

How to  
Think Yourself Thin

Bestseller by  
Debbie Johnson

Based upon original Booklet, *How to Think Yourself Thin* (original publication, 1988). Book by Hyperion is out of print, but audio by Harper (condensed version of book) is still available to order through any bookstore in the world, or on-line bookstores.

How to  
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# How Would You Like to Control Your Weight by Your Very Thoughts and Images?

Well, guess what...You already do! Our individual bodies and our worlds are controlled by a part of us that creates thoughts and images.

The key is getting **control** of the **controller**. **I did it, so you can do it too! I gained forty pounds dieting, then lost it all just thinking thin!**

Discover the secrets I learned to get slim and stay slim for twenty years and still going. This is my gift to you as you explore the ways to feel good about yourself by changing your subconscious program. This book will tell you how...

Dedicated to all want to imbue their lives with spiritual truth and love.

# Other Books and Publications by Debbie Johnson

*Think Yourself There* Free E-Book

Available for reading or printing on this web site

*Think Yourself Young* Free E-Book

Available for reading or printing on this web site

*Think Yourself Thin* Audio cassette

Harper Audio (call bookstores/ Amazon)

*Think Yourself Loved*

Unity House (call bookstores/ Amazon)

*Dreams: Your Window to Heaven*

Eckankar, 2002 (available through your favorite bookstore or online bookseller)

***New!*** *EXPLORING PAST LIVES to Heal the Present*

Eckankar, 2004 (available through your favorite bookstore or online bookseller)

# Contents

<b>1</b>	<b>Who Really Controls Your Weight?</b>	<b>1</b>
<b>2</b>	<b>How I Discovered the Secret of Thinking Thin</b>	<b>9</b>
<b>3</b>	<b>Exercises for the Subconscious Mind</b>	<b>17</b>
<b>4</b>	<b>Subconscious Reasons for Retaining Weight</b>	<b>28</b>
<b>5</b>	<b>Forming a Support System</b>	<b>36</b>
<b>6</b>	<b>Maintaining the New You</b>	<b>39</b>
<b>7</b>	<b>Helping Your Children/ Helping Each Other</b>	<b>43</b>
	<b>Supplement for Success</b>	<b>46</b>

## Chapter 1

# Who Really Controls Your Weight?

*The more I study the world, the more I am convinced of the inability of brute force to create any thing durable.*

—Napoleon I

### **You are not what you eat, You are what you think!**

I remember once seeing a picture of a pig on someone's refrigerator. The person who owned the refrigerator (and the pig) wanted to lose weight. She thought, logically enough, that the pig would deter her from eating. The pig was supposed to, hopefully, instill into her the fear that she would soon become a replica of the pig if she were to continue in such a manner (visiting the pig so often).

I doubt this tactic was very successful, because whatever we put our attention on is what we become. I, too, thought that forcing myself to not eat certain things, to cut down on quantity or calories, fat or carbs, would make me lose weight. However, as Napoleon said, brute force accomplishes nothing durable. Thus, the yo-yo syndrome. People gain more weight after each successive diet. So did I. In fact, I gained forty pounds over a ten year period, just from yo-yo fasts and diets!

Will power, or brute force (as in quote above), never worked for me, nor for anyone else I know.

## **So, if Brute Force Doesn't Work, What Does?**

Imagination. Imagination works so well because it is not will power, which is very short-lived. Will power is force, where imagination is love. Love is always stronger than power.

Love is a positive feeling that may help things happen faster. With negative feelings, such as fear, anxiety and panic (in this case about weight) we will actually make negative things happen at break-neck speed! This is not something I suggest trying, of course, unless you want something to happen really fast and you are willing to pay the price. For example, I was afraid (emotion of fear) that I would lose too much weight and look too angular. Well, I did start losing too much weight at one point and had to think myself strong, muscular and balanced!

## **Why Do Emotions Make Things Happen So Fast?**

Because when you are feeling, you are also imagining. Let's just say a person was afraid of tripping. They are imagining themselves tripping. Now erase that image, because we don't want you or anyone else to trip!

Thoughts are things, very real things that can motivate us to action, the action we need to take to fulfill the thought, ergo...think thin, eat thin, exercise thin, etc., for your particular body type. It's automatic!

## **Why Does Thinking Thin Work?**

Put simply, the mind works in images. Prove it to yourself right now with this experiment. Try to think this thought without having an image come to mind:

"I will not eat that piece of chocolate cake!!"

What did you see or experience?

Unless you are from another planet, you saw, smelled, tasted and even felt the texture of that chocolate cake, just like everyone else on our planet would, even if they hate chocolate cake! The people who like it would see themselves eating the cake, feel it, taste it, etc. We will always see the images created by our words.

**Did you notice in the above experimental sentence that I had you say you would not eat the chocolate cake?**

**Then why did you still imagine eating it?**



## The Subconscious Doesn't Hear Negatives, It Sees and Feels Images

Negatives, such as “not, no, never, don't, shouldn't, none, won't,” etc. are completely ignored and disregarded by the subconscious mind. Its purpose is to reproduce images and make them happen. You would soon feel driven to eat the piece of chocolate cake if you kept repeating the sentence to yourself, “I will not eat chocolate cake.” By the same token, the person who continually looks at the image of the pig, concerned about gaining weight, will soon take on the likeness of the pig's image, or retain the resemblance they have already internalized.

## Want to Reverse the Process of Thinking “Fat” and Begin Thinking “Thin” Thoughts?

It's easy. Try this exercise: Think to yourself; “I feel a little bit thinner today.” You are engaging your senses as well as your visual image of yourself. Feelings are powerful adjuncts to visualization. Using all of our senses makes visualization work. I have a theory that those who are most successful with visualization have actually used more of their senses to imagine, not just the visual. So I teach people to use all senses—hear it, see it, touch it, smell it, taste it and even feel it emotionally. I have coined a term for this, called “focused imagination.”

Let's say you are on a special eating plan or diet (**which is certainly not necessary, nor is it recommended** unless you need some re-training to eat healthy food—always check with your doctor about any plan you are thinking about starting). Okay, so you are trying to cut back on starch and instead of snacking on potato chips, you imagine reading a good book and munching on an apple or veggie sticks and dip. What did you see, feel, taste, and hear?

A comfy chair perhaps? Or a couch with soft pillows and your latest novel lit by a bright window? Did you hear the crunch of the food, taste its freshness? Did you feel relaxed and sure of what you were doing?

## **By Replacing the Image You Know Is Unhealthy, You Reversed the Process.**

When you replaced the image of potato chips with healthier fare and a good book, you actually gave your subconscious a new command. Just like programming a computer! In this case, you are upgrading the system by taking out the old program and replacing it with something much more beneficial. Something that will move you forward and actually establish new neurological pathways in your brain if you keep it up for twenty-eight days or more.

When programming a computer, the programmer must know the language she is programming in.

## **The Language of the Subconscious Mind Is Symbols and Images.**

You give it images, it gives you results.

IMAGE + FEELING = RESULTS IN YOUR BODY AND YOUR LIFE.

If you want to speak with someone who speaks only Greek, you must speak Greek. If he speaks Spanish, you must speak only Spanish. Luckily, the language of the subconscious is something we all use every day. We all do this every day, without being aware of it (scary, isn't it?) Now it's just a matter of being aware of how we do use images constantly for communication with ourselves and our world, and use discrimination to attain positive results.

If we speak to the subconscious mind in its own language, that of images, it will not only produce the image, but it will compel us to produce the results of the image. Action follows thought. It is absolutely uncanny to see this work.

## **Unfortunately, Most People Program the Subconscious for Failure.**

For example (I'm sure you've never heard this or, heaven forbid, said it yourself): "I feel so fat!" or "I'm sure I'm gaining weight." This statement has just given the subconscious mind a command to gain more weight! Guess what happens now: This person is going to desire foods that will put

on weight for his/her body type and have no motivation to drink enough water, exercise enough or do anything at all to actually get slim.

**As much as possible, give your subconscious positive programs to work with.** You are not what you eat, but you are what you think. Not only that, but you will desire only what is good for you when you think healthy thoughts. Whatever you think, your subconscious innocently believes.

## **Try Your Own Experiments**

**You may want to try some of your own simple experiments, just to prove to yourself this really does work!**

**Here is one you can try right now:**

Say to yourself (out loud, if you are alone), and think to yourself at the same time, "Someone is pouring a bucket of ice water on top of my head. It is freezing cold. I'm sopping wet and shivering."

How did you feel? Cold? Of course you did! Your subconscious mind believes everything you think, say, and feel! You can lie to it all day long and it will believe you anything you tell it. It's very gullible. The good news is, you can use this to your advantage. Tell it you are thin and beautiful!

Now, to warm you up...Tell yourself you are in a nice warm bath, with candles glowing all around you.

## **Want to Start Practicing Some Thinking Thin Thoughts?**

Here you go:

"I feel so thin today!"

"I'm getting thinner/slimmer each day."

"I feel a little thinner/slimmer today."

"I am slim, strong, healthy and free!"

