



HYPNOSIS

FOR WEIGHT LOSS

A REVOLUTIONARY APPROACH TO LOSING WEIGHT
THROUGH THE SECRETS OF HYPNOTHERAPY

— 2 IN 1 —

MEDITATION & HYPNOSIS PRODUCTIONS

Hypnosis for weight loss:

A Revolutionary Approach to Weight Loss Through the Secrets of Hypnotherapy.

2 in 1

(Hypnotherapy for a better life Book 5)

By: Meditation & Hypnosis Productions

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This book is meant to be listen to as an **AUDIOBOOK**.
The kindle version **should only** be bought by people who wants a written hypnosis script.

Introduction

For centuries hypnosis was used to cure all kinds of conditions. Thousands of people used the power of hypnosis to change their lives. In today's world it's almost forgotten...

With the help of these 2 Hypnosis sessions, you can break out of the cycle of dieting, bingeing, giving up and starting over again.

The hypnosis sessions are designed to be taken as many times through as you wish and can be referred back to as often as you need.

Before you start listening make sure that you are in a quiet room without any distractions. Please use headphones to get the most out of the hypnosis. Don't get discouraged if you find your mind drifting away, just let go of the thought and focus on my voice or the music.

Do not listen to this audiobook whilst driving or whilst managing machinery. Listen to this only when you can relax safely and bring your awareness to your own body and your complete comfort.

If you find these hypnosis sessions helpful then remember to leave a review on Amazon or Audible.com.

Let's Begin...

Hypnosis for Weight-Loss Session 1

Begin Recording:

Getting ready to relax, sitting or lying in a comfortable place where you won't be disturbed—
PAUSE

You're making progress towards what you want—

And because you're listening, you're focused on change—

I'm here to help you to do this—

In the future you'll look back to this moment as a turning point in your life—

Making all the difference, realizing, losing weight is easy and fun
PAUSE

Weight problems are almost always a by-product of using food to change your feelings—

When you're bored, upset, anxious or stressed in other ways—

You can tune-into and get clear about what you really need—

Be good to yourself—

Taking action towards whatever that is
PAUSE

If your real needs aren't recognized or acted upon—

And food is used to comfort the pain of something lacking in your life—

Diets won't work in the long run—
PAUSE

Hypnotherapy changes how you think about yourself—
It changes the deep rooted limiting beliefs and old patterns which keep the weight on—
PAUSE

There are two parts to this weight loss hypnotherapy series—

This first session focuses on tuning into self-love and getting really clear on your goal to lose weight, as well as changing eating habits—

The second session focuses on tuning into the wisdom of your body, tuning into your needs

and changing your food and exercise habits—

The sessions are best listened to and experienced in order—

Together the scripts guide you, step by step towards your goal—

So that you'll enjoy losing weight and easily become a lighter, stronger, happier and healthier you—

PAUSE

You don't have to make any effort at all— to remember what I'm saying—

As you deeply relax, your subconscious mind will take in what's right for you— and ignore the rest—

You'll take exactly what you need from this session— to feel a happier, lighter and healthier person

PAUSE

You can relax deeply now—

Just breathing in— and out—

Closing your eyes gently now—

Feeling the flow of your breath in your nose

LONGER PAUSE

Feeling the breath flowing into your chest—

Chest raising and falling

LONGER PAUSE

Feeling the breath flowing into your belly—

Belly raising and falling—

LONGER PAUSE

Experience the sound of breath—

As you breathe in and out—

Deeply, slowly—

Listening easily, your breath like gentle ocean waves—

Moving on the tide of change

LONGER PAUSE

Enjoy the sounds of transformation as you listen to the voice—

Talking to your inner voice—

Feeling a little more relaxed— more comfortable—
As you feel your body shedding weight as it relaxes—

Your whole face relaxing—

All the muscles around you eyes, jaw, forehead—

Tuning into those muscles and feeling a smooth, warm, lightness inside them—

PAUSE

Awareness of your neck and how it feels—

Your neck— relaxing now— letting go of tension you didn't realize you were holding onto there

