

NEW YOU IN THE NEW YEAR



Core Lessons with Jon

Week 5: Understanding the Mind-Body Connection

Visualization & Weight Loss

- Communicate to your body that you want to be thin
- Reduce stress
- Work through emotional issues
- Heal digestion issues
- Activate the GTGE adaptation



More Ways to Use Visualization for Weight Loss

- Eliminate junk food cravings
- Create positive habits
- Improve energy & vitality
- Change dysfunctional beliefs
- Increase your intuition and internal guidance
- Manifest success & live the life of your dreams



Eliminate Junk Food Cravings

- Mind doesn't know the difference between real & imagined experience
- Visualize chocolate cake – see what happens
- Imagine a negative experience with chocolate cake – now see what happens
- Do this only after you've made progress turning off the FAT programs



Create Positive Habits

- Our brains are habit forming machines
- We don't know how to program them
- Once you learn how to program your brain to make positive habits you can create any habit you like
- Quick lesson in brain programming



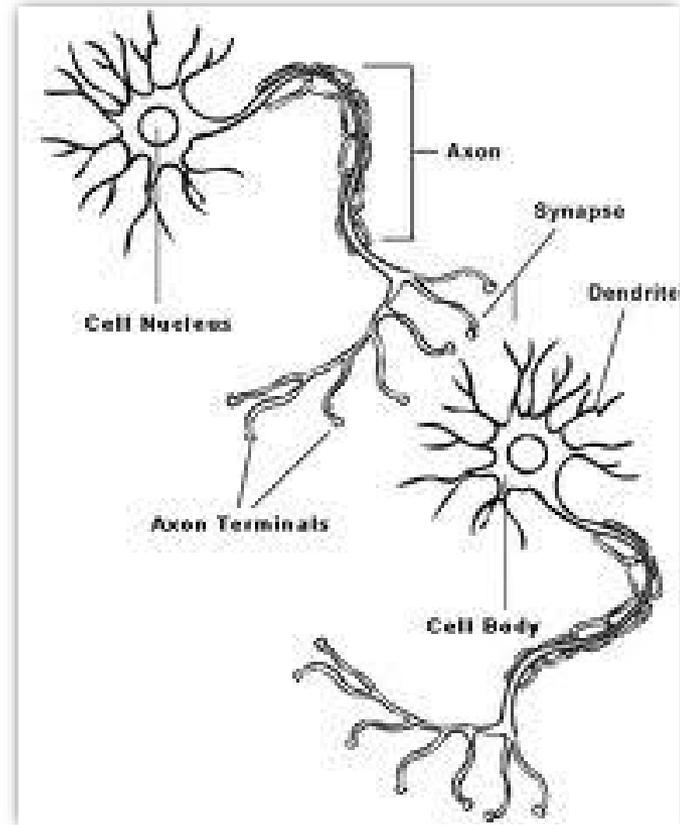
We are All Computer Programmers

- Want to tap into the power of your mind?
- You have to first learn how program your body/mind



Language of Your Brain

- Thought / Action
- Impressions
- Associations
- Habits
- Addictions



Brain Cells & Habits

- First meeting – impression
- Second time – association
- Third time – habit
- Emotional/chemical charge - addiction



Brain Cells Are Like People

- When we meet someone the first time we form an impression
- Second time – Acquaintance
- Third Time – Friend
- Many times – If they satisfy our needs/ create pleasure - Addiction



We're Constantly Creating Paths

- Every thought, action, feeling or image you have locks into the brain's program & starts creating a path.
- Known as the Neural Network
- Mirror Neurons: just watching someone else is creating a path



Visualization Is Like a Bull Dozer

- Trying to create a habit in normal waking state is like walking on a path through the woods – can take months
- When you're in SMART mode you create brain connections very quickly
- Children spend most of their time in SMART mode, which is why they are so impressionable
- It's like using a bull dozer to create the path



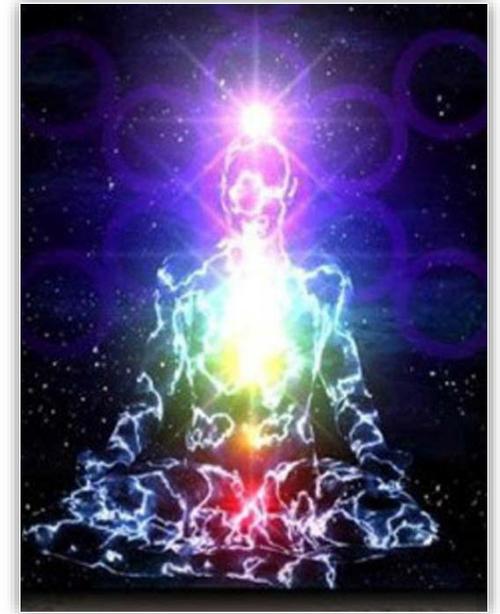
Imagine Any Habit...