As you say the above words—experience them in every way you can. See chapter three, Exercises for Thinking Thin to get all the details you need to make this work.

When you have negative thoughts about yourself (after all, we're human, so we do have these limiting thoughts!) use it as a springboard to success. Make yourself create two positive images for every negative one you have. For example, if you don't feel pretty, think of a time you did. Form those pictures in your mind. Were you at a dance? At someone's wedding, or perhaps your own? Were you winning some athletic contest? Think of when you felt your best and know that you will again.

Think of a time when you felt really good about yourself and your weight. Be there, in that picture, in that movie. If you've never felt good about yourself or your weight, think of someone you admire very much—someone who embodies your ideal—and try to get the feeling of being that way. What would it feel like? We all have the potential to be (and do) absolutely anything, so go for it!

## **Children Have a Wonderful Gift for Pretending.**

**Successful Make-Believe is something we can learn from children.** Within the spark of imagination lies something to be “caught.” Have you ever noticed how children become completely absorbed in whatever they are doing or playing? They literally become the image they want to create. If it is being a pilot, they are really flying that airplane, with all their senses. They are above the ground, soaring through the clouds, looking at the tiny world below.... and lo and behold, some of them grow up to be pilots. **This is the sort of imagination we need if we want to accomplish anything.**

A little-known secret of success, as any truly successful athlete, business person, artist, musician, or actor will tell you, is their own creative imagination. They may not use the same words I do, of course, but they may say something like, “I never even thought about failing,” or “I always knew I'd win,” or “I just saw myself succeeding, I wouldn't accept anything less.”

It may help you to read some biographies of men and women you have always looked up to, people who have overcome great odds to accomplish something, or someone who was first to attain a highly desired goal. Look for this “feeling of success” or use of the imagination to accomplish the desired result. You will find yourself encouraged by such stories or articles, when you find them.

## **Look for the Feeling of Success**

As you read these books, look for that same feeling of success in yourself. We all have it, though it can be as elusive as a butterfly. Once you catch it, though, pretending as a child would that you are already the way you want to be, then your body will go to work to create the new you.

Most people who diet gain the weight back as soon as they stop dieting, or very shortly thereafter. That's often because they were unable to see themselves thin, so they “fulfilled” the old program again...that of being

heavy. You are now able to see yourself thin, or you wouldn't even be reading this book! You are also able to become whatever shape and size (I recommend going with body sizes, not weight—which naturally fluctuates) you wish to become through your thought and imagination, **controlled by the real you.**

## **Who Is the Real You?**

What part of you is in complete control of all the other parts (when aware enough to be), giving the commands, reigning over the thoughts, feelings, senses, which bring about our circumstances in life? It's not your mind, because that is, or should be, the servant...It's not your subconscious, because that part of you simply carries out the commands of the conscious mind. The subconscious mind is very powerful though, and can overshadow the real self when the real self is asleep, meaning unaware of it's rightful place and position.

This "real self" has been called by many names throughout the centuries and eons. It has been called the "inner self," the "essence of self," the "ka" by the Egyptians, the "higher self" and as we may be most familiar with it, the Soul. Furthermore, you do not "have" an inner self or Soul, but you ARE your inner self, or Soul.

Whatever you choose to call this higher self, or the real you, it does have the ability to control the mind, the subconscious mind, the emotions and the physical body, by conscious use of the imagination. This inner self truly is you, the real you, and can take control of your life by controlling all these other aspects of your self.

The subconscious mind never sleeps, so when your conscious mind (the part of you that doesn't believe this will work) is asleep, Soul can communicate with the subconscious mind by your command, through your imagination as you fall asleep, or in your dreams. There is more on this in chapter three. The subconscious is constantly carrying out orders, either those given it by the conscious mind (limited knowledge and imagination) or Soul (unlimited imagination!) Which would you prefer?

## **Imagination is Your Divine Gift**

**Imagination is your divine gift and is yours to use however you choose.** You may as well use it for something positive and good. You will learn, by using it for your health, that it can be used in any area of your life to improve it. In this way, you will also learn more about yourself as a spiritual being and find out that being spiritual is a twenty-four-hour-a-day proposition which can make you much happier.

Please understand that using this method may not be “instant” in the obvious aspect of its results, but it is lasting. In a way it is instant, though, because you are going to feel better about yourself immediately.

**Thinking Thin will re-program your subconscious, which controls all functions and even desires, to motivate you to automatically eat, exercise or do whatever it takes to get slim.** Some people actually need to eat more and exercise less! They may be compromising their metabolism. The good news is, you don't have to know what your body needs—that information is stored in your body, in your genes, and your subconscious knows just how to access it. **Sit back, relax, and just think thin! Watch the miracles occur.**

## **The Most Powerful Prayer**

**The most powerful prayer (it's been proven!) is “Thy will be done.” So just Think Thin while turning it over to God, to your higher self, or whatever you believe in.**

These techniques will carry you through the years and be a steadfast friend in keeping you on track if you will simply be faithful to them. Though it took time and patience for me to reach my desired weight and shape, I have kept it there for twenty years and am still going strong!

Make this a game, enjoy the process, and know the outcome will be good, no matter what. You will feel so much better about yourself just by thinking good thoughts. The main thing is to be patient with yourself, love yourself and talk to yourself as if you are your own best friend, with encouragement, support and most of all, love.

## Chapter 2

# How I Discovered the Secret of Thinking Thin

*Imagination is more important than knowledge*

— Albert Einstein

Your best friend says to you, “I feel like going to a movie. Do you want to go?”

What did you imagine? You may see the darkness of the theater, smell the popcorn, feel the anticipation in the air waiting for the movie to begin. You have just placed yourself at the movies...ahead of your physical body. Because you imagined it so clearly, the reality of your going to the movies is probably now an established fact (especially if your love for the big screen is anything like mine!) even though you haven’t said a word yet to your friend.

**OR**

**You may have something more important (or enticing) planned, in which case that will take over your imagination. You’ll be there in your mind, and soon in body as well.**

The above example illustrates some principles brought to my attention after studying positive thinking and other new age thought concepts necessary for a successful sales career. My studies led me to the conclusion that I had to do **more than just think positively** about the sales I wanted to make. I had to **set goals**; see them accomplished (inwardly); **imagine how I would feel** if they were accomplished; **visualize** the contracts signed; see the checks written out; **smell** the fresh paper and ink; **feel** the handshakes; and **act as if** my success was already an established fact.

## Which Thought Wins?

Just like in the example with your friend and the movies, where you either saw yourself going to the movies or you didn't, whatever I imagined more strongly would win. If I was mired in fear, worry, or insecurity, then I couldn't imagine a positive outcome. Cultivating positive feelings like enthusiasm, excitement, or inner peace and contentment, along with the focused image of success, caused the success to occur.

This method of "positive imaging/feeling" and "assuming the goal fulfilled" worked to bring success for me in sales and other business endeavors. It took me a little while to catch on to the fact that I could use this same method on something I was having very little success with: losing weight and keeping it off (though, like you, I had worked at it diligently)!

## I Was Tired of Being a Yo-Yo

**I was tired of dieting, going up and down in weight like a yo-yo**, starving myself or not eating foods I loved only to find out years later I could have been eating them all along (and indeed should have!) I had tried all kinds of diets, different ten day fasts, exercising regularly (running, swimming, dancing) at least every other day, always getting a good aerobic workout.

Every time I went back to eating what I thought was a very moderate amount of food, carefully chosen, I'd immediately gain the weight back (sound familiar?). When I heard about the "fat cell theory," which states that once you have fat cells, they keep filling themselves up, I almost gave up. I felt like I was a walking sponge for every calorie that floated through the air. I swore I could smell food and gain weight from it! If I ate three meals a day, it was too much. (happily, now I eat three meals, and snacks whenever I want!)

It seemed there was no hope for me then. I felt fat, and therefore stayed that way.



## One Day, I Decided Enough Was Enough

**No more diets. If God wanted me this way, so be it.** I was a spiritual leader and teacher in my community, working with many people. Perhaps they felt more comfortable with me this way. I really didn't know God's plan, but was willing to go along with it for the present, knowing I had to learn to love myself the way I was and accept the beauty within as the only true measure. **After all, people we love see the love in us, not our weight!**

Once I was able to let go of my weight as a measure of my beauty or attractiveness, I began to look at myself differently. I even remembered Rubenesque paintings and sculptures that I thought were beautiful and realized today's woman would think of those images as fat! How very sad. I knew I had to love myself more the way I was. If you want help with this, read my book *Think Yourself Loved*, as it was written just for that purpose.

