

The **HypnoChef**'s ® Nutritional Cleansing Program
For Body, Mind, and Spirit
Deborah Yaffee, CH, CN, HypnoChef®

Take a moment and imagine, really imagine, your favorite food. That's right...close your eyes and really enjoy it...how delicious it is, how good it makes you feel just thinking about the way it tastes, how it feels in your mouth, the way you devour it with your eyes even before you eat it. FEELS good, doesn't it...just thinking about that favorite food. Mmmmmmmmm.

Now take a moment and imagine...really imagine.....the food that you just can't stomach. The very thought of it is revolting to you. And imagine being made to sit down to a great big bowl of it...and being forced to eat it. UGH! That doesn't feel very good at all, does it?

And....imagine, really imagine, a time when you ate or drank something that changed your mood, your thinking, your mental clarity or focus. Might it have been an overdose of that turkey and mashed potato last Thanksgiving? A few too many glasses of the special punch at the New Year's party? Uh oh.....

Now....recall a time when you ate that one perfect meal....the one that left you feeling energized , clear, positive....the one that put you in the zone. Remember how it felt to enjoy that level of vitality...how was your mood? Your mind was so clear and quick. You felt so confident...remember?

Whether you call it the body-mind or the mind-body connection, your own experience tells you that what goes into your mind affects your body and what goes into your body affects your mind. Of course, there are numerous scientific studies that demonstrate exactly what parts of the brain are involved and how this all works, but the simple truth is that our thoughts are food and foods fuel our thoughts.

There are many ways to achieve and maintain optimal health, but I have enjoyed phenomenal success for myself and my clients by distilling these ways down into a simple formula that you can apply to the sacred trinity of your being: Body, Mind and Spirit. It is the Life Balancing Formula of Cleanse, Replenish and Tonify. Following this formula has helped me become much more effective in my professional practice and in my private life. It has also become a wonderful framework for guiding clients to better health in mind, body and spirit.

Let's take a look at what it means to Cleanse, Replenish and Tonify in Mind, Body and Spirit.



Mind: Thoughts as Food

HypnoCleanse:

Did I mention that some people call hypnosis “brain washing” as if that were a BAD thing? What hypnotists actually do is help people change their minds...in a good way. The truth of the matter is that we are in the DE-PROGRAMMING business! It's our job, pleasure and privilege to help others cleanse their own minds from the caked on sludge of self-limiting and erroneous beliefs that have been keeping them from manifesting the positive intentions for their lives.

How many of you have “wanted to lose weight” or are “trying to lose weight”? And one week into your diet, you go to that party at a friend's house and there's a BIG piece of chocolate cake with the ooey gooey icing on it and, oh my gosh, it has YOUR name on it! At first you bring out your willpower to remind yourself that you are not eating big pieces of cake anymore.....but that darn piece of chocolate cake bursts into a siren song that you just can't resist and oops, oh well, tomorrow is another day, and as long as you messed up with the cake , you may as well make a day of it and have the fried chicken, the chips, the dip, the bread, and that high octane punch, right? How did this happen??? Did the devil make you do it? Of course not... it was the devil's food cake that made you do it. Hmmmmm.....

Or are you one of the thousands of people who watched The Secret, got all fired up and spent days and days affirming that you ARE a millionaire...and then found yourself in even greater debt on the credit card for that purchase of the Next Best Home Business Opportunity. What happened?

What happened was that you didn't clear out your closets and clean up the house before opening the door to a lifestyle that your subconscious mind considers a very unwanted guest. Your conscious mind may recognize and decide that those extra 35 pounds have put your health and wellbeing at risk, and it is your conscious mind that recognizes and decides that you would like to be financially free. But the conscious mind is only the 10% tip of your beautiful mental iceberg....the other 90% of your mind is operating below the surface. We call it the subconscious mind (SCM). It is like the database of a supercomputer that contains infinite files which store everything we have ever seen, felt, experienced, imagined....

