



PYT Weekly Training & Support

Lesson #27 Becoming More Relaxed

by Jim Katsoulis

Hello! Welcome to this week's lesson. One of the things that I find to be one of the most valuable ways to influence how you're eating, your emotions, and how you respond and relate to other people is to intentionally add relaxation into your everyday life.

Everyone knows this is valuable but it's one of those things that we over look. So, I want to continue talking about things that we over look that are really, really valuable because, a lot of times, the things that we over look – water, breathing, relaxation, living foods. It's not about doing it perfectly; it's just about doing it more.

And you'll be amazed, sometimes, at what will happen when you take care of some of the basics. The basic I want to cover today is relaxation because when you become more relaxed physically, mentally, when you can do it at will, you're going to find that your cravings begin to change. Very often, let's face it, emotional eating is a challenge and we want to be able to deal with it, and one of the easiest ways is to let go of a lot of the overwhelm, the distress, the depression, and the negative emotions that kind of weigh us down and cloud out thinking.

Let's face it, we all know what we're supposed to do but sometimes we get in the mood where we say, "I don't care!" We get in this mood where it just doesn't matter. And so, the moods that we're in directly impact our thinking and our behaviors.

So, we want to learn to be able to feel more relaxed at will; and if you think of relaxation, it's almost like a muscle that you're working out intentionally and if you can do it everyday, it's going to be better because you're working this muscle out everyday. You're doing that work for that 5 or 10 minutes, but the benefits of it are going to continue throughout the day, automatically.

And this can range from anything; it can range from – you're going to work and your boss is giving you bunch of crap and it just kind of rolls off of you a bit. That's a lot easier to do when you are relaxed, right to the core. So, that's what we are talking about here. And again, as beneficial it can be, I'm shocked ... [inaudible] **2:13** with so many people I've worked with, it's amazing how few of them take any structured time to actually relax.

If we just get caught up in our day, the day is turn into weeks, weeks turn into months, months turn into years, and it becomes our life where we're just always go and go and go and we never take a break. If we get into that mood or that mode, again, it's very challenging to change a few behaviors. So, I'm going to suggest that relaxation is one of your best friends.

www.ProgramYourselfThin.com/weekly

So, let's go into it for a minute. You'll hear me mention this in various ways. The quickest way I like to relax is the two-prong approach. We want to start with physiology, we want to start with our body, and then we also want to relax our mind. We want to get a complete experience of relaxation. And remember, our body/mind is like a cybernetic loop. It's constantly influencing itself.

So, as we take deeper breaths, as we oxygenate our bodies, as we relax the muscles, it's going to influence our mind and our thinking.

As our thoughts become more relaxed, it's going to influence our body. So, it's this cycle and we want that. And we want it to go deeper and deeper and deeper into relaxation, and before we go into an actual example of it, one of the things I'm going to mention is the concept of setting anchors.

Now, simply all this means is that ... an anchor is something like if you hear a song from back when in you were in high school, all of a sudden, as soon as you hear that song, you have all the memories of when you were in high school. It's kind of an anchor. They're linked together.

What we want to do is we want to create relaxation anchors. And that could be anything ... I mean, you could get a special bracelet, and you could relax, and do some deep relaxation exercises, and then focus your energy on to that bracelet. So, every time you think of that bracelet or notice that bracelet, you unconsciously and consciously remind yourself to relax. And so, it becomes an anchor. So, throughout your day ... I might pick it up. And it's just one more reminder or signal to relax.

So, you can do this with anything. You could imagine it, if you want to relax, when you get into work. You can do this at night. You close your eyes and imagine walking into work and as soon as you see your desk or as soon as you see a certain co-worker or you know something in that environment that you would completely and totally relax, take a deep breath and just let yourself kind of center.

So, notice, a lot of times, this is a complete opposite of what people do as they set anchors that cause them to get tense. You know as soon as they get into their office, they get frazzled. Beware of that. And begin to set relaxation anchors in your life.

So, what I want you to do is experience this. Remember, hypnosis and really programming your mind is an experiential thing. It's completely different than just logic, and theory, and understanding. It's an actual experience. So, as you relax your body now, you're going to actually create physiological, neurological, and chemical changes in your body. It's an experience. It's something your doing. Think of it that way.

www.ProgramYourselfThin.com/weekly

So, what I want you to do is close your eyes; it's very important. Twenty percent of your energy is dedicated to decoding visual stimuli. So, let your eyes relax. And let your muscles relax. Relax the muscles in your body.

Now, what we want to do here, the question in your mind should be, what can I do to relax even more? And notice that question. It's not, how come I can't relax? Why do I have so much trouble relaxing? It's not that. It's, how can I relax more? What's one little thing I can do right now to go even deeper into relaxation?

We start with the physiology and I'd like to start with what I call just a "body scan," very simple. Start at the toes, work your way up through the ankles, calves, knees, thighs, waist, stomach, relax those muscles, let that feeling move up into your chest. Relax the chest muscles. Relax the shoulder muscles.

Let that feeling of relaxation move down into your arms and hands, back again into your shoulders, into your neck, up into your ears, down into your jaw, over your lips, and then into your nasal passages so begin breathing in the relaxation. You're imagining that.