## I Learned to Love Myself, and Magic Happened

**Once I learned to love and accept my feminine, full form, I woke up one day realizing I could "think myself thin."** After all, I had thought myself better jobs, better places to live, new furniture, and a great new car, why not a new body, too? I walked over to the mirror, looked into it and said, "You look great. Not only do you look great, you look a little thinner today!" An do you know what? I actually started feeling thinner in that very moment. I decided from that moment on I would feed myself positive images to become the way I wanted to be. What could it hurt? **I certainly didn't have anything to lose, except what I wanted to lose!**

**I felt the most important thing to concentrate on was my health.** I didn't limit myself, though I was not interested in a Twiggy or Kate Moss-type figure. In my opinion, our culture has put way too much emphasis on females needing to resemble toothpicks. This is not only unappealing to most men, but has caused a great deal of illness in the form of anorexia and bulimia.

Later I found out that the stick-thin models like we have today were originally chosen many years ago not for their beauty, but for their unnatural thinness which made the clothes hang more as if they were on a hanger. The reason for this was that people were looking too much at the models' voluptuous figures and not at the clothes! **So, unfortunately, the stick-thin, clotheshanger-like bodies we now see are the national standard for beauty. Yet many people do not find them beautiful.** The boyfriends of

some models (from a Reader's Digest article) have made statements like, "I love her, but it's like getting in bed with a bicycle." or "I feel so sorry for her when she takes her clothes off. She looks like a person who is starving to death."

No other country in the world has such a neurotic idea about female beauty. The Italians would love us all and in the Hawaiian culture, more fat is more "mana," or spirit. Large men and women were considered to be more powerful and more beautiful. How you wish to look should be your own personal choice. There are many different bodies and many different viewpoints and preferences. You need to be what feels right for you, and the right people will be attracted by your inner beauty. Outer beauty is merely an extension of what's inside.

## **What Kind of Image Do You Want?**

**I wanted to create an image for myself that was healthy and attractive according to my standards, not anyone else's.** I also knew if I loved and accepted myself the way I was now as well as the way I was choosing to become, so would others.

One of the first things I did when I started my "thinking thin" program was to emphasize the importance and high position of my imagination as the controlling factor in my life. **So I threw out my scales!** I refused to weigh my self thereafter. When I went to the doctor for a checkup, I almost told the nurse to go take a hike when she wanted to weigh me. She then had the nerve to tell me I needed to drop a few pounds! "In whose book?" I thought, resentfully. I was feeling a little defensive and overly proud of myself that I had come as far as I had. I was well on the way to a new me, no matter how it looked to her or anyone else! My weight was coming off at a slow but steady, healthy rate that was right for me, and I was enjoying life, eating whatever I pleased. I knew that if I just kept my imagination focused on the goal, with a sure confidence, I'd be there before I knew it!

## It Worked!

**It worked, and I have been at my ideal size for twenty years.** Now I must say here that my body is not "perfect," nor will it ever be. I have accepted the beauty of each unique form and I know that certain bumps or lumps may be a part of the curves that make up my particular body type. **The most important thing to me is to be healthy and confident. Also, I've noticed that people who exude confidence are sexy.** It's that simple. It doesn't matter what size or shape they are!

There is a vital key here, a treasure that eludes many people in life. **The secret is to keep the attention on the goal, not on the outer circumstances** that may try to throw you off by making you think that nothing is happening. **Believe that if you are regularly practicing "thinking thin," it is inevitable that you will eventually become what you think.** Just stay with it. It takes time. How much time depends upon your belief. I did not fully believe in it because I was experimenting; I didn't know it would work. I am here to tell you, it works. Not just for me but for hundreds and maybe thousands of other people who have read my book (out of print) by Disney's publisher, Hyperion. Many of them called and wrote to me with their success stories. Here are just a very few. I wanted you to see these so you would know that it is really, truly possible to do. If I did it and they did it, so can you!

## If They Did It, So Can You!

*If someone had told me reading a book and using my imagination would completely alter my perception of myself and lead me on a path towards my thin self I wouldn't have believed them. But, some amazing things have happened to me in the past two weeks...(before this) I was resisting being active due to fatigue and weight...now I jump in ..swimming, loading bikes on the car...ice skating...rowing machine out of basement!. Candy bars don't look as appealing...content with two bites and resting instead of eating. Most important...accepting myself for who I am is the best gift I can give myself...Many thanks!*

—Carol Parker  
Oakland, California, USA

*...your book, HOW TO THINK YOURSELF THIN was the catalyst to take concrete steps to getting my self-esteem and girlie figure back. The love and compassion you have for your fellow woman comes comfortingly across in your book. I am a strong case example (her emphasis) that you grow into your self image. I am so excited that I have a body that I finally appreciate. I have lost 15 pounds already, my body is shrinking and I feel so good!!!*

—Sally Siam Nishti  
San Clemente, California, USA

*I've been working with THINK YOURSELF THIN for the past two weeks with no will power and you tend to really, truly act like this thin person!(her emphasis) I've lost inches. My tummy is flatter. Food actually tastes better, and I need less. I have control!*

—Judy Hudson  
Emergency Room Secretary  
Los Angeles, California, USA

*I am applying your suggestions from HOW TO THINK YOURSELF THIN and I believe it is having some effect. You have something there!*

—Rosella Leasure  
Retired English Teacher  
San Diego, California, USA

*I already feel better after having spoken with you the other day...I KNOW (his emphasis) I have lost some weight...I am on pg. 14, sitting straighter already..learning to become my own friend.*

—Dean, Phoenix, AZ  
Bookstore Owner  
Phoenix, Arizona, USA

*It really works. It really does work! I was simply amazed at the results I got right away!*

—Lynn Henninger  
Office Manager  
Minneapolis, Minnesota, USA

*..familiar with visualization, etc. However, your key Image has put a different spin on it all and brought everything together for me—I'm losing weight! And loving myself more!*

—Betsy Stannas  
Nutritional Distributor  
Catonsville, Maryland, USA

*I have gone from a size ten and a half to a size eight! Helps sell your book for sure!*

—Myra Souza-Banning  
Bookstore Owner (Pueo Bookshop)  
Waimea, Hawaii, USA

*What you say is of the truth...Medically, the information is accurate. I see this every day.*

—Paul Van Camp, MD  
Yakima, Washington, USA

## **Go for the Gold!**

What you picture is what you become, but shoot for the highest, because you will reach a higher goal than you might otherwise have. Here's a picture to remember: You are a high jumper, and your goal is to get over the hurdle, so you put your attention above it. If you put your attention on the hurdle, you may hit it. Put your attention above it, above all obstacles, to fly over them. The higher you put your attention, the higher you will go.

Goal—Slim, beautiful, strong!

Your Attention Disbelief

Roadblock

Obstacle

Which do you want to hit? Focus your attention on the highest and live into it, as if you are already there, pretend, make believe and if you have to, lie to yourself! Your subconscious will eat it up and make it happen.

During the time I was learning to reshape my body by controlling my thoughts and images, I began wanting less food or lighter food at times.

However, I did find myself eating more for breakfast, and more solid protein then, too. I ate what I wanted, even ice cream at midnight, and listened to my body for the most part. I love butter, so I ate lots of butter. I ate lots of avocado, and other high fat foods. I found out much later on that my body type needs about 30% fat in her diet. I was tuning in and doing what was right for me.

## **Thinking Thin Makes You Slim Naturally**

**Everything I did during the time I was getting thinner was just natural, stemming from my subconscious reprogramming.** I was drawn to what I needed by the subconscious mind's order to fulfill the image I had given it. I found myself also working out with weights. When I remembered the musculature with which I had envisioned myself, it all made sense. I had nearly forgotten what my key image was, it had become such a part of me!

When I started getting close to my desired size (remember, I did not weigh myself, nor do I now—clothing fits or it doesn't!—so you don't have to worry), a friend of mine said to me, "You'd better be careful not to lose too much weight. Your features are angular and will become too sharp-looking."

It was then that I actually began to worry that I might not be able to STOP losing weight, that I would get too thin, or worse yet, disappear altogether! At one point in the process I did become too thin, so I decided I had better reverse the process and see myself a little more the way I thought was balanced. It worked, and I became more of how I am today. I am very happy with the way I feel and look, because I don't expect to look like a mannequin. **What really matters is to hold the image you want to become and not to let anyone else provide images for you, unless they are complementary to yours.**

## **Do You Know How Very Powerful You Are?**

**We are all very powerful beings functioning in our own universes, and we can cause anything to happen with our imaginations; bad as well as good.** It's our individual choice how we use the power of the imagination. How do we really want life to go? I got a fortune cookie recently that put it very succinctly;

"The first step to better times is to imagine them."

## Chapter 3

# Exercises for the Subconscious Mind

*Even in the meanest sorts of labor, the whole soul of man is composed into a kind of real harmony the instant he sets himself to work.*

—Carlyle

If you really want to change your life, yourself, and your self-image, apply as many of the following techniques as possible, all of them if you are able. That does not mean you should begin using all of them at once! Begin with those that feel most comfortable to you, adding a new exercise each month.

Listed below, please be aware that the following principles will make a monumental difference in your success. Please take these principles to heart. They have been proven over the centuries to be essential elements of success:

### **Principles for Success In Anything!**

1. **Tell only those whom you trust to be positive** that you are doing this.

