

What you Say—your words have power

When I say that “weight loss failure is not your fault”, I mean that failing at weight loss has to do with not understanding the “invisible” control your subconscious has over what you do. The question then becomes:

How do you control your subconscious?

In the story of “Aladdin’s Lamp,” we are told of a genie that carried out any wish Aladdin had. All Aladdin had to do is rub his lamp and the genie would appear. Your subconscious mind is very similar to having your own genie. It listens to your commands and carries them out like a faithful servant. It does what you tell it to do through your words. However, it must be commanded by you. It cannot command itself.



“But wait!” you might say. I told my “genie” to not eat ice cream last night, but I did anyway!

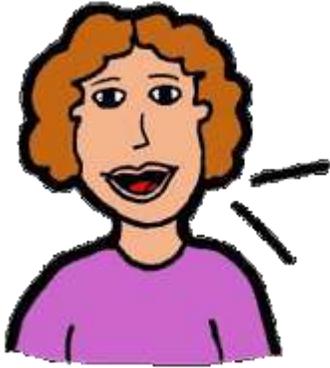
Your subconscious responds according to the beliefs you hold in your conscious mind. Your conscious mind chooses what it believes to be true, and your subconscious mind accepts without question whatever the conscious mind believes. It is important to fully understand that your subconscious will accept failure as readily as success, and will provide the means to bring about either one.

Gaining control of your Genie

Your subconscious mind (Genie) responds to three things:

1. Verbalizing
2. Feeling and Emotion
3. Visualization

Accurately, your subconscious responds to only visualization because words create pictures that you “see” in your mind called thoughts and from these pictures you automatically experience feelings and emotions you’ve attached to these pictures in the past from experience.



If I were to tell you with words I ate a fantastic grilled hamburger last night, your mind would automatically create a picture of it and you would automatically start experiencing some feelings that you have associated with grilled burgers in your mind. Those feelings could be nearly any type of feeling from desire to guilt. The words you use create the pictures that elicit the emotions that make imprints on your subconscious---or command your “Genie”.

Words, our language, are the ultimate tool to control our subconscious!

The “stay stuck” sequence:

The reason most of us stay stuck and find losing weight or any change difficult is because none of us were ever taught how we command our subconscious to keep giving us the same. I call this natural tendency, the “stay stuck” sequence and it goes like this:

1. Feeling frustrated you verbalize thoughts like: “I’ll never lose weight”, “I must just have bad genetics”, “I just love to eat”, “My appetite is just too big”, “I am under too much stress”, “it’s no use, It’s hopeless”
2. These thoughts are interpreted as COMMANDS by your subconscious “genie”.
So your “genie” sets out to carry out these commands to:
 - a. never lose weight
 - b. turn on your bad genetics
 - c. cause you to Love eating
 - d. give you a large appetite
 - e. give you lots of stress
 - f. make you feel unmotivated
3. Because you consciously want different and feel frustrated when you experience these things in your life, you then go back to step one and continue to verbalize them and command your “genie” to keep believing these things and thus bringing them into your life—continuing the “stay stuck” sequence .

Self-fulfilling

Can you see the problem here? What you say to yourself *comes from feelings produced by your subconscious beliefs*. Thus, you continue to reinforce them and continue to tell your subconscious to give you more of the same! This is very important for you to see this. Once you do, you'll be motivated to change it. If you don't see this, you won't.

Talk TO your problems rather than talk ABOUT them

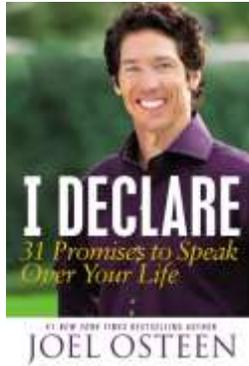
Most people talk *about* their problems all day long. We don't do this because we are born complainers, but because we all have a human need to express what bothers us. It feels good to express it. But we fail to realize that our natural desire to express our problems is for the purpose of SOLVING our problems to better ourselves. It's your in-born mechanism that causes things to upset you and therefore motivate you to make changes for the better. It's like pain is a signal that something is wrong in your body. However, most of us miss step two—using this expression toward a solution. We go around expressing our frustrations with words like:

- "I don't like my job"
- "He's a pain in the ass"
- "I can't quit smoking...I'll gain weight"
- "I always forget stuff"
- "I always get colds"
- "I don't have enough time"
- "I'm not good at mechanical stuff"
- "Why are most people idiots?"
- "I'll never have a lot of money"
- "That's just my luck!"