Most of the database files in the SCM are organized by association. Think of the word “red” and watch how many general and personalized associations arise when you think, picture, or imagine “red”. Once a file has been accepted into the subconscious database, similar information is stored there, too. For example, you may have learned very early on that whenever you screamed from hunger as a baby, someone came and fed you. As time went on, your caregivers may have given you food EVERY time you screamed, whether they knew if you were really hungry or not. What they observed was that you DID stop screaming, usually, when someone stuck some food in your mouth. Years later, as an adult, you consciously may understand that you are not hungry and not needing to eat, but your dear old SCM is feeling downright upset about something and is

screaming for the only pacifier it has ever known: food! It is holding to an association between food and comfort that has a very long, reinforced history. If you really want to change your food habits and release the unhealthy pounds, you are going to have to bring the SCM onto the same page as your conscious mind.

As we bump into life, we may unexpectedly, and unconsciously, dislodge some of these old associations. If our mental closets are packed full with old toys, tattered ideas and beliefs that are too small for our grownup lives, the door will open and all the clutter will come spilling out....and we'll have one awful, unwanted mess to clean up. When our mental database is cluttered and filled with outdated files and programs that are full of bugs, we need to purge the system...clean out those closets so that we can get ourselves a new wardrobe of beliefs that are a perfect fit for the person we have become --- and for that person we are "if only....".

In order to put something new and different into our lives, we need to first make a space. We need to cleanse and de-clutter our minds from all those things that are holding us back from stepping into our greatness. In my experience, hypnosis, NeuroLinguistic Programming (NLP), Emotional Freedom Technique (EFT), and Zpoint Process have been the most useful tools for cleansing the mind of those pesky limiting beliefs. Learn about EFT at www.riversidehealing.com/eft.htm Visit www.myzpoint.com for information about Zpoint Process. Each of these modalities is especially designed to uncover and clear erroneous beliefs and self-defeating habits from the SCM, in a very gentle way. I'm sure you will now agree that a little "brain washing" can do a Body-Mind good!

Want a deeper, more immediate mental cleanse? Then get rid of our ANTs as well! I first learned this acronym from Dr. Daniel Amen. ANTs are Automatic Negative Thoughts. The most troublesome ANTs include:

Overgeneralizing with "Always", "Never", "Everyone", "No One", "Every Time", "Everything":
I'll NEVER get ahead. NOBODY gives a crap about me. It's ALWAYS been this way.

Emotional Thinking: Believing negative feelings without questioning them which often leads to giving into F.E.A.R. (False Evidence Appearing Real). I FEEL like a complete failure. I FEEL like no one will ever want to be with me.

"Ought-ism" and "Should-it is": Uncreative and unhelpful beating-oneself-up with guilt.
I SHOULD go to pre-med even though I want to be a singer. I HAVE TO clean up my room. I OUGHT TO stay home more.

Labeling / Judgmental: Clouding your mental clarity and perceptions with negative labels you attach to yourself or others. He's a JERK. I'm SO STUPID.

Personalizing: Taking innocuous or unclear events as having personal meaning.
Susie didn't say hello to me when I walked by her desk this morning...she must be mad at me.

Black and White Thinking: Things are either good or bad, right or wrong, with no middle ground.

Dr. Daniel Amen notes that the Red ANTs are especially dangerous:

Filtered thinking (magnifying and minimizing): Making light of the good in a situation while exaggerating and focusing on the negative.

Fortune Telling: Predicting the worst possible outcome; often leads to self-fulfilling prophecies and “I told you so”....which of course, leads you right back to the black ANT: “This crap ALWAYS happens to me.”

Mind Reading: Believing that you know what another person is thinking even though they haven’t told you. Assumptions about another person’s thoughts and feelings can really spoil your picnic with them.

The most poisonous of them all.....Blaming: Blaming someone else for your own problems.

Clearly, ANTs can be annoying or downright destructive, but they don’t have to be difficult to get rid of. All it takes is the Raid Formula of vigilance and clearing. With a little practice, you can become so accurate when you aim that spray of vigilance, that you can hose down and clear an ANT in an instant. Stop feeding your ANTs and enjoy your picnic!

HypnoReplenish:

As we empty the old limiting beliefs and self defeating habits from our minds, we can begin to replenish and renew them with positive thoughts, images, and feelings.

We need to use replenishing language. Words are powerful. Language changes the way we set our intention; it transforms us from “wanting to lose weight” to “releasing unwanted pounds of fat.” Adjusting your language can change your results from “trying to eat better” to “making the healthy choice in every moment”.

