

Gabriel Method of Permanent Weight Loss - Jon Gabriel

Daily Smart Mode: (Using Words to Reprogram your Consciousness letting go of your Fat Programs)

- 1) **Spinning the Spine:**
 - a) Sit in Meditation Position for 10 Minute
 - b) Imagine a Tiny Light Beam & Circle around down each Vertebra (10 each-count 240 circles)
- 2) **Power Words:** (Picture the Word or Phrase Winding Up your Spine Charging Every Body Cell)
 - a) **For Stress:** Relax - All is Good - Life is Working - All is Good - Everything is Good
 - b) **For Limitations:** Abundance Flow to Me - I am Always taken Care of - Turn Off Fat Programs
 - c) **For Emotional Obesity:** I am Safe - Thin is Safe - I feel Safe - Life is Safe - I want to be Thin
 - d) **For Mental Obesity:** Weight Loss is Easy - Weight Melts Off My Body - I am Effortlessly Thin
- 3) **Radiate Meditation:**
 - a) Still in Meditation Position Feel a Gentle, Loving Kiss of Sunlight around & in your Heart
 - b) **Radiating Love:** Feel this Light Illuminate, Nourish, Charge every Cell of your Body with Love from the Heart then radiate the Room & all directions encompassing the Universe & Beyond
 - c) **Radiating Forgiveness:** Feel this Light Illuminate, Charge every Body Cell with Forgiveness from the Heart then radiate the Room & all directions encompassing the Universe & Beyond
 - d) **Radiating Appreciation:** Feel this Light Illuminate, Charge every Body Cell with Appreciation from the Heart then radiate the Room & all directions encompassing the Universe & Beyond.

Daily Visualizations: (Images Reprogram your Prospective & Direction)

- 1) **Abundance Visualization:** Imagine you are in an Infinite Ocean of Abundance stretching as Far as you can see with 1 drop of Water equal all the money Bill Gates earns in a day (\$10,000) - Feel your Skin Pores Opening as the Water rushes into your Body & Life for all you desire.
- 2) **Whirlpool Visualization:** Picture a Whirlpool in your Navel sucking all your fat into it from all Fat Body Areas and never to be seen again.
- 3) **Fat Wash Visualization:** Imagine a Hose spraying your Body washing all the Fat away when you are in a shower & all your Fat is washing off just like washing dirt off a car into the drain.
- 4) **Perfect Body Visualization:** Visualize your Body is in Perfect Shape with Perfectly Defined Muscles in your Limbs & Flat, Lean Stomach while doing your activities of the day.
- 5) **Eating the Sun Visualization:** Stand Outside with Bare Feet on Grass facing the Sun closing your Eyes & **Bathe your Face, Brain, Hands (Out), & Body** with the Sun breathe it in your Body then open your mouth & **gulp the Sun Filled Air** tensing the body into to your Stomach absorbing the sun into your Bones, Muscles, & Lower Back then **Exhale relaxing the Body**. Repeat 3-4 times.

Basic Visualizations for 30 Days - Simply visualize yourself the way you want to look.

- 1) Select a **Perfect Picture** of Yourself the Way You would like to Look Like & Look at It for 30secs when you go to bed saying **"I use the Power of the Mind to create the Body I desire"**.
- 2) **Close Your Eyes & Imagine** you look exactly like the picture you were staring at & expand that Thought feeling the way the Image looks with Joy permeating your Entire Being.
- 3) **Play CD** (www.gabrielmethod.com) 1st Month & allow yourself to drift off to Sleep still listening to it.
- 4) **Following Morning** while still lying in bed look at the Picture, close your eyes & Visualize it again.
- 5) Have a Movement visualizing your **Coming Day**-Imagine it going exactly the way you want from Start to finish then visualize the coming weeks, months & years in that Perfect Picture.

Weight Loss Tips for Creating a New Body:

- 1) **Dehydration:** Drink **2 Glasses** of Pure Water before each Meal & after you **Rise** then before **Bed**.
- 2) **Eat like a Thin Person** who eats whatever they want.
- 3) **Eat more Leisurely** chewing your food thoroughly without TV or reading eating Fresh Produce.
- 4) When exercising imagine a **Predator** chasing you so you move faster (**Get Thin or Get Eaten**).
- 5) **Eat when you are Hungry**, not when you are programmed to eat.
- 6) **Use Supplements:** Probiotics, Digestive Enzymes, Omega-3 (Flaxseed Oil, Fish, Eggs) with Water.