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PROCESS TO SPEED UP YOUR WEIGHT LOSS: from *The Secret of Life Wellness* by Inna Segal

The following is one of the processes that many people have used to help with their weight loss. You need a red blanket and two cups: one red and one white. Fill both cups with water to enhance the process.

Relax

Choose a quiet place where you can make yourself comfortable. Sit on a chair or lie down in a relaxed position. If possible, cover yourself with the red blanket. Allow your eyes to close naturally as you become aware of the inflow and outflow of each breath.

Now that you are comfortable, take a deep breath through your nose, and imagine your breath flowing through your entire body like a wave. As you exhale, bring your attention back to your head. Feel yourself beginning to relax.

Release Negative Thoughts and Feelings

Become aware of your thoughts and feelings about yourself and your weight. Do you feel guilt, anger, fear, or frustration? Do you feel insecure and doubtful about your ability to lose weight quickly and easily?

If you have any of these feelings or others you would like to release, repeat:

'I ask the intelligence of my body to delete, delete, delete all doubts. Melt away all anger, fear, guilt, insecurity, self-doubt, and negativity about my ability to lose weight and to keep it off.'

Repeat the word 'RELEASE' several times, until you feel lighter, in order to let go of the limiting belief.

Visualize Dissolving Extra Weight

Sense or picture yourself holding a vacuum cleaner. Take this vacuum cleaner and imagine sucking out all the heaviness and density you don't need from your body. Focus especially on the areas of your body that carry extra weight. Imagine pouring bright red energy through your body, allowing it to flow to the parts that are stuck and have been unable to let go of any unnecessary weight. Observe how the weight dissolves. See and feel this taking place.

Repeat the phrase three times:

'Intelligence of my body, install, install, install my body's ability to burn fat quickly and easily.'

Allow the following statement to penetrate deeply into your subconscious mind:

'My body now knows how to burn fat quickly and easily.'

Drink Some Water

To make the process even more powerful, sit up and drink some water from the red cup or glass. If you don't have a red glass, imagine drinking red liquid.

Lie down, relax even further, and focus on how this red liquid activates your metabolism and the fat-burning abilities of your body. Your metabolism will speed up to the most appropriate level for you to maintain a healthy, strong, fit body.

Now, sit up and drink some water from the white glass, or imagine doing so. Follow the clear liquid as it moves through your body, cleansing, balancing, and regenerating it.

Tap Your Fingers

Using the fingers of both hands, gently tap your forehead while repeating four times:

'I now attain my perfect weight.'

The tapping action will help your body to remember the statement. Then tap your fingers under your eyes, repeating the above statement four times. Finally, tap your fingers around your chest/heart area while taking deep, slow breaths. Repeat the same statement four times. This helps you to release stagnation and instill your intention to lose weight.

Visualize Merging with Your Perfect Self

Imagine being your perfect weight. How do you look? How do you feel? What do you do? What clothes do you wear? How do other people speak and react to you? In what other specific ways does your life change? Picture yourself merging with the perfect you. Know that you already have a gorgeous, slim part inside you who can motivate you to eat healthily, lose weight, and exercise.

Press the thumb and index finger of each hand together for fifteen seconds. Take slow, deep breaths, imagining yourself eating healthy food and doing the kind of exercise you love. Picture yourself exercising regularly for one month and enjoying yourself. Relax your fingers and take a few deep breaths.

Press your thumb and index finger together again for fifteen seconds as you make this image strong and vibrant. Become aware of how good you feel. Go forward into the future, focusing on six months from now. See yourself loving your exercise program, being consistent, and looking amazing.

Take a few deep breaths. Envisage people you meet telling you how great you look. Sense your confidence increasing. Come back to the present, and relax your index finger and thumb.

Whenever you need motivation during the day, you can press your thumb and index finger together and visualize the perfect you inspiring you to be healthy.

I also have an audio program called Lose Weight Fast, which contains several processes that you may like to work with.

Move Your Body

If you have a few extra minutes, stand up, put on some music, and shake your body vigorously for forty seconds. Then slow down and rest for twenty seconds, taking slow, deep breaths. Repeat this exercise five times. This helps activate your metabolism and increases blood circulation. (This is also a great exercise for anyone with circulation problems.)

Perform a Mudra for Weight Loss

This is an amazing mudra, or hand gesture, to help stimulate your metabolism, immune system, and weight loss. (It is also fantastic for any kind of sinus or respiratory condition.) Clasp your fingers together, except the thumbs. Lift your right thumb toward your head. Touch the tips of your left hand's thumb and index finger, encircling your right thumb. Hold it from two minutes up to twenty minutes to help you lose weight and become healthier. A great time to utilize it is when you are waiting for someone or watching television.

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