PYT Weekly Training & Support

Lesson #76
Program Yourself Fat?

by Jim Katsoulis

What if instead of wanting to program yourself thin, you wanted to program yourself fat? Seriously, imagine if you wanted to program yourself so that you would automatically and naturally gain weight, and it would be simple, and it would be automatic. How would you do it?

I got to thinking about this the other day because, so often, we always look at things from one perspective and we always think about how we want to lose weight. But what if we wanted to put weight on? What if we wanted to gain weight? How would you do it?

So, as I started thinking about it, I'd started thinking that there are four main ways that I think would pretty much guarantee that I could get a person to automatically gain weight, and these are the four things I came up with:

Number one, and I think this is really the foundation for the whole thing, is I would have this person watch as much television as possible because this is going to do most the work for me.

I mean, if you think about an average commercial television hour, about 20 to 25 minutes of it are commercials. And that's not including product placements within the shows or sales stuff they're doing in the show that's actually sneaky. This is just straight up advertising because most of those ads or, at least, a good percentage of them are food-related; and they're slick and they're psychologically-enhanced ads to get you to link all these positive emotions to implant the idea of eating these foods that are usually highly processed and high in fat.

And these would do the majority of the work for us because it would set the foundation and it would constantly remind you to eat more and more of these foods that are not supporting you, that would literally make you fat, and that would make you overweight if you ate them.

So, that would be the first thing I'd do—as much TV as possible because, again, it deals on an unconscious level to change you.

Now, the next thing I was thinking about and this one's kind of obvious. I think most people think about it, but I think it's obvious for a reason that most people wouldn't think about; and that would be exercising. I would want the person to not exercise as much as possible, as little exercise as they could do. Ideally, we want no exercise; and, really, we want as little movement as possible.

Now, I know what you're thinking. It's not because of the calories, though. That certainly is a beneficial side effect that the less they exercise, the less calories are going to burn off.

But I think, more importantly, is number one: the less they move, the less they're going to realize how uncomfortable they are with the weight. The less they're going to realize that it's difficult to breathe with all that weight.

You see, these are important things because these are real challenges of being overweight. Not being attractive or feeling like you're not confident—those are important, too, if you're overweight. But real, "right now" pain of being overweight which is usually a physical thing is a much more powerful motivator.

And so, the less that they move, the less they're going to realize how harmful this weight is, hence, clearing the path to keep on eating.

Now, the other side of exercising is and we're going to get to that in a moment is that the less they move, the more depressed they're going to become. Their emotions are going to become darker, in a sense, purely because just like anything that is not maintained correctly, starts to work in a worse and worse way.

It's like your car. If you don't get the oil changed, and you don't tune it up ever, and you never do any of the maintenance on it, eventually, it doesn't run well. It's the same thing with our bodies and our emotions.

So, again, the exercising and cutting it out would be a key component of programming yourself to gain weight automatically.

Now, the next thing would be the people that you're around with, and this is maybe just as important as the TV because this is where people get their main cues of how to act and how to think.

Now, what I would like is I, obviously, wouldn't want them to be around people who worked out a lot, who ate well, who dealt with their emotions in a more genuine way. What I would want is them to be around people who ate almost a hundred percent diet of highly-processed fattening foods and a high diet of foods that are not giving them any nutrition again that will kind of keep them depressed.

Also, they start to rationalize it so I want them to be around people who say, "Ah, what's the point? I'm just born this way," and things that they can start to think in their own mind so they could say to themselves, "Ah, well, you know, Joe and Mary, they're the same way. We're kind of all on the same boat" because if you can relate to other people, it starts to feel better.

Again, there's not that pain. So, I'd want them to be around people who are overweight, who are rationalizing it, who live this way, and I wouldn't want these people to have any exposure to people who are healthy and have healthier beliefs, ideas, and action.

So, we've got more TV, less exercising, friends and people around them who have poor eating habits, poor exercise habits, and poor belief systems.

