



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

## Lesson #61 Giving Yourself Permission

by Jim Katsoulis

Hello, welcome to this week's lesson. Now, I was doing a session this week and it was very, very interesting. As I went in depth with this client of mine in regards to weight loss, it very quickly got to the point where it was clear that because of some of the choices this person had made in his life that he considered to be bad, poor, and wrong choices, he was using those choices as a justification for why he couldn't be healthy, thin, and lean.

Stay with me here for a moment because I think this may be something that can help you out.

What happened is that because they had done something they considered to be wrong in the past, they now said, in their mind, unconsciously, that they didn't deserve to have the body they wanted; they didn't deserve to have the level of health that they wanted.

Think about this because I've run into this very, very often. Let me rephrase it in a different way. People, on an unconscious level, are not giving themselves permission to achieve the things that they want.

Now, there can be a number of reasons why they haven't done this; but the main point here is that they, literally, are saying, "No, you can't have that thing that you want because – fill in the blank – you did this that time," or "You are this type of person."

And we need to fix this because if we have this incongruency in ourselves, this is one of the things that will lead to sabotage, literally. Now, this is someone who had tried dieting for years and years and years, had done all the different programs, and who was really motivated enough to come and see me. And yet, on an unconscious level, there was this incongruency; there was this belief that she didn't deserve it and that she couldn't have it.

Now, not that she couldn't do it, but "You're not going to do it." I want you to understand that. And I want you to reflect on yourself. I want you to think about it right now: Is there a part of me that thinks that I'm not allowed to do this and that I can't do this? Again, not that it's not possible, but that you're not going to do this; you're not allowed to do this ... again, a permission!

And ask yourself the question first: Is there any part of me that's not giving me permission to do this? And then, we can flip it around and we say it in this way: "I give myself permission to eat the way that I want to, to look the way that I want to, and to have the lifestyle, the body, the level of energy, the level of health that I want and deserve. I'm giving myself permission right now to do that."

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Now, please say it to yourself: “I give myself permission to lose all the weight that I would like to. I give myself permission to feel the way that I want to and to have the level of health that I want.”

Now, as you say it, this is how you'll know: Does it feel weird? Is it hard to say? You want to be aware of these things because if it feels weird to say, which, most likely, it does, because you probably haven't been saying this to yourself, you need to start saying it to yourself more. If there is something blocking you from saying it and feeling it congruently, then, you want to begin to recognize, “What belief do I have, what reason do I have for preventing myself from feeling these things and from experiencing the success? Why am I not giving myself permission to lose weight?”

It's a weird question. [inaudible] **03:44** because a lot of people would say, “That doesn't make any sense. Of course, I give myself permission to lose weight.” But that's not how it always works unconsciously. You may have done something in the past, again, and it almost becomes like a punishment, as weird as that sounds. Oftentimes, people use weight as a punishment against themselves.

Remember, I think an easier way to think about this ... I should have set it up this way. It's almost like we have multiple personalities to a certain degree because we do have different parts of our personality; and those different parts of our personality can be in conflict sometimes. Unfortunately, they don't always work to get us what we want. But it's okay because as soon as we recognize this, we can look for these incongruencies and we can resolve them.

And we resolve them by saying that regardless of what you did in the past or regardless what the reason may be that you're preventing yourself, you're going to let that go and that had nothing to do with you having a body that you want.

Now, it might be a little deeper than this. I mean, it might be something that's going to take a little bit of thought and a little bit of work to get through. There might be something in the past that you're not able to let go of which, for some reason, you believe is the reason why you don't deserve to have this body that you want now. It's weird stuff but what we want to do is put ourselves in a trail of what could really be the problem here.

I'm going to give you a few ways to do this. This isn't something you're just going to do in a video. This is something you want to spend 10 or 20 minutes just kind of thinking about.

And the way you do this, by the way ... you don't have to just sit in a chair, but you want to sit or lie down somewhere comfortable, and you want to get yourself into a very relaxed physical and mental state – a state of semi self-hypnosis; and you want to begin asking yourself the question ... a lot of this is kind of free association-like.

