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THE FIRST MENTAL AGREEMENT

THE FOCUS



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Please check each question as you are writing down your answers.

Date:

(1) When did you start to put weight on?

(2) What was going on in your life?

(3) How did you feel about it?

(4) Has anybody commented about your weight?

(5) What were the comments?

(6) What action did you take to lose weight?

(7) List the titles of the books you read to lose weight.

(8) What diets did you follow?

(9) What club or support group did you join to lose weight?

(10) Did you do anything else to lose weight?

(11) What were the results?

(12) What happened each time you got off the diet(s)?

(13) What is on your mind when thinking of eating?

(14) What is on your mind when eating?

(15) How often do you talk about your weight?

(16) Do you have a bathroom scale? If so, how many times are you weighing yourself, and what for?

What is the purpose of answering all these questions in earnest?

It is for you to be aware of what you keep focusing on, of what is always on your mind.

Remember, what you focus on is what you get.

It is important for you to come back regularly to these question pages to check your progress.

Please remember to write the current date each time you record your findings.

You can get a complementary copy of these questions and all the questions in this book including space to write in a downloadable PDF file at:

<http://www.connectwithanny.com>

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(8) What diets did you follow?

(9) What club or support group did you join to lose weight?

(10) Anything else you did to lose weight?

(11) What were the results?

(12) What happened each time you got off the diet(s)?

(13) What is always on your mind when thinking of eating?

(14) What is on your mind when eating?

(15) How often do you talk about your weight?

(16) Do you have a bathroom scale? If so, how many times are you weighing yourself, and what for?

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THE SECOND MENTAL AGREEMENT

DEFINING THE BOUNDARIES



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Complete the self-assessment about what is constantly on your mind when it comes to your body shape. What are you obsessed about? Do this honestly.

Since writing things down by hand impresses your mind, you will have better results when writing this by hand.

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Today's date: _____

(1) What size of shirt are you wearing now?

(2) What size of shirt would you like to wear?

(3) What size of jacket are you wearing now?

(4) What size of jacket would you like to wear?

(5) What size of pants are you wearing now?

(6) What size of pants you would like to wear?

And for ladies:

(7) What size of dress are you wearing now?

(8) What size of dress would you like to wear?

(9) What size of skirt are you wearing now?

(10) What size of skirt would you like to wear?

(11) Write down the clothes you loved so much to wear and you kept, although they no longer fit:

It is important for you to check your progress regularly.

Please remember to write the current date each time you record your findings.

Today's date: _____

(1) What size of shirt are you wearing now?

(2) What size of shirt would you like to wear?

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(4) What size of jacket would you like to wear?

(5) What size of pants are you wearing now?

(6) What size of pants you would like to wear?

And for ladies:

(7) What size of dress are you wearing now?

(8) What size of dress would you like to wear?

(9) What size of skirt are you wearing now?

(10) What size of skirt would you like to wear?

(11) Write down the clothes you loved so much to wear and you kept, although they no longer fit:

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And for ladies:

(7) What size of dress are you wearing now?

(8) What size of dress would you like to wear?

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THE FOURTH MENTAL AGREEMENT

WALKING YOUR TALK

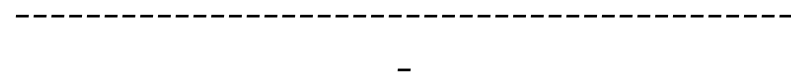


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THE FOURTH MENTAL AGREEMENT

*Insanity:
Doing the same thing over and over again
and expecting different results.*

Albert Einstein.



WALKING YOUR TALK

"If you always do what you've always done, you always get what you've always gotten." That was the advice of Jessie Potter, the featured speaker at Friday's opening of the seventh annual Woman to Woman conference.

This chapter is set up for journaling and self-assessment. The purpose is for you to stay on the right path, have the pleasure of slimming down in pleasant and healthy way, and stay slim.

Date: _____

(1) What is on your mind as you look at yourself in the mirror?

(2) What do you keep *focusing* on when buying groceries?

(3) Do you regularly put on the size of clothes you want to wear?

(4) When doing so, do you re-shape your body so what you want to wear fits well?

How about looking back at the questions you answered in:

☐ The first mental agreement
The *focus*.

☐ The second mental agreement
Defining the boundaries.

And now

☐ The fourth mental agreement
Walking your talk.

Date: _____

(1) What is on your mind as you look at yourself in the mirror?

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ONLINE STORE, CONTACT, AND MORE

You may contact Anny by visiting any of her websites and scroll down the home page to the contact information.

<http://www.annyslegten.com>

Her private website
Online store

<http://www.success-and-more.com>

To find the description of the services offered,
and more.

<http://www.htialberta.com>

The Hypnotism Training Institute of Alberta
website

<http://www.reiki-canada.com>

About the Reiki Training Institute of Canada

<http://www.slegtenianhypnosis.com>

Although open to anyone interested in this
fascinating hypnosis modality, this website
information is for the Hypnotism Training
Institute of Alberta graduates.

HYPNOTHERAPY, A HEALING MODALITY

There are many healing resources. The choice will be governed by how fast one wants to advance in life.

As a hypnotherapist, I understand that the reason a person seeks help is usually a symptom of something different, many times seemingly out of context and only making sense to the client.

Hypnosis can be done over the telephone. However, for hypnotherapy, using hypnosis to facilitate therapy, personal contact is necessary. There are many nonverbal communications like a tremor in the voice, facial expressions, shifting as we talk, and even physical odour that has nothing to do with hygiene that allow the hypnotherapist to understand and effectively help the client.