Our minds create images from words, and images are the first language of the SCM. The SCM responds to images with feelings. Feelings lead to action....and it is the actions we take that build our lives, for better or worse. Therefore, the words and images you give yourself, and the feelings you induce in your being are of the utmost importance for replenishing your mind after you’ve cleansed away unwanted beliefs and habits.

Replenishing the mind is FUN! First determine what you WANT and then imagineer your way back to the future a few minutes every day with self hypnosis. The SCM only knows the present moment, so affirm the future of your desire as if it were already here. How do you FEEL? What do you SEE? Does your new life have a SMELL? What do you HEAR? WHO is there? HOW do they look?

Action follows thought, so put in writing what you WANT. Use affirmations to flex the appropriate subconscious mental muscles by focusing on what you want rather than strengthening the “what you don’t want” muscles. Charge your affirmations with “the attractor factor” by infusing them with the magnetic energy of big excitement. Putting them in writing reinforces their message and quickens their manifestation. From the comfort and confidence of you NEW REALITY, upgrade your affirmation to the status of decree by proclaiming powerful “I AM” statements. When you can’t seem to put the full force of belief behind an affirmation

because it is still outside your conscious sphere of acceptance, use my friend Wendy Merron's Five Little Words trick to dissolve the barriers of incredulity. This is a simple and brilliant tweak to working with affirmations that just don't seem to stick. Simply put these five little words before your affirmation: "I like the idea that....."

HypnoTonify:

Like your muscles, the mind needs to be kept exercised and toned for optimal functioning. We want the mind to be alert, strong, quick to respond, adaptable, limber, balanced and resistant to stress.

Here are 4 easy ways you can begin today to tonify your mind:

1) One especially effective way to keep your mind resilient to stress is to keep it saturated with positive words and images. Make a list of words and images that inspire and uplift you, words and images that express how you would like to feel. Choose one or more and allow your mind to dwell gently on them. Notice how your whole being relaxes and finds equipoise in the peaceful refuge that words can conjure up. Joy...Tranquil...Softness...Puppy...Heart...Wonder...Innocence...

2) Location! Location! Location! I once heard that "environment is stronger than willpower". Whether it's your internal environment of positive thought, or an external environment of the type of positive, energetic, happy, kind, and loving people that make you feel good, put yourself in positive environments. Reduce the time you spend with IMPs (Interminably Morose People). Build up your reservoir of tranquil equanimity by being with positive people in positive environments. If you can't find one, create one!

3) Practice your ability to freely choose your responses to life. Choice can be conscious or unconscious. You can train your SCM to choose wisely and quickly by taking the time to train it now with conscious effort. Humans get better with practice so start with small choices and work your way up to more important ones. When life gives you lemons, make a martini with a twist.

4) Be mindful of your self-talk. Your body-mind (SCM) hears every word you say ...and takes it seriously, so be careful what you ask for because your dutiful SCM is very likely to manifest it for you. Be kind and tell yourself good things about yourself. Praise your strengths and accomplishments. Give yourself a nicer future by reminding yourself that you are doing better and better every day, in every way.

Body: Feed the Body, Change the Mind

"Man Grows Third Arm through Hypnosis"!!

Now, there's a headline you probably won't be seeing anytime soon in your local paper (although there are some tabloids...).

The consulting hypnotist strives to help her clients attain results that are useful or beneficial but also achievable. If my sole livelihood happened to be as a vaudeville one-man band performer, I may desire to have a third arm, but it is hardly achievable due to the realities of human genetics.

The human body, under the guidance of the subconscious mind (SCM) can, and will, achieve remarkable things. We can quite radically change the way we look so as to seem a completely different person, but certain changes absolutely fly in the face of what is genetically possible for us. Therefore, it is incumbent on us as consulting hypnotists to keep ourselves from falling into the trap of believing that everything is possible through the power of the subconscious mind.

Like many of my hypnosis colleagues, I have helped many people to clear emotional issues that contributed to their excess weight...helped them replace destructive behavior patterns with positive behaviors of healthy eating and exercise. Like many of my hypnosis colleagues, I have scratched my head in the middle of the night, wondering: They are doing "everything right" ... and yet they are not experiencing significant weight release. What's going on?

