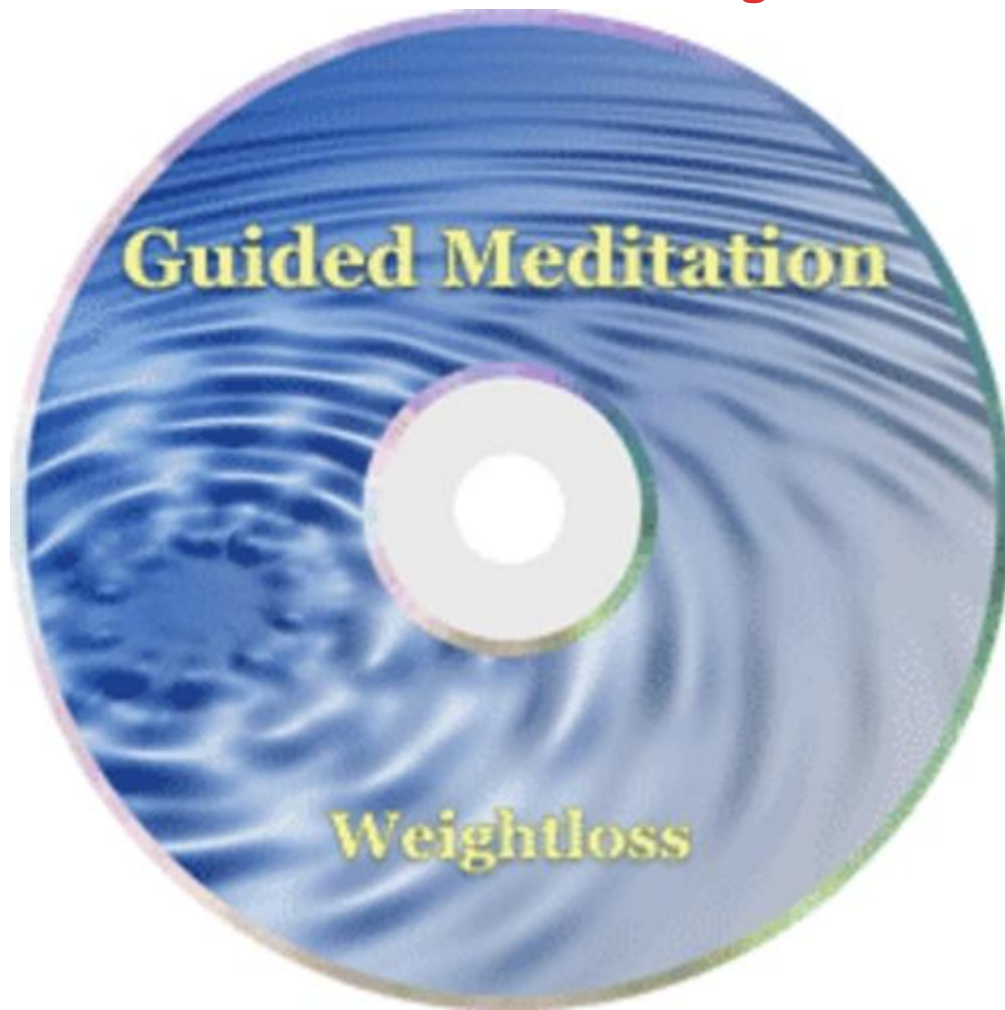


Guided Meditation For Weight Loss



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By practicing visualization and meditation weight loss can be achieved that much easier. One of the most powerful mind and body techniques involve combining imagery or visualisation with meditation for weight loss and dieting. It has been proven over and over again that what you are imagining right now will be what life gives you in the future. When you use meditation for weight loss imagine yourself slim and healthy as you walk along the beach. See your beautiful, slim reflection as you pass shop windows on your way to buy that magnificent outfit made for you. Feel how much lighter and lively your body feels. Feel that bounce in your step once again. Very often the mental image that we have of ourselves when we focus on weight loss conflicts with the end result that we truly wish for. Our minds are often filled with doubts and pessimistic thoughts. Using meditation for weight loss will stamp out these doubts and allow you to watch your waistline reappear. Obesity and the desire to eat too much can result from years of bad

eating habits that ultimately become a hypnotic connection to food. Sadly, most irrepressible urges to eat are driven by a deep emotional hurt or emptiness. When we don't have real love, this involuntary desire drives us to the nearest alternative. For most of us, that alternative is food. From the time we were born, we learned to identify food with mother. When we were upset, we ran to mother and she comforted us with food. This early conditioning can set us up for a dangerous dependence for food. Normally when we think about various weight loss activities, we think about burning calories or sweating off the fat.

Meditation will make you relaxed and it will increase your self-awareness, so you're less likely to give in to emotional eating when you're practicing meditation. While the relaxation effects of contemplation may help with how food is used emotionally, the most important aspect may be incorporating non-judgmental awareness into eating. To reach any target, such as weight loss, positive visualization can play an important part in the success of beating the weight and maintaining a healthy lifestyle that keeps it off. The key is in the mind where visualization builds upon positive thought and vice versa. One of the first steps is to take time to integrate a few moments of deliberation into your day. There are many types of tapes or CDs that can be played during meditation that some people listen to whilst some people find the ticking of a clock or other sounds like birds singing from an open window as a calming sound track, any of these can be used as an aid when using meditation for weight loss. When you have the picture of the ideal you in your head you can start to visualize what it would be like to do all the things you may not have done before because of your inhibitions to do with your weight, be that playing sports, swimming or just eating better, whatever it might be add that into your meditation and start to get a sense of how much more you will enjoy your new self. You will then be able to congratulate yourself on being able to understand that choosing healthy food is an opportunity, not a punishment. Combining meditation and imagery is one of the most powerful mind-body techniques and once you master the technique you will become the person you want to be. But remember, whilst you wont sweat off any pounds during your periods of reflection, the daily practice of rumination could be one of the most important parts of your effort to lose weight and live a long, healthy and happy life. Using meditation for weight loss is definitely worthy of your thought and consideration. So many people from all walks of life have had amazing and lasting results.

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