—

Noticing the difference— the smooth, warm, lightness inside as it relaxes—

PAUSE

Sending your attention into your shoulders and upper back—

Allowing yourself to let go—

The smooth, warm, lightness spreading now, throughout your shoulders—

PAUSE

From the top of your back to the base of your spine—

Relaxing warmth as the muscles let go— feeling lighter—

More and more relaxed each time you breathe out

PAUSE

Comfortable feelings spreading throughout your body— as it changes

More and more comfortable— lighter and lighter—

PAUSE

Chest and belly rising and falling with your gentle breath—

Warm and light as they relax—

Breath getting deeper— feeling restful—

PAUSE

Warmth and lightness flowing down both arms—

Into both hands—

Maybe you notice some energy there, tingling—

LONGER PAUSE

Warmth and lightness flowing down both legs—
Into both feet, as all the muscles relax on the way—

PAUSE

Lightness in every cell of your body—
Floating through this experience—
From one state to another— easily—

Ready for your staircase of change—
A staircase with 10 steps

PAUSE

You're doing this your way—

And these steps are yours—

Imagine them now in front of you—

A set of 10 stairs leading down—

To a place you want to go to— into the comfort of your inner world—

To learn all the things that will help you—

How do the stairs look, are they stone, wooden or made from another material?

PAUSE

How does the top step feel under your bare feet?

PAUSE

This is your staircase of change—

Old patterns of eating may have helped you in the past—
You can change the patterns to healthier ones, to get what you need—

What would you like to experience now?

PAUSE

You have full authority—to go on your own journey—

As you go down the stairs, step by step, we can count them together—

Relaxation deepening with each step—

- 1— safe and supported
- 2— more relaxed
- 3— easily walking down

4— down, deeper and deeper
5— breathing calmly
6— each cell relaxing
7— gliding down the last steps
8— lighter and lighter
9— more weightless
10— feeling freedom that comes with relaxation

As you float towards an archway at the bottom of the stairs—
To another place— a timeless place—

A long sandy beach stretches out in both directions—

Disappearing into hazy horizons east and west—

There's no past here to think about—

No future to ponder—

You're just here—

Now— breathing and being—

PAUSE

The whole atmosphere is peaceful, serene—

The ocean in front of you, turquoise—

Hear tiny translucent waves lapping onto the shore—

Lulling your mind into complete calmness—

PAUSE

Just here now—

Where your mind and body can become friends and collaborate—

As you lie down on the sand—

In the shade of swaying palms—

The soft, warm sand— cushioning your body

PAUSE

The temperature perfect, warm on your skin—

Melting away worries in your mind—

Melting away discomfort in your body—

Feeling this happening—

So relaxed and comfortable—

This magic place, healing your body and mind

PAUSE

Breathing in all the space around you—
Into each cell of your body—
Feeling lighter and more carefree with each breath
PAUSE

Drifting closer to your inner world—
Now— is the time to explore yourself—
Your personal power—

What feels right to you
PAUSE

Breathing in now, and seeing a golden glow growing inside you—
Filling your whole body up with light and warmth—
The light heals you as it fills your body
Guide it to the parts of you that need extra care—

Parts of your body that are tense, in pain or scarred
LONGER PAUSE

Imagine the cells in these parts soaking up the golden light—
See them healing, getting stronger and healthier
LONGER PAUSE

The golden light embraces you with love—
Supporting you, accepting every part of you—
Cradling you in affection
LONGER PAUSE

Notice how you feel right now—
Any warmth and pleasure you're experiencing in this peaceful space—
Peace of mind as you tune into your authentic self—
Lovingly holding you—
Listening to your body's needs—
Comfortable sensations spreading through your body—

Feeling all this—
LONGER PAUSE

You can go to this place, whenever you choose too—
To actively create positive changes in your life—
PAUSE

Bringing your attention to your forehead—

Developing an image here—

Visualize yourself at your ideal body weight—
Exactly as you want to look—

Really seeing the image clearly in your minds eye—
There's no rush—

LONGER PAUSE

Add to the image as though you're painting a picture— layer by layer—
Each time you listen to this hypnotherapy session—
You'll be able to add more details

PAUSE

Where are you standing, towards the left, the right or in the middle?—

PAUSE

Is the image in color or black and white?