Many people will unconsciously sabotage your ideas due to their own inadequate self-image. It is enough of a challenge to face our own feelings of negativity and conquer them, let alone someone else's! You can tell the general public *after* you've seen results, when they ask what you're doing to look so great!

2. **When creating phrases to repeat to yourself, leave out all negatives such as “no, never, won’t, don’t, shouldn’t, am not, none,” etc.** Whenever you notice thinking of one of these words, immediately replace it with a positive reversal. For example: “I’m not fat” must be replaced with “I am thin.” Notice how this changes the mental image and how you feel. Remember the language of the subconscious is spoken in images, so look carefully at the image the words project in your mind.
3. **Realize that your mind is not the supreme part of you—Soul is.** The mind is only a tool we can use if we master it properly. Otherwise, it can master us and make us its slave. Remember that you are Soul, and while aware of the mind, you are in control of it. See the mind as a little child who has an old toy it loves. It won’t let go of the old toy or teddy bear (old image) until you give it something new to play with or hold on to (new image.) You have to be on guard and aware constantly to keep it from grabbing the old toy again. Soothe it as you would a child and tell yourself the new toy is so much brighter, prettier, and will make you happy. This becomes a diet of the mind and the self-discipline shifts from what you eat to what you think. Remember, though, it is not a battle of wills, but simply using the imagination in a gentle, loving way.
4. **Relax—**When you relax you are letting go of your conscious mind, drifting into an alpha state, where your subconscious is free to accept your new positive images. How can you become more relaxed? It’s simple! You can actually use “Thinking Thin” principles to do just that!

Imagine yourself relaxed. Imagine yourself doing the thing that relaxes you most. Is it getting a massage? Taking a bubble bath? Lying on the grass looking at fluffy white clouds going by? Imagine relaxing in whatever way you do so best. You could even try imagining yourself lying in bed after a long, productive day where you heave a sigh of relief to at last be free of all your burden, ready to rest your body fully and let Soul take flight!

OR

Here’s an exercise to get instantly relaxed and into your higher self at the same time. It will also help you with #5, pretending, or feeling childlike, and that anything is possible. This is an ancient love song



to God. It is the word "HU," pronounced like the word hue. It is sung in a long drawn out breath, like this, "HUUUUUUUUUU." You can hear it on my audio tape (Think Yourself Thin audio cassette by Harper Audio), or simply listen to a flute, or the wind. All of nature makes this sound. It's a word that has been sung for eons by most every culture or religion in some way. Even the word "Hallelujah" was derived from HU.

5. **Pretend**—Become childlike for greatest success. Only the best and the brightest know this secret. The masters of success are really little children at heart who have the ultimate trick...divine imagination, the magic of God. When children imagine, they know it is real. Be a child, know that you can only imagine what is possible for you to attain. Believe, as a child, that you can attain whatever you imagine, and you will!

## Exercises for the Subconscious

1. *Throw out your scales!*

This may sound like the easiest exercise in the world, and it is, if you can let go of the idea (how did we ever get such a notion?) that you must weigh yourself daily to chart your progress. First of all, weight is a poor measure of health. Stronger muscles weigh more. You may increase muscle mass, which burns fat, and gain more! Secondly, your clothes will tell you quite readily if you are getting dangerously overweight. One clothing size is very little, really, and so there is no need to be concerned. In fact, weighing in daily makes people obsessive about their weight, putting them in a state of constant panic, rather than the positive, relaxed attitude necessary to make this work.

**Get into a relaxed state as much as possible while doing any of these exercises.** The trick is to imagine you are doing something that relaxes you. Even the idea of getting a massage can relax your muscles instantly (just try imagining someone lovingly massaging your shoulders—see what I mean?) What relaxes you? A bubble bath? Lying on the grass, watching clouds float by? Horseback riding? Pick your pleasure, and use it before thinking thin every single day.

Now try this next exercise to get a handle on your highest purpose for thinking thin. This will motivate you from the highest place within you, from Soul.

2. *Get in touch with the real you*

Sit down in an easy chair or lie down comfortably when you have about 1/2 hour to spare. Play some soft, flowing music if you need to be calmed. Begin to breathe gently, yet deeply, telling yourself to relax. As you breathe out, feel each part of your body letting go of any tension. Beginning with your feet, move up through your legs, hips, torso, arms, chest, neck and head.

Imagine clouds of feathery white floating through skies of blue all through your body. Now see yourself in a beautiful setting. Wherever you most like to go to "get away from it all."

**You are now in touch with the "real you,"** the part of you called Soul is now in control. Ask your inner self, the real you, what your goal should be for the healthiest, most optimum size and shape for you to have in your lifetime.

Realize how having that particular shape/size may be of greatest service to you and to all those around you. Will it bring you greater health, ease of movement? How about a greater ability to love others, stemming from a greater ability to love and accept yourself? Can you see how this serves God?

Now write a vivid description of this "new you," along with a detailed explanation of why and how this "new you" will serve a higher purpose in your life.

3. *Get Out of Your Body to Get a New One*

Every day, upon awakening and/or falling asleep (when your subconscious mind is more receptive), return to the special peaceful setting you created in exercise number one. Remember your goal of service that will result from your getting slimmer. Now **imagine you are in a corner of the ceiling of your room, looking down at your body. See it exactly the way you'd like to look.** If you want to reach the moon, you need to shoot for the stars, so really give yourself every possible adjustment you can think of that you'd like to make. See yourself in a new, fitted nightgown or silky pajamas, with your new

shape looking strong and healthy. Really ham it up, any way you want it!

4. *Write Your Own Perfect Movie Script*

**Write a script. This can really be fun, so enjoy yourself!** You will be talking to yourself as if you were your perfect mate or lover, writing a love letter to you. This will be the higher, inner you speaking. Tell yourself how wonderful you look, how glowing and healthy and slim. Go on and on about your good qualities. Then tell yourself how great you look, now that you are losing weight every day and becoming healthier and stronger daily.

Just a note here about writing—**it's been proven that people who write their goals accomplish them 100 to 1 over people who don't!**

5. *Listen to Your Wisest Counsel—You!*

**Take the above script and record it on an audio cassette.** Listen to it while falling asleep, driving in the car or any time you feel like it. Even if you are not paying attention, your subconscious will get the message. If possible, have some relaxing music playing in the background while you are recording your message to yourself. Remember to use only positive words (avoid negatives, as described in previous chapter). As you listen to the tape, use as much of your ability to imagine and sense as possible. See, feel, hear, touch and even taste the reality of each statement as you absorb the new you. Use the word “you” instead of “I” because it will reach into your inner being more. When the sound, or voice, comes from outside of you, you may identify it as being for someone else if the voice says “I,” even though it's your own voice.

Also, another clue—don't say “lose weight.” Instead, say, “get slim or thinner.” The reason for this is that when we lose something, we want to find it again. The subconscious thinks this way. Of course we don't want to find that excess weight back!

**Example of audio tape you can make for yourself:**

“You are getting slimmer every day, feeling happier with yourself and your life. You feel free! You can eat whatever you want and still get slimmer every day. Everything you eat turns to energy. You're burning fat right this moment as you listen to this. You are feeling

slimmer and slimmer as each day goes by. You are really a thin person inside, waiting to see the real you as you shrink. Every time you look in a mirror you will notice that you look healthier, slimmer, stronger, younger, lighter, freer. Even if just a little bit, you will notice it. You have the admiration of everyone who sees you because when you get slim, you will stay slim for life. Friends and family will be awe-struck with amazement. They will respect your discipline, not knowing it was only a discipline of the mind. They will see how balanced your nutrition is, and that you can eat what you want, yet eat just the right amount for you.

“You never let yourself get hungry. You eat when you are hungry so your metabolism stays intact. You keep a healthy balance and eat exactly what your body needs. You love to exercise. You do the exercise you most enjoy on a regular basis to stay healthy, lean and strong. You are looking fantastic, more and more so each day. You are slimmer, prettier (or more handsome) stronger, leaner and younger every day!”

**Use the above script if you like and edit it to suit your lifestyle, spiritual beliefs, philosophy and imagination. You may also want to add your key image as written in Exercise #9 to follow.** As you make this audio tape, repeat your script to yourself over and over as many times as you are able, so when you listen to the tape it goes on for 10 or 15 minutes or more.

#### 6. *Affirm Your Success*

**Use phrases from the same script to repeat to yourself daily**, as many times a day as you can think of them. Think of a time you can do this regularly; while showering, brushing your teeth or maybe even using the restroom—why limit yourself? Any time you are thinking about your body is a good time to focus on a positive future, bringing it right into the present. Use these positive phrases especially in case of emergencies when you may begin to think negatively. None of us is perfect, so we are subject to those types of thoughts as humans. Be prepared to overcome them with your own arsenal of positive ammunition!

**Examples of Positive phrases, or affirmations:**

- (a) I am feeling a bit thinner today. When I look in the mirror, I will see a slight difference for the better.
- (b) I look and feel much better today. I feel lighter.
- (c) I'm going to fit into the next smaller size any minute! I feel so thin inside and my outside is just catching up to it.
- (d) Everything I eat, every bite I take turns to pure energy and burns right off.