Our fabulous SCM will dutifully strive to fill out the mental blueprint we give it, and it will succeed, beautifully, provided it has access to the tools and building materials to execute those plans. For our human bodies, individual genetics are the primary power tools and over 90 essential nutrients are among the critical materials our faithful foreman needs to create the body and brain chemistry we so desire. Our thoughts direct how nutrition speaks to our genes...but we need to give the body the nutrition that supports constructive thoughts.

Hypnotists can help their clients to use their SCM to make better food choices, and yes, there are certainly better choices of foods and worse choices, but what is now coming more and more to light in the 21st century is that healthy eating isn't what it used to be. For the weight loss client who is doing everything right, yet not getting the results they'd like, it may be that a nutritionally bankrupt food supply and the unavoidable stress of environmental toxins is just too much for one overworked SCM to make miracles with.

Cleanse, Replenish, Revitalize: The Three Pillars of Radiant Health

Did you know that 1 billion cells are produced in the human body every 60 seconds? And did you know that science has now determined that there are well over 100 trillion cells in the average human body? Incredible, isn't it? To be healthy and function properly, every one of those cells needs at least 90 specific building blocks. Of those 90 building blocks, 30 are amino acids, essential fatty acids and vitamins...about 60 are minerals.

Maintaining this vast galaxy of cells that is us rests upon the synergistic strength of three foundational pillars: a lifestyle of nutritional cleansing, nutritional replenishing and revitalizing. When we give the body all the essential nutrients it needs to be the miracle that it is, it comes naturally into homeostatic balance: hormonal systems calm down, excess fat is released, mental focus increases, the skin glows, and vexing cravings for excessive salt, sweeteners, sedatives and stimulants vanish without effort.

Nutritional Cleansing

Over the last 30 years, research from many prestigious universities, health organizations, and even the U.S. Environmental Protection Agency has demonstrated that it is not a question of IF the environment is toxic, and IF the beings on this planet are carrying around toxins, but HOW TOXIC is our environment, and how is this toxicity impacting the health of the planet and its inhabitants.

It's no secret that our world has become hazardous to our health. Heavy metals, petrochemicals, herbicides, insecticides, chemical fertilizers, noxious hydrocarbons, food additives, genetically altered materials, antibiotics, synthetic drugs, and hormones are among the substances that have created a life-negating broth in which our cells are simmering on a daily basis.

So who needs to cleanse? In a word: Everyone.

There are many types of cleanses and I am sure you have heard of some of them. You may have even tried one or two. Many are either harsh purgation protocols that target one particular system of elimination, like the liver or colon. Others are near-starvation fasts that may put an unnecessary, even dangerous, strain on an already overburdened system.

The healer's axiom of "First do no harm" is especially important when it comes to detoxification. Given the proper nutrients, the body is designed to cleanse and detoxify itself, so before starting any cleansing program, it is critical to strengthen the body's filtration systems. In particular, the liver has two pathways of detoxification. Before being rendered harmless, dangerous toxins are converted into even more toxic forms. If the liver is not enabled to finish its work, these new, more toxic chemicals flood the body. Without proper preparation, a detox program can leave a person weaker and more toxic than before!

Love your liver by nurturing it daily with dark leafy green vegetables, dark green herbs (like parsley, cilantro, dandelion), cruciferous vegetables (broccoli, Brussel sprouts, cabbage, cauliflower), sulfur-rich foods (garlic, eggs, onions), and a spritz of citrus (1 orange, juice of half a lemon or lime). Toss in some good liver-healing foods (like artichoke, beets, asparagus, and dandelion root tea) and you're good to go.