PAUSE

Choose your clothes, the color and texture—

LONGER PAUSE

Make the image life size now, not just a picture in your mind—

PAUSE

And now stepping into this image of yourself—
Imagine yourself inside your ideal body—

Looking out of your own eyes inside your lighter, healthier body

PAUSE

Inside the lighter you, looking down at your slim, strong, healthy body—
Already your ideal weight—

Smiling to yourself

LONGER PAUSE

See yourself in movement now—

Any kind of movement that appeals to you, it doesn't have to be at a gym—

Maybe you're dancing, walking or working in the garden—

Maybe you're taking part in a new class or activity—

Something you've always wanted to try—

PAUSE

See yourself smiling as you enjoy it—

PAUSE

Noticing how much more alive you feel—

Feel the vitality, the energy— spreading throughout your body now—

Healthy and full of life—

PAUSE

Feeling balance, strength and lightness—

Moving easily from one place to another—

Enjoying this movement so much—

Seeing the details—

Colors— light—objects—

LONGER PAUSE

Notice how you're standing—

Feel into your body, standing tall and upright—

Your chin raised, your spine straight—

Feel the confidence inside you— how relaxed you are—

Naturally confident

Confidently natural

PAUSE

Feeling your ideal weight effecting your whole being—

How it enriches your life—

PAUSE

The more you imagine and really tune into the feeling—

The more it becomes real in your subconscious mind—

And a part of your reality in daily life—

Feeling the temperature—present—

In the air—on your skin—

Feeling your clothes against your light, healthy body as you breathe and move

LONGER PAUSE

Running the palms of your hands over your body now—

Feeling the material of your clothes over your slim body—

Feeling proud of yourself for your achievement

LONGER PAUSE

You've achieved all this because you value yourself—

You support your body as a friend—

Lock into these images and feelings—

Feeling positive, motivated, energetic— fully alive—

LONGER PAUSE

Imagine yourself at a table now,
Enjoying a meal—
Tuning into all the sounds around you—

Any background sounds—
Any close-by sounds—

Is anyone else with you?
Hear the tone and harmony of your conversation

PAUSE

You're aware of your sense of taste—

The sensations in your mouth as you eat and drink—

Savoring each mouthful—

Only eating when your stomach is hungry—
Stopping eating when your stomach is full—

Listening to the wisdom of your beautiful body—

Listening like you would a good friend—

Tasting the healthy food you're eating—

Noticing its delicious aroma—

Chewing slowly, tasting each mouthful—

The temperature of the food, the texture— the flavors—

Guessing exactly which ingredients are inside—

Feeling those ingredients being absorbed—

Taking your time—

Being present—

Making it vivid—being here—experiencing—
PAUSE

Noticing how your stomach feels—

Is it satisfied yet?

Noticing that satisfied sensation in your stomach— now,
When you feel this, stop eating now— *(anchor)*

Leave the rest on the plate— *(anchor)*

That's great—

Taking the time to check in with what your body needs and wants— *(anchor)*

You can eat anything you like—

As long as you fully enjoy and savor each mouthful— *(anchor)*

The taste and texture—

And feel it nourishing you—

When you're full you want to stop eating— *(anchor)*

Waiting until you're hungry to eat— *(anchor)*

How does your stomach feel?