Make up your own positive phrases here by combining any above that you like or going off in your own direction!

- (a)
- (b)
- (c)

#### 7. *Listen to the Inner Whispers*

**Listen to your body. What is it now telling you to eat?** The more you feed your subconscious "thin thoughts," the more it will feed you back urges to eat according to your new image. Is it telling you to avoid tomatoes? It may seem odd to you at first, because tomatoes are so good for you—have no fat, little sugar, etc. However, you may have a food allergy to tomatoes that is causing you to gain weight. More likely, it would be wheat (true for many people) or dairy (true for some). There are many ways of checking for food allergies if you are concerned, by seeing a licensed health professional. However, you will also get some clues just by thinking thin.

**The feelings you get about what to eat should be something from within you, like a gentle whisper, or they may be a gut feeling** you have, or a comment someone makes that kind of lights up for you, wakes you up to what is right for you. There is no fear or guilt attached; only a feeling of wanting to go in a certain direction with nutrition, health care, exercise, counseling, etc. Do what you feel like doing, not what someone else says you should do (unless of course you are under a doctor's care).

**I used to worry so much about what I ate, that I ate more of it!** The negative thoughts of worry coupled with the image of eating certain foods caused my subconscious mind to make me want to eat more

of them. I was feeding it an image with a strong feeling attached, without knowing it, of course. Now I eat whatever I want, with as many calories or fat grams as it may have, and there is not one part of me that stands over myself with a baseball bat or judge's robe, like there used to be. Of course, I don't desire foods that are not good for me very often because it simply does not fit the image I am constantly feeding my subconscious mind.

**There is no such thing as "illegal" or "off limits" food with this plan.** Have you ever noticed that the word diet has the word "die" in it? Fear of food is what makes people want it more. Feeling they can't have it does the same thing. There is only what you want, from your truest desire: the new you.

#### 8. *Photo Finish*

**Whatever you put your attention on is what you become!**

Where you alone will see them (i.e., in your wallet, desk drawer, car or purse), **put pictures of yourself when you were thinner**, or someone you'd like to look like. You can use your own face and glue it onto someone else's body! I put a picture on my refrigerator (I was living alone—so no one could tease me!) of myself in high school. At the time, I thought to myself, "But I was so young then, this is silly!" Then another thought came on its heels, "I'm going to think myself young, too!" So I kept looking at the picture, imagining that it was exactly how I looked or was moving toward looking. I began to believe it, so of course, it happened. People have always said I looked much younger than I am, and I know it's because of how I think about myself.

#### 9. *Key Image*

**Imagination is the greatest key to success there ever was!**

**Use your imagination to create a perfect Key Image (one special scene) that you will use daily as ammunition against any negative thoughts**, and nightly as you drift off to sleep, stamping a seal in your subconscious. Here is an example of a good key image (use the word "I" when saying it to yourself, or "you" if you are recording it on audio:

“You are wearing a dress/suit that fits the size you would like to be. It fits perfectly and is the most flattering type of clothing you can think of for your body type. You are walking through a crowd of people, most of whom are your close friends, relatives, and associates, at a gathering of some kind. People begin to recognize you and as you pass through, they stop you and take your hand. You feel the warm, sincere touch and hear the admiring voices say, ‘I hardly recognize you. You are so much thinner!’ and ‘Congratulations on your new figure,’ or ‘How lovely/handsome you look in that new outfit! What on earth did you do to get so thin?’

“As you mingle, eyes turn admiringly, noticing your healthy, glowing shape. You feel wonderful.. You have accomplished your goal and feel at peace with yourself, but also are willing to assist others if they ask you how you did it. The evening goes on with people showering you with compliments, and you accept them with gracious thanks.”

Now you have the answer to your own and others’ concerns that might affect you. **When a group of people start talking about weight loss, calories, how they need to diet, etc., you simply listen disinterestedly, or do something else.** You need not get involved in the conversation because it doesn’t apply to you in the least. You are exactly how you want to be, or getting there through a means that will keep you there permanently!

Use this same method when watching television or seeing other ads for weight loss: It doesn’t apply to you! You can have compassion for those poor people who are going to gain and lose, gain and lose, gain and lose over and over again because they will never stabilize with a deprivation diet.

#### 10. *Dream Time*

**Work with your dreams to double your “thinking thin” time and make your subconscious work to help you feel comfortable with your new body to come.**

Before going to sleep, while lying in bed, relaxing, tell yourself you will dream about the new, slim you. In your mind’s eye, go over your Key Image—seeing, touching, hearing, smelling whatever is there in that image. Feel it, too, with your emotions, as a child would pretend. Get into moving with the image. If you are on the beach in a new bikini, walk and swim. If you are at a party, talk and laugh. If

you are at a dance, dance! Enjoy yourself and your new body as you drift off to sleep. Your subconscious will work on it while you are asleep. Remember, it never sleeps, since it controls all bodily functions, metabolism, etc.

One woman remembered dreaming of a sleek white sports car. When she woke up, she realized it was her new body to come! It helped her believe more in herself and the process. Another woman dreamed of a little girl swinging on a door knob, feeling light and free. She used to do that when she was three! Now she would feel light and free again. The dream helped her embrace that feeling and create her new body with it!

Even if you don't remember your dreams, you can still benefit from them. Everyone does dream, this has been proven through laboratory studies. We are constantly learning and growing in our dreams, through contact with the higher self, Soul, via the subconscious mind. You can also learn to control your dreams, and make them go the way you want to, just as you can do with your waking life. Lucid dreaming was studied thoroughly by Steven LaBerge at U.C. Berkeley, CA.

If you practice controlling your dreams, you will be strengthening the imaginative muscle to use in controlling your waking life even more, from your highest self, Soul.

#### 11. *Serving Life*

**Find some sort of creative activity to take your attention away from yourself.** This is especially helpful if you have something negative in the way of self-image come up. I know someone who calls these negative feelings the "undertoad." It's like a big frog at the bottom of a whirlpool trying to pull you down. Instead of letting it, do something! If you are having a hard time thinking positive thoughts about yourself, take your attention away from yourself! Place it on someone or something where you can be of service, or be creative. Creativity serves life too, as a vehicle for beauty and love.

**Here are some ideas to get you started:**

- (a) Service to someone you love. What has your family been wanting that you could do as a loving project?



- (b) Serving someone less fortunate (i.e., volunteer work for partially-abled, reading to the blind, teaching adults to read, tutoring children, volunteering in hospitals or nursing homes, etc.—whatever you love)
- (c) Serving your community or church
- (d) Art—sculpting, pottery, painting, or drawing classes or projects
- (e) Music classes or project or Community Theater (there are many other jobs besides acting—the background work can be fun and very satisfying.)

12. *Loving Kindness*

**Be patient, loving and kind to yourself. Have fun with “Thinking Thin” because it is fun. It’s a game you can play with life.**

Feel good about yourself no matter what you eat or do, for you are truly a spark of God, of divine love. You do have the power to change whatever you really want to change by changing your beliefs.

Your goal will be accomplished if you will just follow the steps faithfully. Just give yourself time to bring it about. Remember it took years of conditioning to get us the way we are, and it takes a bit of patience to undo it. Be persistent in “Thinking Thin” and it will eventually work. It will work even more quickly with constant attention.

## Chapter 4

# Subconscious Reasons for Retaining Weight

*The harder you fall, the higher you bounce.*

—American Proverb

### Be Kind to Yourself

**Emotional issues often surface when you “Think Thin” or focus on thinking positive, making changes in your self-image.** These issues are old beliefs, patterns and experiences passing off, if we let them. What happens in the subconscious (put simply) is that the new image is like a heat-seeking missile that will seek out and push up any old issue at odds with the new image! Isn’t it great to know that **all you have to do is keep “Thinking Thin” and let your body, mind and emotions do the work with the guidance of God, your guardian angel, or whomever you look to spiritually.** It also helps to get some help through counseling or support groups when necessary.

As I began to “Think myself Thin” I was receptive to the ways my subconscious would help me take the weight off. I looked for the inner reasons I had retained the weight. I took a “psychological safari” exploring my own inner being and learned I had been protecting myself with my weight. I was subconsciously keeping away a committed relationship, so I wouldn’t get hurt. I had been adopted at age six, after living with my grandparents, after being abandoned by my mother (she was taken away—but you can’t

explain that to your emotions!). I have been counseling and consulting for over ten years for people who have had trouble keeping off weight. The reasons are nearly always psychological, and usually fall into the following categories. You may subconsciously have one or more of the following reasons for gaining or retaining weight. Many people have all of them:

1. Self-Protection

The person whose weight is hanging on due to self-protection has likely been abused or overly criticized in some way. They are scared, often subconsciously, and don't know it. It's the subconscious mind's way of expressing itself. It's saying, "Don't hit me, don't hurt me...but if you do, I have lots of padding!"

This "protection" can be shed when a person feels more confident in her own ability to say "no," to defend herself, or make himself clear about his wants and needs. This weight will often drop away simply with the ability to love oneself enough to set boundaries, to say no and learn the fine art of inner and outer self-defense. Taking a weekend self-defense course, assertiveness training or martial arts may make all the difference. Read my book, *Think Yourself Loved* for more on loving yourself, a very important aspect to Thinking Thin.

Sometimes the only way to shed the weight is to literally shed to weight of a bad relationship, whether it is a friendship, business partnership or someone very close to you who is hurting you very much.

Good psychological counseling may be helpful in resolving weight problems associated with these issues, or helping you to leave a situation in which you feel entrapped. Even if you feel you have the power to change a situation, but just don't want to for various reasons, you may wish to re-visit that thought. Look at your body's cries for freedom, look at how you feel emotionally most of the time, look at how happy you truly are or are not. If you need help with these issues, ask someone you respect to refer you to a qualified counselor. If you can't afford counseling, call your local university or state government. Counseling is often available free or for very nominal charge. Sometimes we just need someone to listen and we can figure out our own answers.

## 2. Carrying a Burden

Often a person who cannot delegate, cannot say no, feels overly responsible for everyone and everything, feels she is carrying the weight for the family or business, or feels he has to do much more than he can, ends up “carrying the weight” of the world not just on their shoulders, but on their entire bodies. This is a way of showing the world that they have “much too much to handle,” because they cannot speak up, delegate tasks, or refuse to do them!

This issue may also require professional counseling. It is an individual choice. You will know if and when it is necessary for you to do so in order to reduce your weight further.

## 3. Filling an Unfulfilled Need

The old “fix it with an ice cream cone” tactic is common to many of us. Many people, in the United States at least, have been raised on the idea that sweets or rich food would take care of everything from a tummy ache to a heart ache. It’s the “Food = Love” Syndrome. If we don’t feel we are getting enough love, very often we replace the emptiness inside with food. I know I did for many years.

Cookies seemed to make me feel better, but only very temporarily—while I was actually eating them! Then, no matter how many cookies I’d eaten, I only felt full, not better. Would you believe that now, when I am upset, I don’t feel like eating? Well, it’s true, most of the time. I am amazed myself at how much can change just from “Thinking Thin,” and letting myself feel whatever I need to feel. That’s one very big key. Most people “stuff” their emotions with food, alcohol, cigarettes or—worse—drugs. If all you have is an addiction to food for comfort, you are already way ahead of the game.

I’ve had to learn to feel the emotions and let them pass off, like steam from a pot. What happens when you stuff emotions? The same thing that happens when you keep the lid on a boiling pot and never take it off. The food or liquid spills over and/or burns, making a very big mess. What that means in terms of health is that the person stuffing emotions will one day either explode with seemingly unfounded anger, releasing years of stress, or they will likely get sick. Something has to happen to release these emotions, and unfortunately it is often at someone else’s expense. Here’s a way to avoid all that, and move forward more quickly with releasing excess weight:

## Exercises to “Blow Off Steam”

- (a) Get a special notebook or just staple some scratch paper together and put it on top of your refrigerator or in a kitchen drawer no one will bother to look in.
- (b) The next time you are feeling emotionally stressed, when old issues surface and you feel scared, anxious, lonely, sad, frustrated, angry or upset in any way and you find yourself going into the kitchen to “stuff it” grab your notebook first, or at least after you have grabbed your snack. Begin writing about whatever is bothering you. If you don’t know what is bothering you, just start writing. Write about what might be bothering you. **The more you write, the more you heal. It’s been proven!** Even if you have to eat and write at the same time, do it! I’ve eaten, written and cried at the same time!
- (c) If you feel a lot of anger surfacing at any time, including while you are eating and writing, start beating a pillow or the seat next to you on the couch (assuming it’s empty, of course!) or grab some old newspaper and tear it up. Yell and scream if you want to. When I am really frustrated about something I scream in the car with the windows rolled up and it really helps!

### 4. Someone Else Wants You to Lose Weight

Is it truly you, the real you, that wants to lose weight? Sometimes a well-meaning family member can sabotage us just by pushing us too hard. Hardly anyone wants to do something when someone else makes it a demand. They may not say so directly, but it certainly feels that way if you hear it often enough, or with just the right inflection. Sometimes even television commercials about weight can make us feel we should look differently, like their too-thin actresses or the airbrushed models on magazine covers.

Who needs that kind of stress? Besides, maybe you feel just fine the way you are! Someone else may be holding an image of you, seeing you a certain way and thereby not allowing you to control your own subconscious mind. By accepting someone else’s image, you are allowing them to control your subconscious mind, which in turn controls you. This is giving away your personal power, your right to be an free, individual expression of life.

The solution to the above issue is simply greater self-awareness: What do you want for yourself? How can you become more of what YOU want, not what someone else wants for you?

Counseling can be of benefit here as well.

**Here are some things that could happen as you “Think Thin” and some solutions:**

1. Old Emotions Surface

You begin to feel things you never expected to feel, or old emotions surface that you thought you had already dealt with long ago. Look at the exercise above to “blow off steam.” Write, beat pillows, scream, cry, do whatever it takes to feel what you need to feel. Once the steam is gone, it’s gone! Another big healing comes from forgiveness. Here’s a great technique to forgive someone when you are angry or hurt:

- (a) Pretend they are sitting in a chair across from you. Imagine surrounding the room with God’s love (so your angry thoughts or words don’t harm anyone.) Tell them you are willing to forgive them (you will only hurt yourself more if you aren’t)
- (b) Tell them exactly how you feel, saying everything you can possibly think of that you feel about the situation. (emotional)
- (c) When the emotion is out, tell them what you expected of them. (mental)
- (d) Say to them something like this, “I forgive you and release you to your highest path for your highest good. (spiritual)
- (e) Tell them something you like about them, even if it’s only their hair!

2. You Don’t Believe This Is Working

Don’t worry, I didn’t believe it either, sometimes. The mind is a funny thing. We are taught from an early age that imagination is for little children. What most people don’t know is that imagination is the only thing that makes anything even work! Remember Einstein’s quote, “Imagination is more important than knowledge.”

You may say to yourself, “I’m gaining more weight,” and maybe you are, but that is only the old thoughts still affecting you. It takes time

to wear new grooves in the brain, like making an old phonograph record. The mind wants to put the needle in the old groove, because it falls in so easily—just slips right into the same pattern. You must be diligent. It takes twenty-eight days to make a new groove (new neurological pathway), and that is only if you are persistently, every day, without fail, “Thinking Thin!” So give it time!

**Did you know that every single cell in our bodies are capable of “thinking” in a sense?** They can also change themselves and do so constantly. This is due to neuro-peptides (protein-like brain molecules). Think about how this can influence your body weight and health.

Remember the only thing that will ever stop the process of gaining weight from your old thoughts, and keep it from ever happening again, is your commitment to “Thinking Thin.” In other words, you may feel you’ve lost the battle, but you will win the war by acting as if success is yours in due time.

### 3. You Feel Guilty for Eating Something You Think is Taboo

First of all, nothing you eat ONCE is going to make a big difference. If you feel like something is off your personal plan for success, and you ate it, so what?! If you didn’t savor it because you felt guilty, you wasted a perfectly good opportunity to enjoy life. If you have a special plan, even if you feel certain foods aren’t good for you, you can eat them at least ten percent of the time, according to some experts. Eat what you want on occasion, just to feel like you are living. It will prevent you from going completely off base later, trust me on this.

One woman I know would eat everything in the house just to avoid eating a candy bar. She’d start with toast, then have an apple, carrot sticks, etc. but still wouldn’t be satisfied. Finally she would eat the candy bar on top of whatever else she had eaten! Now she just lets herself have the candy (she says since she does, sometimes just one bite is enough! I don’t know how she does that).

Besides, “Thinking Thin” means that you are a thin person already. You are a slim person who can eat whatever she wants. You love and trust yourself to choose exactly what your instinct tells you your body needs. You eat only until you are full—and no more—because that is what thin people do, and you do it automatically. So you never have to worry about eating the wrong thing. Just say to yourself,

**“Everything I Eat Turns to Energy!”**

OR tell yourself, if you ate too much, that your body will probably burn off the calories working so hard to digest all that food! (One health practitioner told me that was actually true!—however you don't want to stretch your stomach out too much, either, as that can cause other health problems)

#### 4. You Hate to Exercise

You can either imagine yourself exercising, and see what happens (you'll probably start exercising!), or you can think your muscles strong, like a woman I met! She hates to exercise, so she said she exercises with her mind. She imagines her muscles toning themselves and they do! I've seen her and she has an incredible, strong-looking body. Or take a walk somewhere beautiful, so you're "enjoying the scenery" instead of "exercising."

## Dream Solutions

**Even if you are not sure you have a subconscious reason for retaining weight, you can use this dream method to help you heal:**

Have paper and pen by your bedside, with a small flashlight (you can tape the flashlight onto your pen, if it's easier for you.)

