



# ***PYT Weekly Training & Support***

## Lesson #24 Increasing Your Awareness

by Jim Katsoulis

Welcome to this week's lesson. You know, I was thinking that one of the things that were so helpful to me in changing the way that I ate in a very natural and easy way was when I began doing yoga with at night; and I've never done yoga before; and I was a very tensed person.

And as I began yoga, I would do it easily for five or six nights out of a week, and I would take 45 minutes to an hour on most nights. And doing that naturally began changing a lot of my eating habits. And I was thinking about this the other day, and I was wondering why and is it necessary for people to have to do that in order to change their eating habits?

And I quickly come up with the answer of "no." Okay, so you don't need to spend an hour everyday doing yoga. What I realized, though, that happened was that through doing yoga, I gained an internal awareness in my body that I didn't have before.

So, NLP is all about modeling people and taking what works for them and taking what we want as quickly as possible. So, without having to do an hour of yoga every night, what I want to share with you today is how to become more aware in your body because I have worked with people and ...

This is what happens. If you've been living on a standard American diet for a long period of time; then, one of the things that has happened is you have become, to a certain degree, disconnected or dissociated from your body and from the effects that these fluids are having on you. So, if you have a huge meal, six nights out of the week and that's the norm, you get used to having low energy. You expect it. It's the normal thing for you to experience.

So, like I was saying, when I began doing yoga night, that was the first time that I've ever noticed that if I had a huge meal at 8 o'clock and 10 o'clock comes rolling around, and I go to do yoga where I turn off all the distractions, and I'm quietly with myself, and I'm stretching, I'm bending, I'm compressing my stomach and my internal organs, I began to realize, if I had a huge meal at 6, 7, 8 o'clock, then doing the yoga was very uncomfortable. It was very unenjoyable.

And so, a natural thing that happened was I began changing what I ate, knowing that I wanted the yoga to be more enjoyable. But what I realized, again, was that I became more aware of what these foods were doing in my body and what it would be like to eat lighter and to eat in a different way.

And this is what I want you to concentrate on because people lose this. They lose this awareness. It's not something that is constant. It's not fixed. Our awareness of what's normal, of what's natural shifts according to what we experience over time. So,

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if you've been overeating for a long period of time, what happens is your "normal" is being stuffed. It's what you consider to be "Oh, I'm finished eating now."

But you don't realize that you're just so full you can't really move. You don't have a lot of energy. Your brain slows down because all the blood goes to your stomach trying to digest the food. So, what we want to start noticing are a few things.

Physically, we want to notice your breathing so that when you finish eating, you can begin to pay attention to these different areas and notice how it affects you. And then, for example, you notice your breathing and it's hard to take a deep breath because your stomach is so full, you're so bloated and stuffed, and you can't breathe, I want you to think, what will that do to me? What does not being able to take a deep breath do to my mind? What does it do to my health? What does it do to my overall well-being?

So, we want to increase the awareness of what eating is doing to us because what happens? You know logically, "Oh, yeah! When I over eat, I don't feel as good." But there's no emotion there. What we need to do is tie it into our body. Tie it into the emotion that is really dictating and driving our behaviors so that when you truly feel, "Oh yeah! Overeating ... I can't breathe. I just don't want to move; I don't want to do anything; I'm just kind of lethargic;" and it's genuine; it's congruent within you, it's going to be a lot easier to avoid overeating and to avoid certain foods.

So, the first thing I want you to notice is your breathing, a huge one. You're going to notice that if you stuff yourself, it's going to be very difficult to breathe the way that you want to breathe.

The next thing is to notice your energy level. What are these different eating patterns doing to your energy level in the short-term and in long-term? So, again if you're overeating and if you're stuffing yourself, you're going to notice almost right away that there's a really strong decline in energy.

And you may notice that you're just tired. You're feeling really lethargic. And that might happen immediately. If you're eating sugar, if you're drinking a lot of coffee ... you know with cream and sugar, you might notice a spike in energy and activity but then it may go away after a half hour or 45 minutes for two or three hours. So, this isn't about judging, by the way. Notice, this is a key factor. A lot of people say, "Oh, I don't want to feel that way. I don't want this." Don't do that.

I'm promising you, I'm promising you. If you just allow yourself to become truly aware of what these foods and behaviors are doing to you, the judgment is unnecessary. You will naturally and automatically begin to move away from them. You don't need to judge them.

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And as you do this, it's going to become a more intuitively driven thing. But you need to get to this point. I've worked with people initially, and I say, "Why do you want to eat well?" And it's very, very superficial. "Oh, cause I want to lose weight. I want to look better."

But they're not connected into the instant gratification that we've talked about in previous lessons, and instant gratification is truly going to drive you forever because when you look at eating as "how I'm going to feel right away?" Not just taste, okay, so it's very past taste because most people look at eating as just taste. As soon as we get past taste, five to ten minutes into a meal, that's when you can start to notice – how am I breathing? how do I feel? My energy level, my brain function, my moods, my productivity, my ambition, and my energy, all of these things are affected and influenced by the way you're eating.