Listening to your stomach— *(anchor)*

PAUSE

You're really in tune with your body now— *(anchor)*

You feel good and strong and healthy—

Being your ideal weight— *(anchor)*

Confidently taking this step by step— meal by meal—

Tuning in and listening to the wisdom of your body—

Only eating when you're in need of nutrition and energy— *(anchor)*

Only eating when you thoroughly enjoy each mouthful— *(anchor)*

Only eating when your stomach tells you it's hungry— *(anchor)*

PAUSE

Stopping eating when the enjoyment has gone— *(anchor)*

Stopping eating when you're full— *(anchor)*

Feeling better and better— *(anchor)*

Fully alive

LONGER PAUSE

Relaxed— confident— naturally joyful—

You know this is what you need—

Enjoying the process— *(anchor)*

Looking and feeling healthier, lighter and fitter each day— *(anchor)*

LONGER PAUSE

These feelings guide your behavior—

Feeling better than you've felt before—

Optimistic— content— aware that eating is a choice—

Choosing to feel good— *(anchor)*

PAUSE

In a moment, I'm going to count backwards from 10 to 1—

And I want you to awaken a little more with each number—until you are fully awake—

10— in tune with your slim self, feeling wonderful—

9— you're fit, light, and healthy

8— listening to your body

7— loving your process

6— being true to your authentic self

5— caring for your heart, your mind, your beautiful body

4— feeling all this

3— aware now, awakening to your whole self and your needs

2— when I say the next number—you'll awaken, fully motivated to live life as the lighter, healthier, happier you

1—

Did you enjoy this hypnosis session? Then please do me the favour and leave a review on audible or Amazon.

Hypnosis for Weight-Loss
Session 2

Begin Recording:

You can relax deeply now—
Sitting or lying in a comfortable place where you won't be disturbed—

You're already making great progress—
By being here, now—

Breathing in and out—
Closing your eyes gently—

Knowing everything is a choice, and that you're in control—

Feeling the flow of your breath in your nose
PAUSE

Feeling the breath flowing into your chest—
Chest raising and falling
PAUSE

Your breath flowing into your belly—
Belly raising and falling—
PAUSE

Experience the sound of breath—
As you breathe in and out—
Deeply, slowly—

Listening easily, your breath like gentle ocean waves—
Moving on the tide of change
PAUSE

Enjoy the sounds of transformation as you listen to the voice—
Talking to your inner voice—

Feeling a little more relaxed— more comfortable—
As you feel your body shedding weight as it relaxes—

Your whole face relaxing—

All the muscles around you eyes, jaw, forehead—

Tuning into those muscles and feeling a smooth, warm, lightness inside them—

PAUSE

Awareness of your neck and how it feels—

Your neck— relaxing now— letting go of any tension you were holding onto there

—

Noticing the difference— the smooth, warm, lightness inside as it relaxes—

PAUSE

Sending your attention into your shoulders and upper back—

Allowing yourself to let go—

The smooth, warm, lightness spreading now— throughout your shoulders—

PAUSE

From the top of your back to the base of your spine—

Relaxing warmth as the muscles let go—

More and more relaxed each time you breathe out

PAUSE

Comfortable feelings spreading throughout your body— as it changes—

More and more comfortable—

Chest and belly rising and falling with your gentle breath—

Warm and light as they relax—

PAUSE

Breath getting deeper— feeling restful—

PAUSE

Warmth and lightness flowing down both arms—

Into both hands—

Maybe you notice some energy there, tingling—

LONGER PAUSE

Warmth and lightness flowing down both legs—

Into both feet, as all the muscles relax on the way—

PAUSE

Lightness in every cell of your body—

Floating through this experience—

From one state to another— easily—

Ready for your staircase of change—

A staircase with 10 steps

PAUSE

You're doing this your way—

These steps are yours—

This is your staircase of change—

See them now in front of you—

A set of 10 stairs leading down

To a place you want to go to— to learn all the things that will help you—

How do the steps look?