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So, you want to get into the habit of getting yourself in that place and just letting ideas flow. It's not the logical straight line, that conscious, logical straight line of thought that we like and we're trained in so much. It's more about asking ourselves a question or thinking about something and just allowing ideas to kind of flow to the surface, and looking for the emotionally-charged ideas, and then, kind of meditating on them or just kind of mulling them over.

So, that's the process. But the question is this: Have I given myself permission to lose the weight? Have I given myself permission to be as healthy as I want to be? Again, you add whatever you want in there specific to your situation.

Have I given myself permission to eat well and to feel good? Again, it's a weird way of looking at it. You won't really, truly grasp the intensity of this exercise until you actually do it. This is one that is not based on conscious "let me figure out and let me think about it." It's really based on this kind of free association, the feelings of it, and allowing it to come to the surface and kind of focus on them.

Now, again, with this client I was working with, it's very simple to get to that because, again, I'm putting her into a hypnotic state; and then, a lot of that stuff just comes out naturally. But when you're doing it on your own, again, it just starts with that question, you keep asking it, and you see what comes up in that state.

But, ultimately, you're going to get different ideas that come back and you're going to start to become aware of some of the limiting beliefs and self-esteem issues that you have. And once you are aware of them, you can bring them into the forefront and think about solutions to them with a lot of the things we've talked about

A few of them, specifically – something comes up, "Well, I can't have the weight that I want and I can't look the way that I want because I did this that time." And you want to think about it. "Is there any other way that I could punish myself? Is there any way that I could still have the body I want and still never do that or make that decision again?"

So, we let go of things that have happened in the past by making peace with them – "I did what I could have then. I made the best decision I could have at that moment. If I go back in time knowing what I know now, I would have done something differently."

This is a common occurrence, too, by the way; things that have happened in our past, we hold on to them and we bring them right into today and they ruin a lot of what we're trying to accomplish.

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So, we want to get into the habit of being able to go back in time, take those situations apart, and make peace with them. And the easiest way to make peace with them that I've found is to ask yourself the question, "If I go back in time knowing what I know now, how would I have done things differently? What would I have done differently?"

And that can be a very, very enjoyable exercise to do. Instead of thinking that you need to beat yourself up forever, you allow yourself to go back in time and learn from the mistake that you made.

And so, we put a lot in here. This lesson, I guess, is sort of a free association to a certain degree. But, again, it comes down to giving yourself permission, as weird as that sounds, because there's a theory that, unconsciously, we have a parent or a child, and we've got these different roles and personalities in our mind. And, sometimes, we will have an authoritative personality trait in our mind that is saying, "No, you can't have that" and is punishing us for something that we did or thought in the past.

As we resolve these things, again, it can change everything; that's what it can do. I guarantee you that at the very least, even if there isn't something really dramatic that have happened or some dramatic thing that you've been telling yourself, "No, I can't do that," you will come up with some limiting beliefs or some limiting ideas that are holding you back a little bit.

And so, the idea we're looking to do here is we're looking to clear these things out. We're looking to make this path of having the body that we want, of having the health that we want as easy and natural as possible.

So, it's not just about getting ourselves on track and staying on track. It's, oftentimes, about removing the blocks that knock us off track so we can just automatically kind of flow down the road of health and happiness in the body that we want.

So, spend some time and do this. Think about it. Give yourself permission to experience and achieve the things that you do want in life. And, of course, with this exercise, you'll get to other things other than the weight related as well. It's a wonderful exercise and once the stuff comes up, then, again, you begin asking the question, "Knowing what I know now, how would I have done it differently?" It's a very powerful question. You'll see it when you do it.

So, practice this and use it. And, by the way, if you're doing these exercises and you have any questions about how to do them or how to better do them, you can always email me at [jim@programyourselfthin.com](mailto:jim@programyourselfthin.com). I want you to know that. You can always email me with questions you have and I will help you out with that.

Thank you very much, and have a great week!

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