From the results clients are reporting, a virtual hypnotherapy session is by far the most potent. During a virtual (sometimes called surrogate) session, we are in fact reading the client in a way that can be experienced only in that modality.

In my experience, the purpose of the session is an investigation or healing session for everyone concerned. Reading a client with my five senses, I then switch and become the hypnotherapist.

When doing the deep trance hypnotherapy, reading in front of the person who requested the healing, much energy is required to constantly block the client's thoughts, to get a pure answer. The best and most effective results are by far doing the session while the person is absent, not knowing the day and time their session will be performed. Whether a one-on-one hypnotherapy session or a hypnotherapy session at a distance by surrogate, the number of sessions depends on the client.

In my experience, any work involving what one would call a mental illness may require up to four surrogate hypnotherapy sessions, occasionally more, to clear the emotional cause leading to the physical symptoms. During a surrogate hypnotherapy reading session, all information comes from a nonphysical source.

I am not a physician, and I do not claim to heal any medical condition. Over the years, I learned that the way a person was told of their physical condition can be the catalyst of the outcome. I only do whatever is possible for my clients to shift into the results they are seeking.

Yes, as potent as a one on one hypnotherapy session or surrogate hypnotherapy reading session is, only the client can make the necessary shift. No one, not even me, can do it for them.

Complete information on this subject can be found by visiting <http://www.success-and-more.com/services.html>

Having never experienced being in a hypnotic trance that they are aware of, some people have an interesting idea of what being hypnotised is.

As explained before, no matter what, the person in a hypnotic trance is always in total control. Yes, a person can lie through their teeth if they choose to do so.

Not feeling safe by having a one on one hypnotherapy session or a virtual hypnotherapy session, a person asked if meditation would work too.

There is a difference between hypnosis and meditation, which is noticed by brainwaves during hypnosis and meditation by HZ, or cycles/second.

Hypnosis shows a much slower cycle than meditation.

Voltage between head and other parts of the body become more negative during physical activity, decline in sleep, and reverse to positive under general anaesthesia.

It is a change in voltage.

*Information from:
The Body Electric*

By Roberts O. Becker, MD and Gary Selden

To my understanding, meditation connects with the brain and hypnosis allows us to connect with the mind.

Do you wonder how come I have a picture of my recliner printed on some pages?

After all, it is only a recliner, or so you may think!



At the end of a highly emotional and delightful hypnotherapy session involving his relationship with his father, a man in his mid-twenties got up and, pointing to my recliner said, "This is a magic chair!"

Since then, the picture of my recliner has been my trademark.

I recently had to put it in retirement, worn out after thirty-one years of constant use. I had to hold the back of the recliner for fear of the chair flipping back to the floor when put in the recliner position.

It is with relief that I observe the new recliner has taken over the magic side of the hypnotherapy sessions.

ABOUT THE AUTHOR

Having experienced life in three continents, observing hundreds of different cultures and ways of thinking, Anny Slegten has developed a universal way of perceiving life, specialising on removing mental blocks.

Anny is continually searching to understand the Universal Energy that bonds everything together.

A hypnotist, hypnotherapist, hypnologist, HypnoBaby-Birthing facilitator, Reiki master/teacher, master remote viewer, and author, Anny Slegten is a world renowned clinical hypnotherapist and hypnologist in full time practice since 1984.

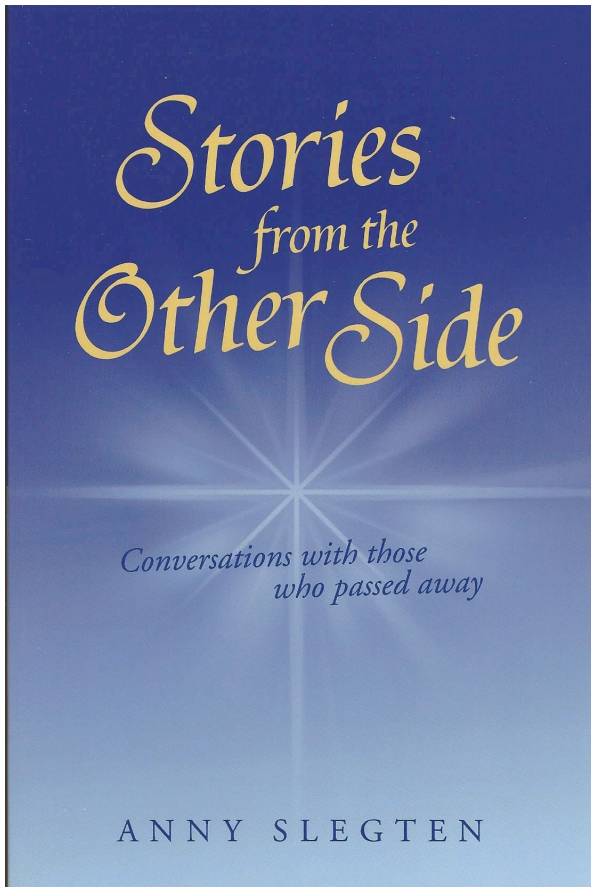
Director of The Hypnotism Training Institute of Alberta, Anny developed and structured the training and curriculum to the highest standards and offers training to students that come from around the globe.

Wondering how Anny Slegten got into this?

You may find the information by visiting her personal website at:

<http://www.annyslegten.com>

Another book by Anny Slegten:



*An exceptionally well written,
thought provoking book and
Anny's wonderful sense of humor
as well. A must read.*

- Dr. Rhonda M. Gibson