PAUSE

Feel the top step now under your bare feet—

The texture and temperature—

PAUSE

Tuning in with awareness to what you really need—

Exploring your inner world—

Learning valuable lessons—

That help you move forward easily—

Living authentically as you chose to—

Taking action—

You have full authority—on your own journey—

As you go down the stairs, step by step we can count them together—

Relaxation deepening with each step—

1— safe and supported

2— more relaxed

3— easily walking down

4— down, deeper and deeper

5— breathing calmly

6— each cell relaxing

7— gliding down the last steps

8— lighter and lighter

9— more weightless

10— feeling freedom that comes with relaxation

Floating on a cloud—

Knowing you're making progress—

Confidently changing—

Lighter, healthier, fitter, stronger, more energized—

Your body already knows the answers—

The wisdom of your body protects you—

Listening to your body's wisdom—

See yourself again at your ideal weight— now—

PAUSE

Remembering how the lighter, healthier you feels—

Feel this again in every cell of your body—

LONGER PAUSE

As you breathe peacefully—

Floating on a cloud and enveloped in calm

Able to tune into your body

PAUSE

Bringing your awareness inside your body, to the very base of your spine—

Tuning into the feelings there—

Fully supported—

Protected— safe— secure—

PAUSE

Imagining now, you can breathe into and out of the base of your spine—

The color of your breath a deep rich red—

And while you breathe and tune in—

Asking this part of your body;

"What do you need?"

Just letting the answer come up without thinking too much—

Whatever the answer is—is totally fine—

It doesn't have to be about food or weight

LONGER PAUSE

Bringing your awareness to your lower abdomen—

Imagining you can breathe into and out of your lower abdomen—

The color of your breath here orange—

Relaxing and warming as you breathe—

PAUSE

Feel pleasurable sensations in your lower abdomen—
As you allow yourself to be— and feel—
Opening up—

PAUSE

Connecting to your lower abdomen—
And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Just letting the answer come up without thinking too much

LONGER PAUSE

Bringing your awareness to the center of your belly—

Imagining you can breathe into and out of your center—
The color of your breath here golden yellow, like the sun—
Warming and nourishing— giving you energy— vitality— positivity—

Feeling these qualities increase with each breath—

PAUSE

Connecting to your center—
And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Letting the answer come up

LONGER PAUSE

Bringing your awareness to your heart-center—
Imagining you can breathe into and out of this area—
The color of your breath here a gentle green—

PAUSE

Feel the green soothing your heart as you inhale and exhale—

Sending love around your body from your heart now—
See it encircling your whole body—
Feeling bathed in love as you breath—

PAUSE

Connecting to your heart-center—

And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Just letting the answer come up

LONGER PAUSE

Bringing your awareness to your throat

Imagine now, you can breathe into and out of this area—
The color of your breath here sky blue—
Feel cool, sky blue clearing your throat—

Easily able to express your thoughts and needs—

PAUSE

Connecting to your throat as you breathe—

And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Letting the answer express itself

LONGER PAUSE

Bringing your awareness to your forehead now—
Imagining you can breathe into and out of this area—
The color of your breath deep blue—

Your mind clear—
Trusting your intuition—
Fearlessly following your own truth—
PAUSE

Connecting to your forehead as you breathe—
And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Letting the answer emerge
LONGER PAUSE

Bringing your awareness to the top of your head—
Imagining you can breathe into and out of this area—
The color of your breath here, purple—

Feeling purple relaxing and opening your mind to infinite possibility—
PAUSE

And while you breathe and tune in—

Asking this part of your body;
"What do you need?"

Letting the answer arise
LONGER PAUSE

Noticing what your body and mind needs—
Noticing what feels authentic and in tune to your inner voice
LONGER PAUSE

Welcoming all the parts of who you are
Your authentic self
Connected— listening to your body—
Knowing what it needs

LONGER PAUSE

**Tuning into your body—
At the exact moment you decide to eat—**

Pausing to ask yourself in this exact moment;

"How do I feel right now"?
PAUSE

"What is my present emotion"?
PAUSE

Am I bored, frustrated, annoyed, angry?
Just noticing how you are really feeling—
And allowing yourself to feel it
LONGER PAUSE

Asking yourself;

"What do I really need right now"?