And, finally, the one that all of these first three are really gearing towards are the emotions; and, ultimately, if you wanted to program yourself to be overweight, the main thing that will be the most powerful, ultimately, is to be as depressed and down as possible, and I'll tell you why.

Most people know what they should and shouldn't eat, but when you feel depressed, what do you say? "I don't care. I don't care what I eat. It doesn't matter."

And so, that would be one of the most effective things you could do to gain lots of weight because you just wouldn't care. Now, the flipside of that is that the more depressed you feel, you're just looking for anything. You know what I mean? You get desperate. It's like you're drowning. You're just grasping for anything, and this is where everything comes full circle.

Guess what will make you feel better for a moment—eating highly processed, sugary, fast foods, right? So, now, you're depressed, and you feel horrible, and you can't get yourself to take action and do anything real; but, luckily, there are foods out there that take almost no effort at all to be consumed. They're already prepared for you.

Notice that the foods that are the worst for you are the easiest to get, take the least amount of preparation and the fastest to get. So, now, we can go around full circle because you could be really depressed, come home, sit down, and as you do that, you start eating chips or something really simple; and you start feeling a little better for a moment, just long enough to associate to the food; and then, you can feel depressed again and go through that whole cycle of watching more TV, less exercising, less people around you who are going to support losing weight and support gaining weight instead, and then coming around with the depression.

And that would really be almost a bullet-proof way to program yourself to gain weight and to be overweight. Now, again, remember we talked about programming, not just forcing yourself to eat all the time every meal; we're not talking about that. We're talking about programming yourself so that it happens naturally and automatically. See, how that works?

Along with the exercising, it wouldn't be uncommon if someone … they slept, they got up, out of bed, sat down on a chair, ate their breakfast, went to work, sat for eight hours in a chair, got up, went home, sat for five or six hours on a sofa, went to bed, and just kept repeating it.

So, this, to me, would be one of the perfect ways to do it. It would almost be impossible to break out of that. If I could do this to someone, if I could make someone follow that routine for me, I'd be able to guarantee success that they would gain weight.

Now, obviously, we're looking at this from a different perspective. You don't want to gain weight, but how many of these things are you doing in your life? How much TV are you watching? How much advertisement are you exposing yourself to?

I know it doesn't affect you. Everyone says, "It doesn't matter," but it does.

How much exercising are you getting? How much movement are you getting in a typical day? What people are you around? Real or in books and videos, what people are you exposing yourself to on a regular basis?

And, finally, the emotions—what emotions are you feeling on a typical day? If it's depression, food is not the answer to solve that. The answer to solve that … there are a million answers to that.

Volunteer at a homeless shelter. Go work with orphaned kids. There is no shortage of opportunity to create a sense of more genuine and happier emotions.

Move your body a little bit in a comfortable way where you can move and [inaudible] **09:40** yourself. Then, you will get a burst of adrenalin and a glimpse, at least, of some happiness, of some motivation.

But this is how you want to look at it, and this video might be depressing to you because if your lifestyle is those four things, then, now you see where you are absolutely programming yourself but not in the way that you want.

And so, it's not about fighting against all these things that you have in your life; it's about changing these core things so that you're watching very little commercial television. Now, you have some freedom and some space. You're moving your body regularly. So, now, you're building a foundation of health, of energy, and of motivation. Your exercising absolutely affects your motivation.

You are surrounding yourself or, at least, exposing yourself to people who are thinking the way that you want to. This installs beliefs and ideas at a very deep level that are going to affect you.

And then, finally, again, you look for genuine ways to feel more positive emotions. You learn techniques and things to deal with negative emotions and not turn towards food.

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So, I hope this helps you. Again, it's a different way to look at it. And I suggest to you to spend a little bit of time—what would you do? If you were going to program someone or yourself to gain weight, what other things would you add? What would you do? Not just eat a lot of food, but how would you get yourself to do it all the time?

It's a thought experiment and you just come up with some different stuff, and that's always helpful. So, I hope this helps you and I hope it become aware of some things that maybe you didn't notice before. And once you become aware of them, then, you can change them. Remember that.

So, thank you for listening and I'll talk to you next week!