

CHAPTER 47

QUANTUM DIET INDUCTION RE-ENFORCEMENT

Overview:

This is the follow up induction to the Quantum Weight Loss Induction that is done one week after the initial Quantum Diet weight loss and fitness induction has been listened to again at least three times.

Quantum Diet Induction Re-enforcement

Please relax and give yourself time to go inside your body and feel its presence. How does it feel when you put your attention into the toes of your right foot and then shift your attention to the upper palate of your mouth- is there an awareness-of the movement of your breath-as it raises and lowers the muscles in your stomach and chest. And as you relax you may find it interesting to notice the amount of moisture or dryness in your mouth-and in your throat-while having some awareness of the beating of your heart as it circulates your blood through miles of inner channels. And you can be certain that your body is an amazing apparatus, which serves your conscious and unconscious minds in so many ways to interact with the varied aspects of this world with very little effort of your conscious mind – And while you consider this, I wonder, Are you aware of the level of warmth or coldness in your left hand and how this compares to the temperature you feel on the back of your neck? The body does so many things without our conscious awareness- its good to know you can relax deeper and deeper with each breath-just like when you drift into a deep sleep-you can experience a deeper layer of your mind that allows you to access, to build, or restore helpful resources.