Just before going to sleep, write a note to your higher self, or to God. Ask for a dream that will show you clearly what your blocks to success might be and/or your block to staying slim.

In the morning, pick up a the pen and paper (or in the middle of the night if you awaken from a dream) and write, "I remember dreaming about (even if you don't!)....." and write whatever words or word comes to mind, even if they seem to have no meaning at all. Writing down even one word works at times!

Next, write under the dream words, "I know the meaning of this dream. It is..." Then write whatever comes to mind, no matter how silly it may seem at the time. It will make sense later.



## Do You Believe In Guardian Angels?

Do you believe in guardian angels or spiritual guides? Ask your guardian angel for help in your dreams as others have, reporting fantastic results. If you don't think you have a guardian angel, ask for one! You might meet him or her in your dreams.

The difficulties listed above are by no means a complete list of reasons why we may retain weight, but whatever reasons you may have, they will be resolved if you will simply practice the exercises in this book faithfully. **Remember, the subconscious mind is like a heat-seeking missile. It will draw to you the desired result by whatever means it takes, as long as you continue to give it the commands (in images) of how your "new self" will be, assuming it to be NOW.**

By persistently "Thinking Thin," and acting as if your new body is an established fact in progress, you will attract whatever tools, help, or solutions are available and appropriate to resolving your own special, unique and individual health issue. You can speed up this process by listening very carefully to your body's wants and needs (unless you are already under medical supervision for some special diet).

Listen to your inner self, the voice of Soul, as it directs your actions, lights up someone's words, or makes you pay attention. For example, reading a newspaper or listening to a friend talk about some new book, nutritionist, allergist, exercise plan, etc. There are almost as many reasons for retaining weight as there are people, so you will need to be receptive to your inner direction.

## Ask for Spiritual Guidance

Look to whatever spiritual guidance you believe in to ask for help. Know that it will always come, even if it takes a bit of time.

There are a million and one ways to resolve these issues and to lose weight, but it is up to you to find what means are best for you. Those means will present themselves to you by simply seeing the goal accomplished. Relax and enjoy the process. Sit back and watch the show. You will be amazed at the shape of things to come!

## Chapter 5

# Forming a Support System

*Be curious always, for knowledge will not acquire you, you must acquire it.*

—Sadie Buck

### We Learn So Much From Each Other About Ourselves

Weight loss programs which involve support are more popular because they provide a strong morale boost that dieting alone does not afford. “Thinking Thin” support groups have elicited comments like, “It helped keep my mind and attention on the focus,” and “We talked about issues related to weight. It helped a lot!”

**You don’t have to form a support group to get support—you can have a buddy system.** If you are feeling alone, you aren’t quite sure this will work for you or you want to see others succeed too, consider forming a support system of some kind, whether it’s on the Internet or by phone, three way or conference call, or meeting in person, whether in someone’s home or at church. All you need is this simple guide to get you started, then fill in your own beliefs and spiritual views. Try to meet with like-minded people. There are chat rooms on the Internet for weight loss and you can put out a message with your beliefs and desires about what you want to share and what you need. God has many ways of connecting you with the right person. If you help yourself, of course God will help you find just the right person or group of people to meet with. Also, try your church. They might be willing to offer a room for a small donation when the topic relates to applying spirituality to everyday life.

## **The First Step to Starting A Support Group Is to Imagine It Done!**

Remember to use your divine gift of imagination with this too. After all, you can apply it to anything in your life! Imagine the kind of people you'd like to meet with, the type of setting, environment, the warmth and sharing, and the success stories, including yours!

In your initial meeting, you can agree upon details like days and times, how often, how long (I suggest one hour meetings for eight weeks only, then re-negotiate for more if desired), donations (if meeting in person—money can be used to buy other books to read and share, or celebrate successes), and determining goals of the group (loving yourself more, becoming healthier first, inner strength, more self-esteem, quality of life, service to each other, even combined inches lost if you feel that setting that kind of goal will motivate you to do your “Thinking Thin” exercises).

**Take turns leading the support group.** You are learning much more than everyone else when you teach, so think of leading as learning, not as having to be there already! Besides, you each do have something to teach each other about life. Isn't that why we are all together on this earth, to learn from each other? We all have innate wisdom and often surprise ourselves at how much!

Ask everyone to read this book before they participate in your support group or buddy system.

## **Tools for a Dynamic Support Group**

### **1. Always start and end on a positive note**

A foundation of trust is established when people feel good. Their hearts open to learning more. Ask each person to share a success story from any part of their lives. If about “Thinking Thin,” it should be something like how they felt better about themselves, they did their mental exercises, etc. NOT food related—avoid this topic altogether if possible, unless related to how they were no longer afraid of food, and felt they could eat what they wanted. No restrictive comments allowed! (Everyone's needs, chemistries, and body types are different).

## 2. **Express fears and concerns**

Ask everyone to write their concerns in one or two phrases, briefly. Nearly everyone feels pulled in two different directions, between their old beliefs and new discoveries, or between the brain and Soul, the knower of miracles. It's important for people to be able to talk about these conflicts. When others in the group just listen (DO NOT TRY TO FIX IT !!! ) a person can hear herself think and resolve her own issue. It's vital. If she ASKS for advice, then you can give it, but I advise not doing so right away. I would suggest asking back what she asked you. Say, "What do YOU think is the best answer for you? If you were your own best friend, what would you say to you?" If she still doesn't have the answer, THEN you can give your opinion.

## 3. **Share Experiences and Lessons Learned**

**Ask everyone in the group to share their experiences with overcoming limiting thoughts and images of themselves.**

This will bring the focus back to the positive. It will also give everyone new ideas for slaying dragons in the mind!

## 4. **Bring out just one principle of "Thinking Thin" to discuss.**

Ask everyone to think about how this principle has applied in some other area of their own lives. What are those areas? It may help to ask everyone to write this down first, as some of the answer may be very personal. Ask them to share what they can. Now ask how they feel they can apply this same success to "Thinking Thin."

## 5. **Assign Homework Using the Principle or Exercise Discussed Previously.**

### **Get creative!**

Establishing a support group to help others achieve their goals will come back to you tenfold and you will surely achieve yours, if you believe you are worthy. And if you don't, just ask the people you're helping!

Ultimately, "Thinking Thin" is something we do alone, in our own minds and hearts, but with support, we can feel we have others helping us to think that way. We can almost feel the presence of others who are like-minded as we do these tasks of love, love for ourselves that will eventually spill over and touch many others in our lives.

## Chapter 6

# Maintaining the New You

*Measure wealth not by the things you have, but by the things you have for which you would not take money.*

—Anonymous

Does a garden still need tending after the first harvest?

Will it continue to yield food all by itself?

A garden needs constant attention, of course, just as we do. Pulling the weeds of our old, limiting thoughts that keep cropping up is essential.

If I catch myself thinking I'm gaining weight, I immediately try to replace that thought with one of how thin I feel, and how grateful I am for being where I want to be with my weight and shape. I recommend being grateful as a way to continue to receive anything you want in life.

Also, imagine erasing the old thought, just like there is a blackboard in your mind, and replacing it with the new phrase with which you feel most comfortable.

### Keep Thinking Thin

**The constant upkeep of desirable thoughts and images is an ongoing part of maintaining your new slim self.** The best way to accomplish this is by making it a habit. Anything done for twenty-eight days becomes second nature. Why not discipline yourself to carefully watch your thoughts and images regarding your body for a month and see how much easier it is after that?

**Everything in life goes backward or forward, nothing is static.**

There is no in-between ground! In order to continue forward, becoming more and more healthy and more of what you want, it is vital to keep practicing the art of “Thinking Thin.” I did the exercises at the same time each day, until they became such a part of me that I didn’t even have to think about them!

**Now I think like a thin person—because I am a thin person—because I think like a thin person!** I am at the chicken-or-the-egg state where I don’t know which comes first. I just keep living life with the assumption that I am a thin person who can eat whatever she wants for health, whenever she wants, so I do! These days, I also try to make sure I eat enough, because I don’t want to lose any more weight! Does this sound like someone who was forty pounds overweight and yo-yo-dieted for years?

## **Maintain Gratitude As Well**

**Gratitude is Key to maintaining your new shape. Is the glass half empty or half full?** Do you feel grateful for your new slimness, or are you still comparing yourself to stick-thin models and movie stars? Feeling grateful is actually very scientific. It works this way with your subconscious: Whatever you are grateful for, you are imagining, you are thinking about. Whenever you are grateful, you are reliving an experience. That is what is real to the subconscious, that is what your subconscious will keep producing. So being grateful for how you look and feel will improve your state of mind as well as your appearance.

### **Accept Compliments!**

Are you accepting the new you?

How do you hold and carry yourself? Are you standing tall and proud or slouching like you are still trying to hide something about your appearance? Pamela hasn’t reached her goal yet, but even so, she wears her blouses tucked in and stands up straight, proud and tall. She thinks and acts like a thin person and I think of her that way too, because with her carriage and attitude, it’s hard not to! Pamela just exudes confidence in how she looks and what she’s becoming, because she imagines herself thin. She is already focused on maintenance.