So, when you can become aware of that, when it is unconsciously at the forefront of your mind, if that makes sense, then it's going to shift the way that you want to eat.

I can tell you. One of the ways this helps me now, not on an overeating sense, but sometimes I will be hungry, and I will be like in a convenience store or something, and I'll see like a bag of chips or a bag of popcorns or something like that, and I kind of move towards it but then my mind kind of kicks in automatically, "How am I going to feel after that?" What do I have to do today?" I've got certain things I want to accomplish or I've got sessions or things like these ... I don't want to eat those because I know it's going to bring me out on a down low.

So, I'm challenging [inaudible] **07:15** almost because I know this almost runs counter; some people say, "I already know that." When you hear yourself saying that, beware, first of all; but the second thing is there is a conscious awareness of what's good and what's bad for you, which you do know. But that's not what drives your behaviors, remember that. What drives your behaviors is the emotional associations you have so that when you think about overeating it's not, "Oh yeah! I know it's bad for me; I've got to try and stop." It's like "Oh yeah! overeating ... no, thank you."

Now, again, you may do this with maybe alcohol. And maybe you drink alcohol but you have a glass or two. It's not hard to stop yourself from drinking six or seven glasses of alcohol because you don't want to do that. You don't want that feeling of hangover. You don't want maybe that feeling of losing control, that feeling of "I'd drink that much, I'd be out of commission." You want to feel that way about the foods. And the thing is, through this process of becoming aware, you're going to realize that it's the truth.

Again, you're going to hear me say over and over that you've got the truth on your side. The truth is this – when you eat whole foods, when you eat less food, and when you eat foods that are better for you, right, more alive, you're going to feel better. That

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feeling better is going to improve all the different areas of your life. So, that's the next thing I want you to focus on. Not just the physical part, but I want you to pay attention to that; but then how is the physical affecting the mental?

So, you eat a whole huge thing of pasta and you can hardly even breathe, you don't even want to move, how's that affecting your mindset as well? your moods? how you're thinking? your clarity? your creativity? your productivity? How is your eating affecting these things? You want to pay attention to this and it's not a judgment thing, it's just a [inaudible] **09:06**. A to B comparison here; if I eat this way this, is how it affects me. It would become very clear.

Actually, this was how I stopped drinking so much. I used to drink a lot in college. In the moment it was a lot of fun. It felt like a lot of fun. Drinking was supposed to be good time. I wake the next morning and it wasn't a good idea. Not a big news flash there, but I repeated this for years and years and years where I kept drinking too much, you know, in high school and college.

The shift came when it was the night and I thought about drinking and my mind would think about the next day. And I would think about it almost instantaneously. What ended up happening was when I thought about drinking, my mind would instantly go to the next day when I woke up and how I wanted to feel. And that was what changed my behavior.

So I'll have a glass or two now but it's because I'm thinking about tomorrow and how I'm going to feel.

So, you think about the food this way, that's what's going to change it for you. But you can't just know it, "Oh yeah, I know I should eat better." You need to feel it. And the first step to feeling it is becoming aware of it.

So, you become aware of how it affects you physically, you become aware of how it affects you mentally, emotionally, energetically, and then you draw from there and say, "If I feel that way and if I overeat, it makes me feel kind of heavy. I can't breathe well. It makes me tired; that lowers my productivity. It makes it harder to deal with my family. It makes it harder to go out friends."

That over the long term, over months and months and months, over the years and years, creates a life that is unhappy for me. Now, again, that's kind of vague. You want to get more specific. "It will cost me to get passed over for job promotions. It will cause me to fight with my spouse more. It will cause me to miss out on experiences with my kids." Make it real. Make it specific. But as you do this, as you become more aware of what the foods do ... and notice I haven't mentioned weigh, have I?

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Ultimately, this isn't going to be about weight. It's going to be about the quality of your life. But I want you to start right now by becoming aware of what these foods are doing to you in the short term, physically and mentally; and in the long term, to your life and to your quality of life.

Become aware of it. Let this become a habit for you, this awareness. What will happen as you make it a habit, it will become an automatic behavior. And then, you won't have to think about it anymore. But at first, you need to become aware. You need to become aware of what these foods are doing to you in the ways that I have mentioned.

The types of food, the quantities of food, when you're eating these foods, how you're eating them, become aware of what these foods do to you and how they make you feel. And it will change the way that you eat. I guarantee it. So get cracking on these and become aware and figure it out. And you won't have to stop yourself anymore. You just don't want to overeat. It will be unpleasant experience to you. You need to become aware. I've said that enough.

So, I'll talk to you all next week. Have a great week.

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