The type of cleansing that I prefer is one that is effective yet gentle enough to let the body cleanse at a pace that is steady and safe. For a gentle, daily cleanse, start your morning with this alkalizing beverage:

8 ounces purified water

Juice of half a lemon

1 to 2 ounces of aloe vera juice

Suggested dose of ionic plant source trace mineral supplement

1 teaspoon of raw honey, blue agave nectar or some juice (for sweetness)

For a deeper cleanse, you may do a semi-fast day with this beverage and some snacks once or twice a month. Increase the amount of aloe vera to 4 ounces and take the drink four times throughout the day. Be sure to have a small snack (like celery or green pepper or sprout mix or

some apple slices) every 90 minutes to keep blood sugar stable. Include additional glasses of water or herb teas. Teas with warming herbs like ginger and cinnamon, or a cup of cayenne-spiced vegetable broth can provide a cozy pick-me-up. On these extended cleanse days, the digestive mechanisms are allowed to rest while the body is provided with a concentration of nutrients known to strengthen its own systems of cleansing and detoxification.

Some form of regular meditation, skin brushing, deep breathing exercises and physical movement (especially rebounding, tai chi, yoga and walking) complete your cleansing lifestyle.

Nutritional Replenishing

After cleansing, we want to flood the body with high quality total nutrition that will support a well-balanced blood and brain chemistry and that will help to build our immune systems, healthy cells and healthy cell membranes. Such a mixture will also support and enhance the important detoxification pathways in the liver.

For this, the body needs a full complement of amino acids, vitamins, minerals, essential fats, enzymes, probiotics, fiber, and organic soil acids. Modern advancements in food technology have made pure, total nutrition available in ways to use that are easy and inexpensive.

Although organically grown whole foods are better for you than loading up on junk food, it has been known since 1936 that modern farming practices in the U.S. were depleting the soils to such an extent that the nation's health was clearly declining. Most of us know how important vitamins are for our health. Less known is the critical importance of minerals, especially the trace minerals. Minerals activate crucial metabolic processes in the cells. Respected Nobel Prize winner, Dr. Linus Pauling, said, "You can trace every sickness, every disease, and every ailment to a mineral deficiency." Even where savvy farmers have made the effort to re-mineralize their soils with rock-dust, acid rains destroy the organisms that transform the minerals into the organic forms that our hungry cells can absorb and utilize.

To ensure your body is getting its daily dose of vital trace minerals, purchase mineral supplements that have the words "ionic plant source minerals". These words indicate the minerals are tiny enough to be readily absorbed by our cells. Also be sure to supplement your program with fulvic acid. Known as "the miracle molecule", fulvic acid literally recharges the cells and increases life force. It maximizes absorption of nutrients while binding and removing heavy metals and other damaging impurities. It is also a powerful antioxidant in its own right.

Your daily replenishing program should contain a high quality multivitamin, an easily absorbed magnesium/calcium supplement and a blend of soluble and insoluble fiber.

Healthy cells, and healthy cell membranes, are built from amino acids and essential fatty acids (the good fats). Essential omega-3 fatty acids can be obtained from flax seeds and purified fish oils. The full spectrum of essential amino acids can be found in whole, un-denatured organic whey protein. This can be combined with a special blend of natural sugars, digestive enzymes, probiotics, vitamins and minerals in absorbable forms to make super food shakes and is, in my opinion, an ideal food for replenishing our depleted bodies. Many people who are sensitive to commercial dairy products are able to tolerate pure, un-denatured whey protein remarkably

well. There are many grades of whey protein and omega-3 oils on the market today. Do not skimp on quality with these! For a little more money, you will get a much greater nutritional bang for your buck.

About 20 minutes after your morning cleanse drink, prepare a superfood shake. Use fresh or frozen fruit, or a small amount of juice, for the carbohydrate portion. For the whey protein, men will need an average of about 23 grams, women 10 to 20. Having a nutrient-dense superfood shake for breakfast enables us to safely reduce calories and burn excess body fat for fuel while setting up strong positive brain chemistry for the day's activities.

Revitalizing the Body

Since ancient times, Eastern medical practitioners recognized the need for tonification, or revitalization, on a daily basis. This is something far more sophisticated and complex than just balancing the acid-base ratio (pH) of the blood. Tonics help the body be more resilient to both internally and externally generated stress. They increase the body's adapt-ability by strengthening the nervous system, the immune system, and the glandular systems. In doing so, they increase our resistance to disease and the adverse effects of trauma. Our 21st century lifestyles expose us to incredible amounts of stressors 24 hours a day, 7 days a week. We need tonifying!