Eating food your body doesn't need has been a poor substitute—
For what you truly need—

When you feel bad you hunger for something else—

What's missing in your life?
Is a need unfulfilled?
Food only covers the symptoms—

Feeding discomfort— with food— is the wrong medicine—
PAUSE

At this moment—
The past does not exist—
Noticing your own needs— right now—

Maybe it's friendship, connection, companionship—
Maybe a change of environment, to forgive, make peace, let go—

Maybe you crave to do something you love, go somewhere— change something—

Asking yourself now;

"What do I really need to make me feel better"?

Allowing the answer to come up, whatever it is— it's fine—

Remember how your authentic, lighter, healthier self feels—
Content, calm, confident, balanced, supported and loved—

LONGER PAUSE

Fully present now—
Inside your light, healthy body—

The lighter, healthier you knows—
How good it feels to be you—
Your authentic self—

LONGER PAUSE

Tuning into your stomach—

Asking yourself these questions now;

"What is my stomach telling me"?

PAUSE

"Am I hungry"?

PAUSE

"Am I full"?

PAUSE

"Am I satisfied and between meals"?

PAUSE

Imagine feeling full now—

PAUSE

Wherever you are, whoever you're with—

Right now, stop eating—

That fullness is satisfying— it's enough—

Easy to leave food when you're full—

PAUSE

Moving from one place to another—

Moving easily and fluidly—

Fully present now—

Inside your light, healthy body—

Feeling fit and healthy—

LONGER PAUSE

Looking through your own eyes— bringing back a memory—

You're doing something you really love—

Whatever that is—

Imagine it now in all its detail—

Really tune in

PAUSE

Tuning into your body and authentic self—

Noticing exactly how you feel when you do the thing you love—

Seeing yourself smile, feeling light and joyful—

Feel the ease and flow in your entire body— relaxed with yourself—

Enjoying yourself fully, knowing this feels right for you (*anchor*)

LONGER PAUSE

Remembering these exact feelings (*anchor*)
Whenever you see healthy food—

Remembering these exact feelings (*anchor*)
Eating what your body needs when its hungry—

Remembering these exact feelings (*anchor*)
Stopping eating when you're already full—

Remembering these exact feelings— (*anchor*)
Whenever you exercise—

Enjoying your body in motion—

Feeling the air around you— the flow of your movements—

The sounds, the smells, the sensations as you move—

Tuned into your authentic, lighter, healthier self (*anchor*)

LONGER PAUSE

In the past you ignored your feelings—

You can be your ideal weight, change your whole life—

Look and feel so much better by putting you real needs first—

Understanding what you want—
Moving towards your goals— with confidence—

PAUSE

Gifting yourself acceptance and love—
Just like you would a good friend—
You deserve this—

PAUSE

The more you do this— be a good friend to yourself— (*anchor*)

The more you take positive action—

Supporting and holding yourself in self-care and appreciation—

Looking so good on the outside—

Feeling so good on the inside—

Feeling empowered— content— (*anchor*)

PAUSE

Each day, easier— eating only what your body needs—

Gaining strength and energy—

Each morning waking up, feeling increased vitality—

Getting fitter, healthier—

Losing weight— gaining health— getting lighter—

Each day easier (*anchor*)

Awareness of your body and needs— lifting a veil—

Freeing your mind—

Feeling empowered— now (*anchor*)

PAUSE

In a moment, I'm going to count backwards from 10 to 1—

And I want you to awaken one tenth of the way with each number—

Waking up to healthy eating and movement—

Waking up to your real needs—

10— in tune with your slim self, feeling wonderful—

9— you're fit, light, and healthy

8— listening to your body

7— loving your process

6— being true to your authentic self

5— caring for your heart, your mind, your beautiful body

4— feeling all this

3— aware now, awakening to yourself and your new world

2— when I say the next number—you'll awaken, fully motivated to live life as the lighter, healthier, happier you

1—

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Deep Sleep Hypnosis.

High Self esteem hypnosis: Boost Your Confidence and Develop High Self Esteem.

Thank you!

Kind regards

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