Imagine that relaxation moving into your eyes and eyelids. Okay, let them relax even deeper. Let that feeling move into your eyebrows, relaxing the eyebrow muscles, into the forehead, and down over the facial muscles, over the top of the head, back of the head, down the back of the neck, across the shoulders, all the way down your spine, one vertebrae at a time, all the way down the back of your legs.

I want you to go through this one time but you can already begin to experience a little bit of the relaxation. And remember, there's no final endpoint. There's no perfection of relaxation. It's always a process of relaxing more and more and more.

And so, when you're doing this exercises, it's just about being aware and having an intention that I want to relax deeper. If you go through this body scan two or three times, and you get back to the shoulders in the fourth time, you find that they are tense again, you just let them go. There are no judgments here. It's just about relaxing in any little thing you can do to relax even more.

Now, when I was talking about anchors, one other anchor I want to share with you are the physiological anchors that you can set in your self; and what I mean by this is as you go through the body scan, you're going to notice that certain parts of your body when you relax them have a bigger impact on you than others.

So, for me, I know relaxing my shoulders, straightening my posture, relaxing my stomach and breathing in a more calm way is a very quick and easy way for me to relax in virtually any situation. [Inaudible] **08:36** go deeper into relaxation by going through the body more closely but I'd like to use that so that if I'm in any situation out

www.ProgramYourselfThin.com/weekly

in public or whatever and I can't really dedicate all that time to it, they're just a couple of things where I can quickly access that state of relaxation. So, you can go deeper into this relaxation by relaxing the muscles in your stomach and your chest, and your shoulders so that your breathing becomes even.

Now, again, this isn't about there's a right way to breathe and a wrong way. It's about you asking yourself, "How do I breathe when I'm totally and completely at peace and relaxed? I was going to go even deeper into relaxation what would my breathing do?" And then just let it happen. You're kind of guiding it. You're directing it but you're not controlling it because there is an aspect of relaxation that's about giving up control; you want to take a break; so, you kind of walk in that line.

So, there's the physiological part and you can go deeper into that, and you go deeper into that by doing it, by going into that place and just taking 5 to 10 minutes by yourself and just kind of going through your body and relaxing it, deeper, and deeper, and deeper. You can use visualizations and you can go even deeper into it. You can imagine light on the inside of your body spring through every nerve, cell, and fiber of your being, illuminating it, warming it, and making it more flexible and comfortable. And which brings us right into the psychological part.

So, we dealt with the physiology to a certain degree; we relax the muscles; we straighten up the posture and the alignment; we influence the breathing in a way so that it becomes relax and calm.

And now, we go to the psychology. What are you thinking about? This is the other key component. If you're trying to relax and you do all these physical stuff but you're thinking about the argument you got in with your spouse last night, there is going to be incongruency there.

So, we want to go deeper into it by intentionally remembering memories of times when we were relaxed, fantasizing about situations that we would fine extremely relaxing, maybe lying in bed in the morning on a day off when you had nothing to do except to relax and sleep or maybe that time when you were at the beach or that time when you were on vacation somewhere very relaxing, or a time when you were getting a massage or you were at a sauna, whatever.

The point is this. You pick one memory at a time and you go into that memory. Now, what you want to look here are moments. You're not looking for ... you know, even during a massage, perhaps, there might be certain moments that are extremely relaxing. And if you're getting a massage and they are massaging your shoulders which was really relaxing, that might have been a deeper experience and a more profound experience than when they're rubbing your legs. So, if that's the case, then you want to go into that moment and spend a little bit more of time there because that will elicit that feeling of relaxation.

www.ProgramYourselfThin.com/weekly

So you got one memory at a time and take a few moments and really vivify it. Visually, what do you remember seeing? Auditorily, what do you remember hearing? What sounds? Was there music? Were people talking? Was it completely silent? What feelings do you remember having? What did it feel like? What did the energy in your body feel like? What did your muscles feel like? If you were lying down, what did it feel like to lie there?

So, you think about these things and you can also go through smell and taste as well. But this is the psychological part of it, and you're putting these two things together. You're putting the physiology together and you're putting the psychology together.

When you do that, you create a state. And the state, again, that we're talking about here is relaxation. And so, hopefully, you feel a little more relaxed now than you did at the beginning of the video; that's kind of the point.

But when you're feeling most of the relaxation is when you do this to yourself; so, I don't want you to have to rely on the self-hypnosis session or me guiding you. I want you to take the time to learn how to do it to yourself. That's the magic. That's when it becomes special because then you realize you're the one that can do this to yourself. And the interesting thing is that once you've learned and understand that you can relax yourself at will, something also happens where you start to realize how you get yourself worked up as well, and that could be very enlightening also.

So, this is an exercise that I just can't recommend enough, and when you feel this relaxation and when you feel this calm, again, it's just going to make it a lot easier to make better decisions when it comes to food, exercising and your health. So, take this feeling and if you have some time right now, do it right now because the better you get at it, the more rewarding it's going to be for you.

So, have a great week and I'll talk to you next week.

www.ProgramYourselfThin.com/weekly