- Whatever habit you'd like create, visualize yourself doing the action and it will quickly become a habit
- You are tapping into the bull dozing power of your mind to create positive habits quickly and easily



Use Visualization to Open Your Energy Channels

- The concept of energy channels in Eastern medicine has been well established
- Our bodies have life force energy that controls, operates and energizes us



Life Force Energy

- Western medicine rarely gives it credence
- 100,000 reactions happen every second in every cell
- All these reactions have to happen in a coordinated sequence
- It's impossible for our bodies to operate through just electricity and chemicals



Understanding Your Energy

- Discovering our bodies have an electrical impulse
- Connective tissue is actually a semi-conductor for energy
- Bodies run on energy
- Eastern medicine has known this for thousands of years



Energy Channels

- Our bodies have energy channels
- Main arteries, blood vessels, veins and capillaries go all over our bodies
- Bring nourishment
- Energy channels allow life force energy to go all through our bodies and energize us



Energy Channels

Open and flowing



Life force to all
parts of your body

Closed and
blocked



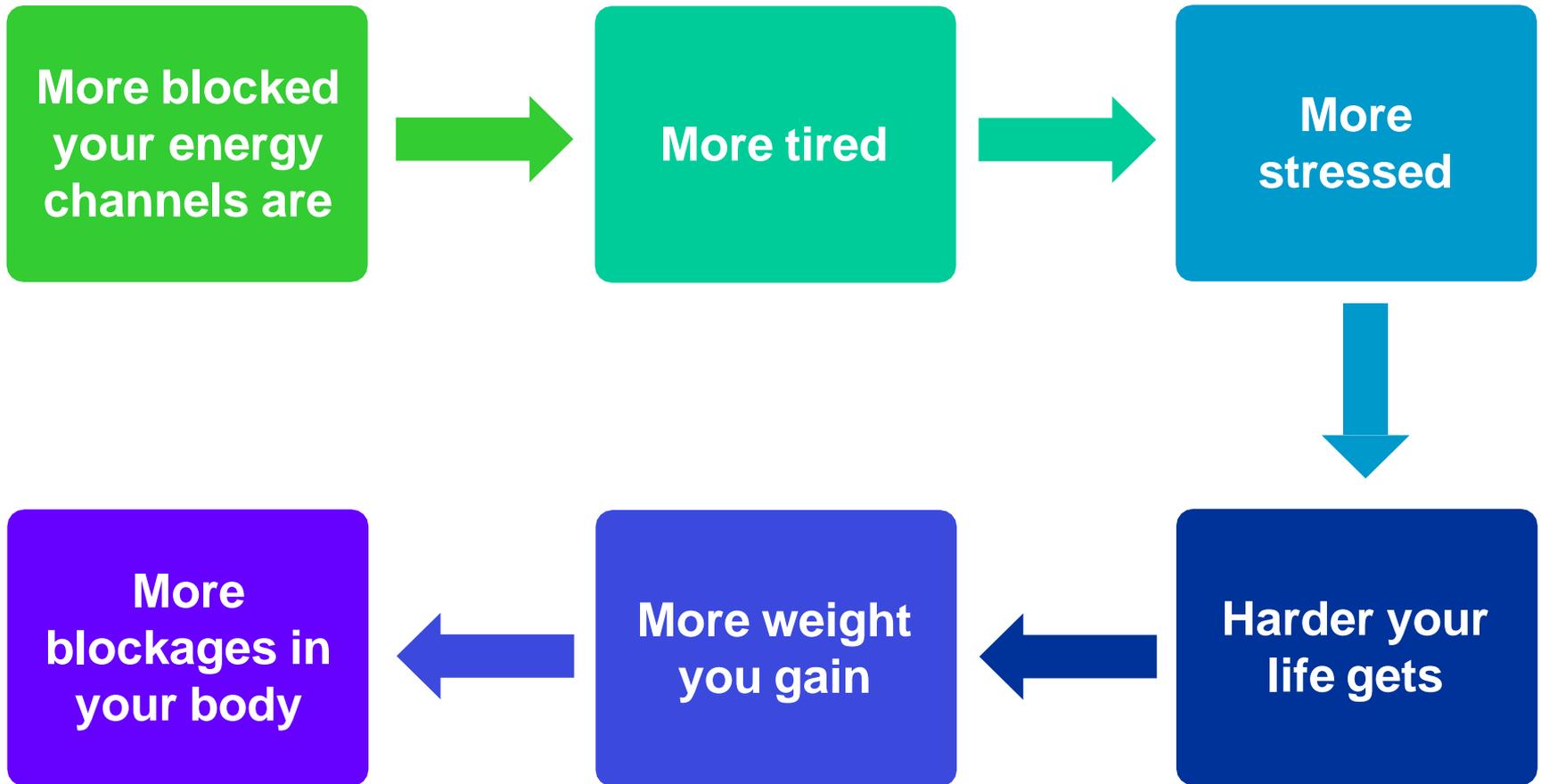
Lots of problems...

