bite to discover how good it is to chew in peace... discovering the variety of taste - sweet or sour, hot or bitter or salty ... and all the aromas ...fruity or bitter or herbal..... being able to perceive every single bit with all your senses, a feast for your senses... feeling completely saturated ... of all these impressions... this intensity ... leading much faster to saturation... every single bite and every single sip ... contributing to your satisfaction ... and the surprise perhaps realizing how little quantity is necessary if every single bite can be perceived so intensively and the mindfulness adjusting itself completely on its own makes it easy to feel the saturation exactly

and while you can see your path very clearly in front of you now ... from this moment here and now (call place) to the point in the future where you have reached your goal ... the departure ... the mastery of challenges ... the last step to a new balance ... there can be the permission ... to leave it to the unconscious ... to take you to your destination on the stream of time.... to take care of your weight ... and all the other things the unconscious can take care of better ... while the consciousness takes care of all the things that the consciousness can do best ... and at the same time being able to perceive the many small changes that happen by themselves, while the flow of time carries you towards your destination... some changes may appear very quickly ... others will need their time... you being able to recognize the waymarks now... consciously or unconsciously... the certainty to be on the right path... taking the next step or letting yourself be carried to the next step... isn't it wonderful to experience this so clearly now... and why not earlier than expected... arriving at the moment where the future self is attained, full of joy and energy .. with lightness and flexibility.... on an unconscious level the permission to enjoy this moment... the remembrance of this moment can be deeply anchored ... so that it can be recalled at any time ... this moment deeply anchored you can now come back here in the room... consciously perceiving the floor under your feet again... your breath... taking over the deliberate control over your body again.. stretching you.. breathing deeply... yawn... and finally open your eyes... and all there again...