Years ago I had people compliment me on my weight loss, or how thin I looked, when I did not have the confidence to know I looked good yet. Because I did not yet believe I was thin, it was more of a struggle to keep

the weight off. I finally began to accept the compliments and see that I had indeed become thinner.

**Here's an exercise you can do *right now* to help you with maintenance *in your future*.**

1. Make up a key image of yourself refusing dessert, simply because you can have it any time you want and you have had enough food for now.
2. Make up a key phrase that exemplifies your greatest desire for your new thin self. It could be eating what you want, wearing what you want, or playing your favorite sport or activity. Remember to phrase this in the positive, such as "I wear form-fitting, flattering clothing."

## **Always Remember How Powerful You Are**

**Remember who controls your images, thus controlling your body—YOU!**

Rereading this book from time to time will also keep you on track. Make sure you keep reading, or listening to my audio tape (by Harper Audio—order through any bookstore) daily until you feel you have these principles firmly established in your mind and there is no doubt of your belief in them. **Read or listen to Think Yourself Thin especially when you feel yourself begin to slip back into "thinking heavy."**

Use a highlighter when you read this book again, so that you can thumb through easily when you want to just pick up a few supportive thoughts that mean something special to you personally. Highlight those ideas that strike you as truest in your particular case.

None of us is perfect, so we can only try to stay balanced. If I realize I'm being negative about myself, I just "erase and replace," as stated before. For example, "I feel like I'm gaining weight!" with "It's just a little bloating, by tomorrow I'll be my old slim self again." or "I'm so grateful I'm slim and healthy and I'll always bounce right back to being thin."

## Keep Reading and Listening to Success Stories

**Do more research to prove to yourself that positive images do create a positive life.** Of course no one's life is perfect and anyone who is a success will tell you they often went through very difficult times to get there. However, they got there because they never gave up! Keep focused on your goal and at least be kind to yourself, thinking only good thoughts about yourself, as much as is humanly possible.

Remember that in the garden of your mind, the seeds you plant today will sprout tomorrow. What kind of plants do you want? Weeds or flowers?

**One excellent way to be sure you are locked into the new you is to keep setting new goals.** For example, once I thought myself thin, I thought my stomach flat, then I thought my legs stronger, and now I'm working on continuing to think myself young and other goals I have in mind. There's always something to work on and I keep working on things to keep my attention moving forward, to keep me growing and changing and loving my life. If I can do it, so can you. I am just a human being, like you.

It worked for me, so it will work for you!



## Chapter 7

# Helping Your Children/ Helping Each Other

*If your ship doesn't come in, swim out to it!*

—Jonathan Winters

“Thinking Thin” is not just for you, it’s for all who can benefit, and who are receptive in your family circle or in your circle of friends. **A great way to move forward in life is to help others move forward too, but only when they want help.** Even with little children, they must be receptive, but most of them are, since they love imagining and being complimented.

You can take a poll of your loved ones without revealing your secret, that you are “Thinking Thin.” Simply ask them whether they believe in the power of imagination, that thought and feeling can make things happen. If they answer with an enthusiastic and joyful, “Yes! Absolutely!” then you know they are prime candidates for your campaign. Now you have allies in your “battle of the bulge” and can start slimming your battleships immediately with a group effort.

For children, talk with them even if very young, about how you would like their help and how you will help them back, even if they don’t have a weight problem. Ask them what they wish for with all their hearts. Tell them you will help them imagine it better, if they also help you imagine what you wish for with all your heart. Tell them that every morning when you first see each other, and every night before bed, you can tell each other wonderful fairy tales that will come true if only you both believe. You will help each other believe. **Remember to say thank you and accept the**

**compliments graciously.** This is very important. **Whatever you accept, you become.**

## **Agree on Key Phrases**

**Agree to tell each other what the other wants to hear,** for example:

“You look so much thinner today mommy!”

“Thank you. Sam. I feel thinner, I’m so glad you noticed, and by the way, you look more and more like a train conductor!”

Or, if your child is heavy,

“Jonah, you look so slim and strong today!”

“Kendall, you look beautiful and thin today!”

OR

When your child goes to bed at night, say, “Brian, when you wake up in the morning, you will be even slimmer, stronger, and more handsome than you were today!”

**You are giving your children a vital lesson in how to make life work.**

It’s miraculous, really. Anyone who has ever been successful has had to give themselves encouragement by saying, “this will work, this will work, this will work, I just know it, this will work.” Anyone who didn’t “just know it will work” was in for sad disappointment, unless they convinced themselves it would. See if you can envision your children as healthy and slim, as long as they are not opposed to it, and then you will begin to believe yourself. If the above phrases feel untrue to you, then start with something lighter, like:

“Kari, you are getting slimmer and prettier every day!”

“Jared, I just know you are getting slimmer each day.”

OR

“Mari, would you like to pretend that you are thinner today? Would you like to pretend that when you wake up tomorrow, you will be slimmer, stronger and prettier? Well, you can!”

## **Test Out Phrases and Adjust Over Time**

Try your own phrases, just make sure they are positive. You can even ask, "Do you feel a little bit thinner today?" and encourage a positive response, even if they don't believe it yet. By accepting the thought or image, they accept the results as well!

You can try the same exact method with adults. Ask a friend, loved one, or member of the family to help you with this. Even a co-worker might be willing to play this game of life with you. It can be just between you two. Try calling or e-mailing each other for privacy and saying, "You look great today. Have you gotten thinner?"

Use whatever tools you can think of to make it work, but definitely make it work!

# Supplement for Success

(to be carried, studied and exercised)

*The first step to better times is to imagine them.*

—fortune cookie

## Use the Subconscious to Push You Forward

When you consciously control your thoughts and images, you can change your self-image and your body. Your subconscious controls all your major glands and functions, plus your desires. What is good for you will come to you automatically by using your images as allies.

**YOU ARE WHAT YOU THINK!**

What do you want to achieve?

Imagine it constantly. Like a child, pretend that it is true right now.

## Accept and Love Yourself Just as You Are Now

Write your five best qualities here and read them whenever you feel your positive self-image is waning:

- 1.
- 2.
- 3.
- 4.
- 5.

## **Focus On Your Key Image**

Write your key image for "Thinking Thin" here and focus on it daily after relaxing and getting into the childlike mode of pretending:

## **Repeat Your Key Phrase As Much As Possible**

Write your key phrase here and repeat it often:

Use these key phrases if you need a change:

"I am happy, healthy and slim!"

"People are beginning to notice my new slim body."

"I love my new slender, graceful figure!"

"The more I think thin, the more I eat, exercise and am thin."

"Every single thing I eat makes my body beautiful and slim."

## **Believe That Only What You Imagine Will Come True**

It has been proven over and over again that what you are imagining right now will be what your life gives you in the future. You are in complete control through your imagination. Use it wisely.

No matter what your outer circumstances may convey, you will become thin by believing that you are thin now, or that you are getting thinner each day. Do whatever it takes to convince the mind. Every cell in your body reacts to your thoughts. How do you want them to respond?

*As a man thinketh, so is he.* Of course, this applies to women too!

Imagination is your divine gift. It is a precious gift of life. Use it with love for yourself and in love and service to all for the greatest achievements and the greatest happiness. You will absolutely benefit others by your success. The Happier you are, the Happier you can make others by your example!

## **Be Grateful for Every Single Bit of Progress You Make**

Write love notes to God, or just say thank you inside yourself for the progress you have made, no matter how small. The fact that you are even reading this is progress. Thank God for that. The fact that you have decided to do something about your health is progress. Thank God for that. The fact that you have begun to imagine a new you is progress. Thank God and yourself, too!

Accept every compliment with love and grace. Just say “Thank You.” Watch the miracles happen.

Highlight or Rewrite the Ideas You Need to Work On Most

**Record your favorite three ideas from Think Yourself Thin right here:**

- 1.
- 2.
- 3.

## **Remember Who You Really Are—Childlike and Playful—Soul**

Remember you are a glowing, loving, childlike, joyful, playful being called Soul. No matter what happens, you have become a brighter light already, just by recognizing your own sovereignty over the mind, emotions, and physical self.

Make “Thinking Thin” a game, as fun and playful as you can, and you will automatically be operating from the highest perspective, that of Soul. That joyful, playful state will bring the best results. Play at imagining your key images as if it were a simple game. See how far you can go with it. You may be very surprised!

# Other Books and Publications by Debbie Johnson

*Think Yourself There* Free E-Book

Available for reading or printing on this web site

*Think Yourself Young* Free E-Book

Available for reading or printing on this web site

*Think Yourself Thin* Audio cassette

Harper Audio (call bookstores/ Amazon)

*Think Yourself Loved*

Unity House (call bookstores/ Amazon)

*Dreams: Your Window to Heaven*

Eckankar, 2002 (available through your favorite bookstore or online bookseller)

***New!*** *EXPLORING PAST LIVES to Heal the Present*

Eckankar, 2004 (available through your favorite bookstore or online bookseller)