Why don't we go around saying things like:

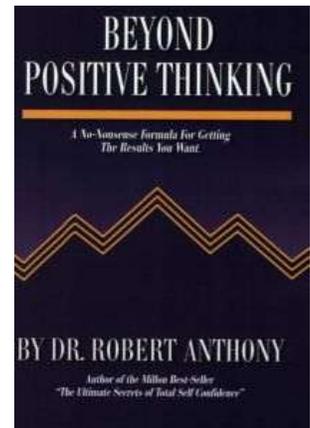
- "I love my job"
- "He's a great person"
- "I can quit smoking and I won't gain weight"
- "I never forget stuff"
- "I never get colds"
- "I have enough time"
- "I'm good at mechanical stuff"
- "Why are most people smart?"
- "I'll always have a lot of money"
- "That's just my good luck!"

Realize that it feels “normal” to be negative and “abnormal” to be positive! This is our human tendency!



“Here is the key; you’ve got to send your words out in the direction you want your life to go. You cannot talk defeat and expect victory. You can’t talk lack and expect to have abundance. You will produce what you say. If you want to know what you will be like five years from now, just listen to what you are saying about yourself.” -**Joel Osteen**

“There is tremendous power in words. Words can build or destroy your life. They make you what you are right now. The subconscious mind accepts, without question, the words we use to program it, whether they are positive or negative. Positive statements build our life while negative statements destroy it. What you must do is monitor your self-talk and turn any self-defeating statements around.” -**Dr. Robert Anthony**



Recommended reading: “**I Declare**” by Joel Osteen and “**Beyond Positive Thinking**” by Dr. Robert Anthony.

Don't use your words to describe the situation, use your words to change the situation.

Control your feelings

Use positive intention statements to control your feelings. Your feelings control what you do, so gaining better control of your feelings means you’ll gain better control over your eating and

your weight! Developing the skill of intending how you want to feel, rather than letting things control the feelings your experience, is life-changing! For example, you know you always get anxious when visiting your in-laws. Prior to going, say to yourself: *“I intend to focus on the positive things, be an example of love and enjoy my time with my family!”* Say this in the car and just before walking in the door and during the event if you feel any anxiety.

You can use this skill for any situation you want to change like overeating when you get home from work. In the car you would say: *“I intend to focus on my healthy goals and choose an apple and enjoy it when I get home.”* Repeat this out loud with passion. Repeat it again as you walk into the kitchen. Develop this skill and you will gain control over what you do! It’s not silly, it’s a *powerful skill* few use and you can master it to get what you want!

Developing the skill of intending how you want to feel, rather than letting things control the feelings your experience, is life-changing!

Why MY words?

You believe what you say about yourself more than what anyone else says. I used to believe that this is not true because it seems like no matter what we say to ourselves, what others say is more powerful. If someone said my article stunk, I would believe that opinion more than if I believed it was a good article. But what is actually occurring is I am adopting the other person’s belief and telling it too myself causing my negative feelings. This is an important distinction to make in your life. Any negative remark from someone else can ONLY make you feel bad if you believe it and say it to yourself in your head over and over.

So it’s YOUR own words that command YOUR “genie” subconscious.

Why isn’t this working?

A common frustration people have is they get the idea, implement new positive words for a period of time and find themselves still producing the same results and soon find themselves back to their natural negative self-talk. Here’s why:

Number of times you’ve told yourself “I’ll never lose weight!” = 1,367

Number of times you're told yourself "I can lose weight!" = 23

Realize that you've been telling your "genie" many more times that you can't lose weight and now you come along and confuse him saying you can. Your subconscious mind moves on what it believes to be true and it uses past experiences as proof.

Understand the law of programming your subconscious is:

What you consciously believe as true, is programmed
What you consciously believe as untrue is not programmed

Nega-Tags

It's important to note that when your intention statement is unbelievable, your mind will actually add a negative statement in your mind neutralizing your positive intention. Dr. Robert Anthony calls these competing intentions "Nega-Tags". A nega-tag is simply a negative thought that "pops-ups" and is "tagged on" after your positive statement.

So if you don't believe that you can lose weight, your positive "*I can lose weight*" intention statement will likely produce a negative thought to pop-up like:

- "...but I know I won't"
- "...but I'll have to give up my favorite foods"
- "...but It will mean a lot of hard work"

So it very important for you to:

- 1. Create realistic positive intentions**
- 2. Become aware of the attached negative statements that "pop-up" in your head.**
- 3. Talk back to these "pop-up" statements**



Create realistic positive intention statements

You can tell how realistic your positive self-talk is by how you feel about saying it. If it feels like a total lie, it won't work. It is best to create and use intention statements that do not elicit any nega-tags.

