

# WEIGHT LOSS

Positive thoughts produce positive results. The only problem is that some of our most persistent, self-defeating beliefs are stored deep in the unconscious, where they have the power to undermine our happiness and sabotage our success. Now you can effortlessly change those negative beliefs to produce the results you want.

Special combinations of brain wave frequencies are harmonically layered in soothing music to trigger heightened states of receptivity. Here the unconscious is primed to receive and act on a new set of ideas. Subliminal messages are deeply absorbed by the unconscious to immediately impact your sense of self, your creativity and the dynamic expression of your power in the world.

## Instructions for Listening

Listen to this program every day for six weeks. Be on the look-out for “coincidences” and acknowledge even the smallest synchronicities as they occur. Once your subconscious has fully absorbed and integrated the subliminal messages, reality conforms to what your subconscious mind believes. The results are profound.

**Track 1** can be used anytime and anyplace; while working, relaxing, exercising, reading or even sleeping. The subconscious mind has the capacity to absorb subliminal messages without special attention from the conscious mind.

**Track 2** is designed to be used with stereo headphones to maximize the benefits of the brain wave frequencies. When listening with headphones, find a time and place where you are not likely to be disturbed. Position yourself comfortably with your spine straight and breathe deeply. This posture allows your natural channels of energy to open and flow freely. Using headphones while consciously relaxing enhances your receptivity to the brain wave frequencies and subliminal suggestions.

## Subliminal Messages

I am active, attractive and in demand  
I love myself, I feel great  
I am healthy, I look great  
I eat what is good for me  
Every cell of my body exudes beauty and health  
I respect myself, I control my weight  
I enjoy my body, my body is great  
I relax into my perfect weight  
I let my slim self emerge  
I am nourished, I am satisfied

I burn fat  
I am active and full of energy  
I love exercise  
I achieve my goals with ease  
I surrender to appreciation  
I honor myself, I honor my body  
I respect the integrity and wisdom of my body  
I eat less, I weigh less  
I feel light  
I am whole, complete and satisfied

BRAIN  SYNC

To receive a catalog or for more information call  
**800-444-SYNC**  
or visit our web site for secured credit card processing:  
**[www.brainsync.com](http://www.brainsync.com)**