Tonics are herbs, foods, and other nutrients that may have a certain amount of detoxifying effect in the body but their most striking property is their ability to restore balance in the body. For example, ginseng is a tonic herb that contains some ingredients that lower blood pressure and some that increase blood pressure. The wisdom of the body discerns which group of ingredients it needs when the tonic is consumed. Whatever is not needed at the time is eliminated or metabolized.

Herbs, like ginseng, that help the body cross-correct itself in this way, are called adaptogens. Adaptogens are fantastically effective in helping the body safely balance itself in the areas of sleep, energy, strength, stamina, and immune function. Some of the more useful adaptogens are Ashwagandha, Rhodiola rosea, Schizandra, Tribulus Terrestris, and Siberian Ginseng.

A good tonic formulation includes an ample supply of anti-stress, body-balancing herbs, minerals, enzymes and other substances to revitalize and rejuvenate the body. Chinese wolfberry is rich in all of these substances and makes a wonderful base for a daily revitalizing tonic.

Set Your Strong Foundation

Dramatically better health comes from the consistency of a lifestyle of cleansing, replenishing and revitalizing. Start building your three pillars of radiant health today and very soon you will be enjoying a strong foundation that will support you on your journey. Better health is not an event, it's a lifestyle. Begin with something as simple as a glass of fresh lemon water and build from there. Do what you can to take small, manageable steps toward your health goal each day.

Consistency is the key. Set your strong foundation and dare to be surprised at how quickly your body will respond to your loving care.

Spirit: What's Love Got to Do with It?

The association between food and our experience of love is more than a metaphor. It is literal: FOOD IS LOVE. We know this with our whole being, beyond the cellular level. Love is Spiritual Substance, food for the soul. It supports and nourishes "us" even before we make our material appearance in the union of sperm and egg. Love is the very essence of our universe, our world and ourselves, so keeping spiritually clean and fit becomes a conscious act of kindness by which we contribute to raising up a spirit of peace in the world.

At the very root, every dis-ease of our minds and bodies is a spiritual one. Where there was once wholeness/holiness, there is now an existential angst, a feeling of separation, a hunger that can only truly be satisfied by Love. Whether or not we believe in a Divine Being, we all need spiritual nutrition for optimal health.

Spiritual Cleansing:

Forgiveness of self and others is the most effective way that I know of to completely purge one's spiritual system of acidic spiritual toxins like resentment, jealousy, hatred, anger, guilt, and other noxious emotions that destroy our happiness and peace of mind.

It takes courage to choose forgiveness when we'd rather take revenge on the one who harmed us or abandon ourselves in a futile effort to repress what happened. It takes courage to stop blaming and to stand a higher ground for the sake of peace, even if it hurts. Once developed, the Forgiveness Muscle is the strongest muscle we have. It enables us to take back full control for ourselves in every situation. The power of forgiveness to release and to empower us makes some type of forgiveness work essential to staying spiritually fit.

For forgiveness work, as with any other personal work, it's best to simply start where you are. It's especially wonderful if you are able to get to 100% forgiveness toward a particular person or for a particular situation, but it may be that you never get to 100% forgiveness.... and that's okay! It's okay because forgiveness is not an event; it's a process, a journey back to wholeness. What matters is your intention to be willing to undertake this journey of healing and to accept the absolute perfection of moving at your own pace. It may even be a reluctant intention to simply be willing to want to forgive. It is this pure intention that often opens the door of the soul to a sudden influx of healing grace that sweeps through it to cleanse and cauterize even the oldest and most hidden wounds.

I have found that many people do not have an adult understanding of forgiveness and that their old erroneous ideas hold them back from receiving the tremendous gifts it holds for them. Forgiveness is the way through the suffering and the hurt to the emotional freedom that is our birthright. It may be the single most powerful spiritual habit you can develop, so to set your foot upon the path of forgiveness, consider some of its special features:

1. Forgiveness is a choice. You decide to free yourself from the pain and suffering of the past. By forgiving, you release yourself from all the anger and guilt that may be holding you back from your life or contributing to a state of sickness...mentally, emotionally, physically, spiritually.
2. Forgiveness is for you and therefore is not dependent upon whether or not you get an apology first... or ever.
3. Forgiveness is not condoning the behavior. You may forgive and still hold a harmful person accountable in a court of law or circle of peers.
4. Forgiveness is a process. You may or may not reach 100% forgiveness today and that's okay. Even your intention to be willing to forgive is enough to begin the healing that you deserve.
5. Forgiveness does not mean forgetting what happened. It does enable you to think of a person or event without experiencing the pain or anger you once felt. This can free your mind to give you even greater clarity about what happened, and enables you to create healing meaning from the experience. It gives you the unaffected space in which to turn a disaster into a resource.
6. Forgiveness may or may not include reconciliation. Cutting cords completely, not letting the offender back in your life, or maintaining healthy boundaries are all part of healthy forgiveness choices...and they are totally up to you.
7. Forgiveness does not require that you tell the offender you have granted forgiveness.
8. It is never too late to give or receive forgiveness.

There are many wonderful and effective avenues to forgiveness for you to explore. I have been consistently humbled by the power of the three methods I have used most often with my hypnosis clients: the Forgiveness of Self and Forgiveness of Others techniques developed by Cal Banyan, BCH,CI as part of his 5 Path advanced hypnotherapy method, the Forgiveness Pyramid by Michelle Beaudry, and EFT in Four Quadrants by Roy and Joleen Streit. John Weir, BCH,CI has recently offered the photo album of forgiveness method, a wonderful modification of Cal Banyan's forgiveness protocols, designed to create therapeutic dissociation for those for whom this work may be too stimulating. Consider working with a certified hypnotist or other specialist of the subconscious mind if you experience a deepset unwillingness to consider forgiveness.

The Loving Kindness meditation from Buddhist sources can be a visually rich and gentle way to move toward forgiveness and there are several versions of this. My favorite mentor for this is my spiritual friend, Tulku Thondup Rinpoche. He elaborates his gentle, powerful technique in his book, *The Healing Power of Loving-Kindness*.

Just as we need to scrub our cells clean every day as best we can, so we need to bathe our souls with the spirit of forgiveness. Even if you have no intentions of forgiving, I will ask you to try this experiment: every night, before bedtime, read this Forgiveness Formula, given to me by my friend, mentor and hypnotist extraordinaire, Dan Cleary. Recite it softly, but out loud. Repeat every night for 90 days. Let me know what changes. Here is Dan's fantastic forgiveness formula:

ALL THAT HAS EVER OFFENDED ME,
I FORGIVE.

WHATEVER HAS MADE ME
BITTER, RESENTFUL, UNHAPPY,
I FORGIVE.

WITHIN AND WITHOUT,
I FORGIVE.

I FORGIVE EVERYBODY AND
EVERYTHING, WHO CAN POSSIBLY NEED
FORGIVENESS, IN MY
PAST, PRESENT AND FUTURE.

I FORGIVE POSITIVELY EVERYONE.
I AM FREE AND THEY ARE FREE, TOO.
ALL THINGS ARE CLEARED BETWEEN US
NOW AND FOREVER.

MOST OF ALL,
I FORGIVE MYSELF FOR ANY MISTAKES
I MAY FEEL I HAVE MADE,
KNOWING NOW
THEY WERE VALUABLE LESSONS.

Spiritual Replenishment:

As you clear away the caustic thoughts and emotions that have been so negatively impacting you, you can now begin to choose from many wonderful “foods” to nourish and refresh your soul. Prayer and Meditation open the gates through which you may enter the banquet hall and sit down to the grand repast in which your own Spiritual Source fills you up with life-giving Bread (Love/Divine Sustenance) and the only Water that can slake your soul’s thirst. Your only investment is time and a willingness to receive Love in any of its forms: art, music, nature, color, friendship, poetry to name just a few.

One simple spiral to inner peace and calm and replenishment is to sit comfortably and allow the following to float gently on the breath:

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

If you are an energy-aware person, you might also enjoy “spiritually grazing the Rainbow”. Imagine your aura/energetic field emanating from your core and extending out to a few feet

beyond your body. Now imagine that you are energetically drawing all the colors of the rainbow into your personal energy field, each color tinged with a spiritual quality, one by one, in a seven-course spiritual feast. As you draw these energies into your own field, their positive qualities feed and nourish your spiritual essence.

Spiritual Tonification:

Nothing keeps us spiritually fit and toned like Gratitude and Giving.

Gratitude asks us to remember all of those beings, past and present, who have contributed to our learning, our happiness and our very existence. Becoming aware of who and what you are grateful for is surprisingly easy and profoundly effective in soothing and strengthening your body, mind and soul on even the most challenging of days. Give your first waking moments over to quickly contemplating even one thing you are grateful for and notice how different a day you have. Your body hears every word you say and takes it seriously...so practice saying "Thank You" right out loud and experience how your heart fills with the powerful energy of gratitude. It takes 21 days to establish a new habit and 90 days to make it permanent, so gift yourself a 90 day gratitude makeover.

Reciting well-constructed, compelling affirmations with feeling is another great way to keep spiritually toned. Creating affirmations that work, for you, is a powerful skill that your hypnotist can teach you. You might use pictures and markers to create an "appreciation board". You will literally see the suggestions you are giving yourself! You can also weave your gratitude list into a stream of self-talk for self-esteem and confidence.

Giving graciously distracts the mind away from oneself and one's troubles by placing one's attention on someone else. Even if it is as simple as offering a prayer for another, giving keeps our spiritual muscles from atrophy. My Buddhist clients have enjoyed practicing Tonglen, the meditation of imagining that they are taking in others' suffering and giving out relief, peace, and happiness in its place. I find that many of my Christian-based clients enjoy offering prayers for others on rosary beads. Some clients like to simply focus on allowing their breathing to carry their prayerful thoughts for others.

Volunteer work has been shown to reduce stress and extend one's life. Volunteering is a healthy way to tonify the spirit. Get to know the non-profit organizations and people in need in your community and keep a list of volunteer opportunities to share with others who are ready for a little more vigorous spiritual exercise!

Keep spiritually toned by hypnotizing with self hypnosis. Self hypnosis is easy to learn because it is something you already do everyday! Take a self hypnosis class or ask your local friendly certified hypnotist to teach you. If you already know how to do self hypnosis, supersize it by learning and practicing Cal Banyan's spiritually based 7th Path Self Hypnosis ® . This meditation-powered self hypnosis practice partners the individual with the higher power of his or her primary spiritual relationship and provides an elegant method to spiritually cleanse, replenish and revitalize all in one technique. Learn more about 7th Path Self Hypnosis ® at <http://riversidehealing.com/7thpath.htm>

What's on YOUR Menu?

This concludes my introduction to what I call Hypnotrition. I hope I have helped you to appreciate that material nutrients are physical “suggestions” we give our bodies, that words, images, affirmations and hypnotic suggestions are nutrients we feed our minds with, and that things like beauty, love, forgiveness, gratitude and giving to others are much-needed food for the soul.

The waltzing heartbeat of a balanced life is sustained by a regular rhythm of Cleansing, Replenishing, and Revitalizing. Cleansing begins with awareness and acknowledgement of what needs to be released or cleansed, and simply accepting it as it is. We then apply methods of cleansing that are safe, appropriate and efficient. After cleansing, we replenish ourselves with all things positive and continue to keep our new life well-oiled and polished by tonifying, or revitalizing, on a daily basis.

The Life Balancing Formula will give you delicious whole-person results. Have you been on a steady diet of mental, physical and spiritual junk food? Cleanse, replenish and revitalize yourself. Others will be sure to notice the positive changes in you.

In every moment, you can make a healthy choice. I invite you to change your menu and use the Life Balancing Formula to change your life...body, mind and spirit!

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Deborah Yaffee, CH, CN is a Nutritionist and Certified Hypnosis Instructor in good standing with the National Guild of Hypnotists. She integrates nutrition, hypnosis, energy psychology, Reiki, prayer and meditation into her consulting practice. She is an experienced nutritional cleanse coach and enjoys serving clients worldwide via telephone sessions and email support. Deborah is also a Senior Trainer with the Tai Chi for Health Institute.

(The information contained in this report is not intended to diagnose, treat or cure any disease. Always ask your doctor about any dietary changes you would like to implement. You may contact Deborah at thehypnochef@gmail.com or visit HypnoChef.com).