Blocked Energy Channels

- Weak, devitalized
- Diseases
- Consistently craving sugar
- More stressed out



Vicious Cycle



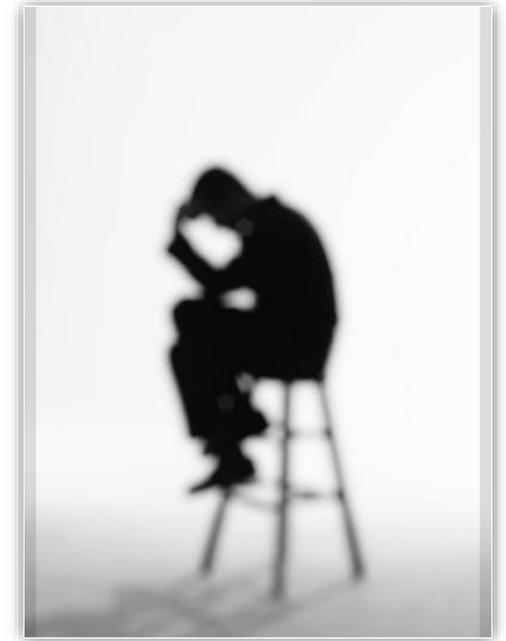
Blocked Energy Channels

- Means parts of your body are cut off from life force energy
- This means dying, decaying, stagnating energy
- It causes a number of health problems

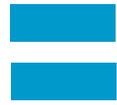


What Blocks Channels?

- Negative thoughts
- Fear
- Stress
- Your energy channels constrict when they don't want negative energy to enter



**Positive
thoughts**



**Higher
energy**



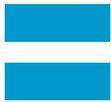
**Higher
vibration**

**Negativity,
jealousy,
resentment,
hatred**



**Lower type
of energy
vibration**

**Higher
emotion**

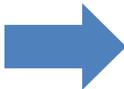


Clear water

**Negative
emotion**



**Thick
molasses**



**Gets
stuck in
energy
channels**

Energy can't flow

Negative Spiral

- Chronic state of exhaustion
- More tired, exhausted, blocked, weak, devitalized, stressed out
- Activates your FAT Programs
- Causes junk food cravings
- Makes you heavier



Open Energy Channels = Positive Spiral

- You have more energy
- You crave less junk food
- Life is less stressful
- You lose weight more easily
- You feel happier
- Positive momentum develops in your life



Energy Moves With Mind

- You can use visualization to open up your energy channels
- White Light Meditation



Visualization Changes Dysfunctional Beliefs

- Change your beliefs & you change your entire emotional state
- Imagine every cell of your body saying repeating the desired belief



Weight Loss Is Easy When Your Body Wants To Be Thin

- Old weight loss paradigm = like trying to walk through a sliding glass door
- Turning off your FAT programs = opening the invisible sliding glass door
- Imagine every cell of your body repeating the words – “Weight Loss is easy, effortless & automatic”



When You Visualize, You Strengthen Intuition

- Muscle that gets stronger and stronger with use
- But, we haven't used it since we were kids...
- Meditation/visualization – A path for strengthening intuition
- Will make you feel safer than anything else in the world



Manifest The Life Of Your Dreams

- Mind: manifesting device
- Tool to create our world
- If you visualize what you want to happen, it will happen
- My own experience w/ visualizing my ideal life
- Abundance Visualization – Ocean of Abundance



This Week's Action Steps

- This week's morning visualization:
Abundance Visualization
- Do mid-afternoon visualization
- Do evening visualization each night before bed



Ongoing Steps

- Drink 2 glasses of water w/lemon or apple cider vinegar, and probiotic.
- Drink a green juice, upon rising or in late afternoon.
- Eat a great blood sugar balancing breakfast
- Take additional probiotic supplement & digestive enzymes with meals.
- Eat frequent Gabriel Method friendly meals during the day, have an early dinner
- Daily: Take an afternoon stress reduction break/ visualization
- 1 or more times per week: Fit in a yoga, tai chi or meditation class
- Try 10 mins. of Get Thin or Get Eaten exercises 2-3 times per week
- Drink a glass of water before each meal
- Listen to evening visualization

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