"I can lose weight easily" won't work if you have always struggled with your weight.

Better statements would be:

"I can lose 5 pounds per month if I take my time and enjoy the process"

"I am learning to lose weight easily as I learn about my mind"

Become aware of nega-tags and talk back to them

Listening to your mind chatter (your internal voice) will allow you to hear any nega-tags after you verbalize your intention. Talk back to these nega-tags and then use what you said to amend your intention statement.

For example if your intention statement was: *"I intend to eat an apple in the evening for a snack"* and you hear the nega-tag: *"no you won't you like your chips!"*

You can modify your statement to: *"I intend to eat an apple most evenings and learn to prefer it using what I am learning about my mind!"*

Use volume and passion to dissolve nega-tags

When you hear a nega-tag pop-up, say the same positive intention with even more volume and passion. Repeat it over again a few times with more volume and passion and watch the nega-tag dissolve! The higher your level emotion, the more your "genie" (subconscious) listens!

Feeling Test

The best way to know if an intention statement will be effective is how you feel after you say it. If you feel good, the statement is good, simple as that. The better it feels, the more powerful the intention statement.

"I declare" and "I intend"

Once you see the insane self-fulfilling nature of how you stay stuck by your own words, you'll see that the only way out of this pit is to choose new words to command your subconscious to do what you want it to do and to produce the feelings you want to feel.

I like the word "Declare" to use as a positive command toward my internal "genie".

To me the word "Declare" feels empowered. My positive intention feels more believable because I feel empowered when I "declare" something rather than just "say" something!

Another great word to use is "Intend". This word makes your statements feel more realistic and thus believable. *"I intend to drink only water after 8pm"* won't elicit the nega-tags that *"I will drink only water after 8pm"* might.

I use the word “declare” when talking TO my problems in general or the attitudes and feelings I want to experience.

I use the word “intend” when talking to my habits and actions I want to make automatic.



“I declare...”

- to see people through a filter of love today!
- the world is opening up abundance into my life!
- a good solution will present itself!
- what I see as bad is actually good for me in the long run!
- I can lose weight and live a healthy life designed for me!
- My immune system is strong and will protect me from my head to my toes
- My body is healing itself each night as I sleep
- My poor habits are dissolving away each day as I step into new healthy empowering habits!

“I intend....”

- to get up during the week at 5am to ride the bike for 15 minutes.
- to eat only healthy carbs (like veggies) for my dinner during the week
- to ask for clarification before I get upset with someone
- to always think before I say anything that could be negative
- talk back to my negative mind chatter each time I hear it
- to read my lesson or a book each night before bed

ASSIGNMENT:

1. Talking To your problems eliminates them. Talking about your problems brings more of the same into your life. Does this now make sense to you. Explain in your own words your understanding of this principal and the “stay stuck” sequence:
2. The first step is becoming aware of how you keep programming yourself to get the same by talking about your problems. Make it your goal each day to “see” one time you are talking about your problem and turn it around as soon as you can.
Example: I said: “I always overeat at night.” How you turned it around: “I intend to eat a healthy snack and learn to enjoy the feeling of hunger at night without running to food!”

Day 1: What I said:

How I turned it around:

Day 2: What I said:

How I turned it around:

Day 3: What I said:

How I turned it around:

Day 4: What I said:

How I turned it around:

Day 5: What I said:

How I turned it around:

Day 6: What I said:

How I turned it around:

Day 7: What I said:

How I turned it around:

3. Use positive intention statements to control your feelings. List a few examples of how you used a positive intension statement to control your feelings and thus control what you did. Example: I usually feel like eating salty snacks when I come home from work, but I used a positive intention statement to change how I feel and I choose the fruit instead.

a. Situation:

Your intention statement:

b. Situation:

Your intention statement:

c. Situation:

Your intention Situation:

d. Situation:

Your intention statement:

e. Situation:

Your intention statement:

f. Situation:

Your intention statement:

4. Use positive declaration statements to gain control of your life and to elicit a new can-do attitude each day! Here are some good ones. Create and use your own declaration statements to take control of your life!

- I declare today will be a great day full of blessing and abundance!
- I declare good health and prosperity are following me and my family!
- I declare opportunity and favor are surrounding me!
- I declare all my problems will work out and improve my life!
- I declare all my unhealthy habits will dissolve into new healthy habits!
- Yours:
- Yours:
- Yours:
- Yours:
- Yours:

