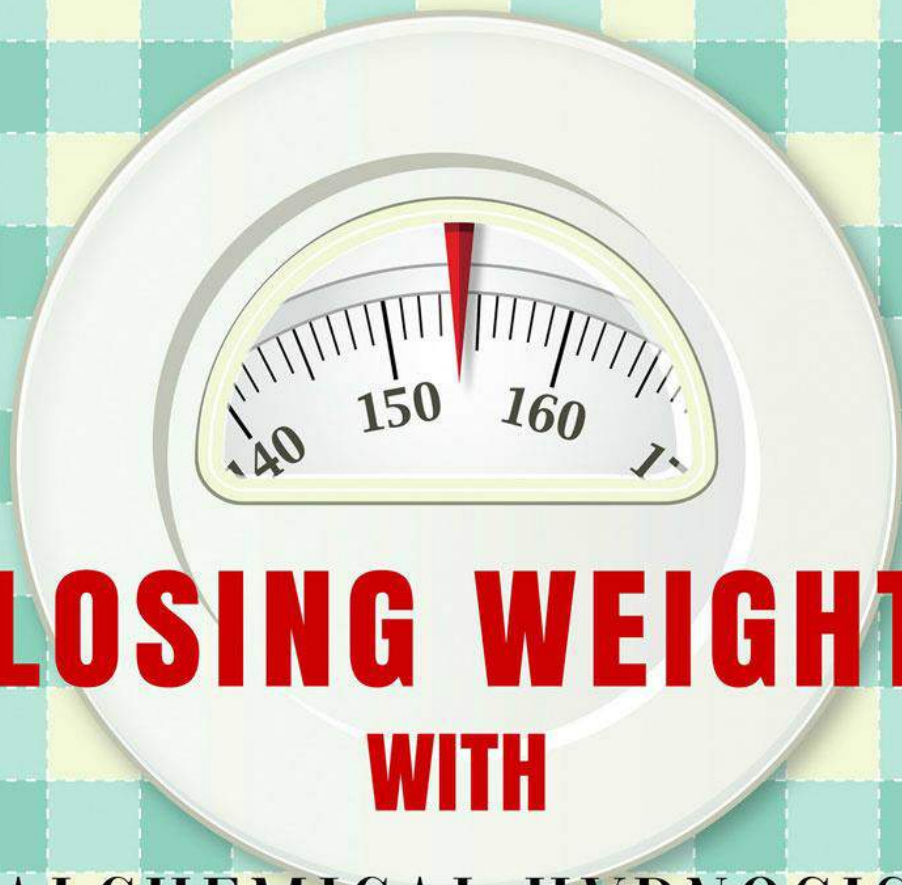


**CLEAR THE METABOLIC PROGRAMING THAT
PREVENTS WEIGHT LOSS**



LOSING WEIGHT WITH

ALCHEMICAL HYPNOSIS

TRUE SECRETS OF PERMANENT WEIGHT LOSS

DAVID QUIGLEY

LOSING WEIGHT WITH ALCHEMICAL HYPNOSIS
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Book and Cover design by Peter Sellmer

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If you are overweight you may be tired of everyone telling you that losing weight is just about eating less food and or consuming fewer calories. You may have tried every diet old and new. Sometimes it seems that our bodies have found a way to turn a plate of lettuce into a pound of fat. Many people who attempt weight loss discover sooner or later their efforts are complicated by metabolic programming that keeps weight on the body regardless of how one changes their eating habits.

If you or your friend or client is overweight and you'd like to see if such programming is affecting weight loss efforts, answer the following questions:

- *Do you find that no matter how much you starve yourself the weight just doesn't fall off as quickly as it should?*
- *Do you find yourself eating less than your more slender friends and still don't lose weight?*
- *Do you find your food cravings going way up even as the pounds begin to fall off? As if you were starving instead of dieting?*

- *Do you become tired and lethargic when dieting?*
- *Do you gain back all the weight you've lost from a diet with alarming speed?*

If you answered “yes” to any of these questions you probably have some subconscious metabolic programming to hold weight on your body instead of burning it up for energy as it should.



Now here's the good news: There are many ways we can deal with this programming through hypnosis so you don't have to fight your body as well as your food cravings to lose weight.

Using Hypnosis to Target Subconscious Programming

First, we must look at the likely causes of this programming. The metabolism of food is an intricate process by which nutrients from food are consumed and utilized by the body. It is a complex process in which several factors are involved. One is the function of the thyroid gland, the “master switch” which regulates the rate of cellular

metabolism. Through hypnotic imagery we can turn up the production of thyroxin, the primary metabolic hormone produced by the thyroid gland. More thyroxin means more fat burned, more weight lost, and more energy for you. There may be medical reasons for thyroid dysfunction, which is why we suggest a full physical examination and possible testing of your thyroid function before proceeding with a course of hypnotherapy.

Another key element to the body's metabolic processes is the activity of two key pancreatic hormones: insulin and glucagons. These key metabolic hormones cause our body to store or burn fat. The types of food you eat directly affect the activities of these hormones. In general, it seems that most carbohydrates, including sugars, cause the secretion of insulin which increases sugar metabolism and storage. Glucagons, secreted after a low carb meal, help the body burn protein and fat, including the body's own fat reserves. This is part of the reason low carb diets are popular.

So how does hypnosis help you change your eating choices? Because all eating habits become rooted in the subconscious mind, simply deciding to eat differently is rarely sufficient to create long term changes in our eating habits. Hypnotic imagery targets these subconscious programs and changes

them in a way that is both permanent and nearly effortless. Personal hypnotic scripts which can be recorded and listened to every night in bed, can be created by working with a Hypnotherapist. In addition, it is of critical importance to address emotional eating habits, a process outlined later in this book.

Learning to Enjoy Exercise with Hypnosis

Exercise is also a key component in the activation of the metabolism. Regular exercise, even as little as thirty minutes a day, speeds up metabolism not only during exercise but also for many hours afterwards, even when you are resting. Of course, many of us have a hard time with exercise. Enter again the power of hypnosis. Hypnotic suggestion can be used to increase one's motivation toward physical activity as well as increase strength and endurance. But often it takes much more than a general hypnotic suggestion to get 'more involved with exercise again'. One of the innovative processes we use can take you back to what you enjoyed doing physically as a child. You can pick one or two of these activities that you will again enjoy! Using the power of hypnosis, we bring back the excitement you experienced as a child at play. We can also return to any traumatic experiences that caused us to turn ourselves off to the joys of physical activity, and

rescue the past self from these traumas. For example an experience of being rejected, humiliated or injured on the playground or in a team sport can lead one to shut down the desire to play outside. Our rescue mission allows the inner child to receive comfort and the promise of safety from the adult self along with an invitation to play outside in a new way with the adult.

One of the more common sources of metabolic programming is genetic. Some human genetic lines (South Pacific Islander and Eskimos provide just two extreme examples) preserve fat on their bodies

more readily because these traits served their ancestors well for thousands of years, especially in times of famine. Changing these genetic codes



within our DNA may be difficult for even the most skilled practitioners. However, with hypnosis we can persuade the metabolism to override these DNA programs and help us to let go of fat. Many times my clients have said to me, “My whole family is overweight!” These words indicate the scenario where we can utilize specific hypnotic suggestions geared to override DNA programming.

Another common theme among those who struggle with weight loss is that the subconscious mind may be afraid to lose weight because if weight problems disappear then one might actually have to face other scarier issues. One client told me in trance that if she lost that weight over which she was obsessing she would have to, “Do something with my life, and I don’t know what to do.” At the Institute we can test for these issues and offer a plan of healing. One valuable technique that can be used here is a journey to the future self to discover how to successfully fulfil one’s life purpose.

Women clients with metabolic programming to stay fat also can be manifesting the body’s need to insulate itself with fat in order to protect itself from unwanted sexual advances. A large number of obese clients are victims of childhood sexual abuse. Many others have gained weight to silence their own unmet sexual needs within an unfulfilling marriage. Others use weight as an excuse not to meet men and thus risk rejection or betrayal. If you are not aware of such subconscious programming it could be deeply buried in the subconscious mind, and still be affecting your metabolism. Your hypnotherapist can help you discover and heal these problems. I have personally experienced great success in rescuing clients from early sexual abuse trauma, which has

often resulted in rapid weight loss without any apparent dietary change.

Over 65% of Americans are overweight. According to researchers, Americans are getting fatter at the rate of ten pounds per decade despite a weight loss industry that is costing billions every year. As a hypnotherapist and hypnosis trainer for more than thirty years, I've dedicated myself to finding a solution. It seems to me that our approach to weight needs to address the underlying causes of our eating habits, rather than simply adding more superficial strategies which are not producing for many of my clients the long term results they deserve. While many weight programs seem to work in the short run, they frequently lead to cycles of weight fluctuation. Even if I help a client lose fifty pounds now, should the client still be counting calories, struggling with new diet plans, and obsessing about their weight ten years from now? Would that be considered a therapeutic success? No, I believe we can do better. Let's deal with the sources of the problem.

Most of us know friends whose lives do not revolve around efforts to manage and control their eating. They just naturally seem to eat the types and the quantities of food that keep their bodies slender and

energized. We can learn how to match our subconscious eating habits and metabolic patterns with theirs, and experience the same freedom and energy they so naturally enjoy.

There are two primary elements of this challenge. First, there is the client's tendency to eat too much of the wrong foods, and at the wrong time (eating at night, for example.)

These eating habits are not simply random errors, easily correctable by education or self-discipline. They are based on



“emotional eating habits” we learned as children. We will learn to recognize these eating patterns and, more importantly, how to change these habits in the subconscious mind, so that our weight loss is easy and natural. A second and equally important element is to explore the metabolic programming to keep fat on the body.

Infantile Eating

An “emotional eating habit” is a way of using eating as a mood-altering behaviour. This behaviour is unrelated to the body's natural hunger, and for

many of us produces not only excessive body fat, but can lead to such proven health consequences as diabetes and heart disease. With advanced hypnotic techniques we can heal these patterns.

The first of these emotional eating habits is called infantile eating. Overweight clients are asked these questions in the first interview.

- *Do you crave sweet foods or dairy products frequently, especially at night?*
- *Do you feel a deep emptiness when you eat these foods, or a sense of grief, or despair?*
- *Do you tend to wolf down meals without tasting them, craving the satiety of a full belly?*
- *Do you experience dieting as a source of despair or a kind of self-punishment, an empty stomach that says nobody loves me?*

If you answered yes to any of the questions above, then infantile emotional eating habits may be challenging your efforts to lose weight. Most of us have completely forgotten where these patterns began. But hypnotherapists know that as infants at our mother's breast, or on the bottle in our lonely crib, we begin to develop the emotional eating habits of a lifetime. So the choice that our caregivers made: Breast or bottle--has enormous implications for a lifetime of overeating.

Let's examine the ideal experience of the infant at the breast: The infant sucks hard and works hard to get the milk, while experiencing lots of affection, cuddling and play with mother. The child is nourished in body and soul, while taking a long time to fill his stomach with the warm liquid that is synonymous with love. This ritual is especially important at night, so the baby can sleep through the night, or for at least a few hours free of hunger.

Bottle-fed babies, in contrast, when the caregiver ignores the child's needs for attention, can discover that it's easy to guzzle the milk from the bottle. So this poor infant learns that the only way to experience nurturing is to wolf down the proffered meal as quickly as possible, trying hard to ignore the body's feelings of loneliness and abandonment, until his tummy is so full that he can drift off to sleep. Filling up with food quickly, therefore, becomes a substitute for our basic needs for love and affection. This we learn very early to become "compulsive eaters", eating sweet foods, eating too



fast, filling up too full, and eating at night or when we are lonely, depressed or sad.

Some clients with this pattern protest, “I was nursed!” I suggest that their nursing experience was very likely troubled or too brief if they show all the signs of infantile emotional eating. It is highly unlikely that they received the two to five years of healthy nursing on demand characteristic of all “primitive” cultures. One client remembered after a bit of prodding, “My mother told me she was a heavy smoker when I was a baby. She said I became allergic to her milk, so she had to stop nursing me.” Problems like this are all too common among overweight clients. If a client shows the symptoms described, they probably have this conditioning. The body does not lie.

By taking our clients back to infancy in a hypnotic trance they experience and understand all the pain and hurt that the body has been running from all these years. And far more importantly, they’ll have the chance to experience through hypnotic suggestion (as that infant) the real love and nurturing that comes from an ideal mother. We implant these blissful experiences in the subconscious mind. We embed these suggestions in the mouth, in the stomach, and in the heart of the client. Then we implant these blissful bodily feelings into those times, usually at night, when the client is

craving sweets or feeling that familiar ache of loneliness. Every act of eating can be infused with these happy feelings. Clients can then experience the sheer joy of eating slowly, chewing thoroughly and eating much less while actually enjoying eating far more...the way humans are supposed to enjoy eating. Or they may discover that they aren't really hungry and simply close the refrigerator, perhaps choosing a hypnotic nap in the arms of their inner mother instead for a few minutes. In just a few sessions, lifelong habits can be changed, as the client learns to access this mother/child bond on their own. Other addictive patterns, notably cigarette and drug cravings, can also be reduced or eliminated through this technique. Often food allergies also will vanish, as food assumes different roles in our emotional lives.

Many of us were raised in families where the expression of feelings was discouraged or even punished. Such phrases as, “Shut up or I’ll give you something to cry about!” or, “Children should be seen and not heard” are common examples. More frequently however we find a parent who is simply too busy and stressed to listen to their children’s feelings and needs. Sometimes children discover on their own that eating some food can help them suppress their anger and tears and sometimes children can be programmed by their parents to eat in this way. A child cries with pain, or needing some attention, and a well-meaning parent will give the child a bottle or sweet to keep them quiet. It doesn’t take long for the child to learn this life-long eating habit.

The solution is to return the client in trance to the time he or she first learned to stuff their feelings with food. Then we can bring in the resource of the client’s adult self to encourage the child to express their feelings. It is recommended that the client express feelings, anger, tears, etc. in a loud voice, “That’s good! You tell them! You deserve to be

heard” are excellent expressions. The empowered adult self (along with, if necessary, the presence of a new inner parent) is encouraged to respond lovingly and approvingly to the child’s expression of feeling. Then we help the child experience the incomparable joy of their needs being met. The client is told to feel in their bodies the fulfillment of these experiences. Finally, we bring this newly developed skill of expressing feelings into the client’s present life and into their present time communications with others, sometimes through assertiveness training, sometimes through mental rehearsals. In effect, we are training the client’s subconscious mind to express feelings safely and confidently.



AN ALCHEMY STUDENT SHARES HER HEALING EXPERIENCE WITH CLIENTS

*"Even before I completed my training in Alchemy, I found that people in my life were anxious to experience for themselves the profound healing I was receiving in my training. Now, in my successful private practice, people have shared with me how easy it is to let go of childhood, adolescent, and adult trauma, including sexual abuse. **Every client who has come to me for weight loss has lost weight.** Plus, many have expanded creativity, stopped addictive behaviours, stepped out of abusive relationships, improved family relations, created abundance, and improved their physical health through spontaneous changes in diet and exercise. The power inherent within Alchemical Hypnotherapy has given me the transformation of a lifetime and helped me to assist countless others in healing themselves."*

Marilyn Clevenger

San Rafael, CA

Alchemical Hypnotherapy Center of Marin

Case Study: Sarah

Sarah was 50 lbs. overweight and reported that repressing feelings was a problem. Her subconscious mind took her to a memory with her mother in the kitchen: She is crying about a broken toy and feeling neglected by her mother, who is on

the phone. Mother hands Sarah a cookie along with a look that clearly implies she is not to be disturbed. While this kind of daily neglect rarely gets the media attention of sexual or violent abuse incidents, it is these supposedly mundane events which repeated often enough produce the “Emotional Stuffing” syndrome.

Our therapeutic intervention began by bringing in the client’s adult self. The adult self tells her mother that she is making a big mistake. She is encouraged to express her anger loudly; her mother is immediately remorseful. Then we ask her child self to express with tears again, which she does out loud. We gently instruct her mother how to listen to Sarah’s needs and respond to them (*If Mother were less warmly responsive it might have been necessary to release her and replace her with a new mother in the client’s inner world. This would not significantly affect the adult Sarah’s relationship with her present mother, but simply provide a symbolic new resource for the child of the past.*)

We then embed this new resource in the client’s body and memory with words like, “Now breathe in that wonderful feeling as Mother holds you. And now she’s looking at your broken toy, and promises she’ll get you a new one soon. Now she’s going into your room and helping you find another toy to play

with. Breathe in this wonderful feeling. Notice how wonderful it is to let Mother know how you are feeling. This is how she knows to take care of you.” These words are called “counter-programming suggestions” and are essential to re-enforce new core beliefs and behaviors.

This new resource is tapped every time the client feels an uncomfortable feeling in her present life. *“Now every time you have an unpleasant feeling, the kind that made you want to eat, you remember how safe it is now to tell your husband or children how you feel.”* Sarah is walked through a quick rehearsal of expressing this feeling to her husband. She can be advised on the best ways to express her feelings in a style that he finds it easy to respond to.

We will also follow through in our rehearsal to see that her needs are being met afterwards in some way. She can be given



more help to refine her skills at emotional expression. “Perhaps instead of blaming him we could just tell him how this behavior makes you feel?” The rehearsal persists until her communication is comfortable, and it works to get

her needs met. While shouting and crying may be a useful part of the client's therapy, opening up the channels of emotional expression, it isn't so useful in our daily family lives. Instead the client needs to develop adult communication skills, which in many cases have never been properly developed.

Half-dozen similar memories provided by Sarah's subconscious mind were re-programmed in this way. This included both repeated rescue missions for her child self and multiple mental rehearsals of her new adult communication skills.

After only four hours of therapy, and two weeks later, Sarah reported that not only was she eating far less, she was finding her relationships changing in dramatic and wonderful ways. Her experiences of victimization and powerlessness were disappearing, and love and intimacy were growing in her family. And she was losing weight! She also shared that the other changes in her life were much more important to her than the lost weight. She was already beginning a life that was no longer ruled by weight issues. It is typical when working with weight issues that many other aspects of the client's life change dramatically for the better, because the client is addressing core issues, of which weight is only one symptom.

Abraham Maslow, one of the founders of humanistic psychology, describes creativity as a basic human need comparable to the needs for food and shelter. My experience with many clients has shown me that this need is very real. Children are constantly involved, if given the opportunity, in creative play. Adults however, have frequently learned to suppress our creative instincts, and all too often, to substitute eating for creativity.

Here's a questionnaire to determine if this is a pattern exists:

- *Do you find yourself eating out of sheer boredom?*
- *Do you watch two or more hours of television per day?*
- *Do you lack an exciting hobby or creative interest?*
- *Do you put down your occasional experiments in creative expression as amateurish or a waste of time?*

- *Do you often eat snacks while reading or watching television when you are not truly hungry?*

If you answered any of these questions in the affirmative then you may suffer from being “Creatively malnourished”. Chances are that this programming began in childhood, when our caregivers instead of encouraging creativity, suppressed this essential self-expression with harsh criticism, neglect, or even ridicule. While these experiences may have long ago passed out of our conscious recollection, the subconscious mind does not forget. These programs can continue to strangle our creativity throughout our lives.

Teaching the Subconscious Mind to Express Creativity

Through hypnosis therapy we can use simple instructions to access these memories in the subconscious mind and rescue the child from these events. Then we provide that inner child with new experiences of being loved and supported for their creative expression by an inner family or by the client’s adult self.

Case Study - Bob

For example, Bob found that eating in front of the television in the early evening was a bad habit he

wished to change. He could not remember ever having a hobby. We descend in a light trance to the first time his creativity was damaged. He discovers a memory in which as a small boy he was ridiculed by some neighbourhood boys for his drawings, which they label as “silly and girlish.” Feeling intensely ashamed, he determines to stifle these expressions.

Our first task was to rescue this boy from those who judged him, and let his adult self and the therapist assure him that his drawing ability is a wonderful gift. We then inserted the counter-programming suggestion that his drawings are an expression of his “manliness and courage.” This helped erase the core belief implanted by the neighbourhood boys.

Next we took his drawings to his parents in hopes of winning their approval for his art. His parents are asked if they would like to hang his pictures on the fridge. Their response is cool, since mother is obsessed with her own pain and the father was a “busy” alcoholic. In this case, the client took great pleasure in firing his father. Then he addressed his mother with a tearful appeal for her support, until realizing that she would have to be retired and be replaced in his inner world. These intensely emotional confrontations with parental figures is often unpleasant for clients but is essential in helping the inner child to disengage from the need for parental approval, and to help the child bond to

the adult self, and, where necessary, to new inner parents.

Then Bob's adult self was encouraged to access his child self daily through gentle hypnosis techniques for a few minutes in the early evening and create some drawings. His chances of success were greatly increased by encouraging him to buy brightly colored magic markers and quality pens, pencils, and drawing paper. We also determined what room in the house was best for some quiet time and undisturbed creativity. His adult self was then



instructed to enjoy this creative activity, which he would find so much more exciting than television, while praising his inner child for the effort. This is

not the time for a critical evaluation, but for warm encouragement.

I instructed him to bring one of his drawings to me in my office, and to hang all of them on his fridge at home. Soon his television watching was down by more than half, and so were the unwanted eating patterns.

Of course, clients need to be reminded over and over that producing a masterpiece is not the goal of

the process. Nor do we use the oft-repeated mantra “practice makes perfect” which only serves to destroy creative expression. The real goal is feeling good while expressing one’s creative instincts. To the extent that the client’s friends and family can be enrolled in support of this creative expression, we encourage this involvement. But the client’s adult self is the primary resource for this process.

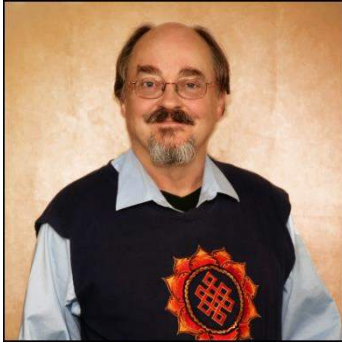
Tapping into Creative Expression from Past Lives

For some clients whose belief system includes reincarnation, we can journey back to a past life event where the client was engaged in a specific creative activity which is of interest to the client now. After accessing a creative ability which the client is ready to bring forward, we can enter these abilities into the body of the client for instant access. Some of the abilities brought forward include piano playing, dance, art, even leadership skills and public speaking. Of course there is no substitute for practicing these abilities, and classes in a proffered form of creative expression are also to be encouraged. But the hypnotic process makes it much easier and more enjoyable to develop these abilities with a minimum of drills and lessons. Obviously, the development of these creative abilities does far more than simply altering their eating habits. These gifts enrich lives at every level.

While there are many sources of destructive emotional eating habits in addition to those mentioned here, the vast majority of my clients over the years have experienced some problem with infantile eating, stuffing feelings with food, and suppressing creative expression.

It is important to remember that hypnosis does not offer a magic bullet, a simple pill to shed weight instantly. All of these methods should be used in conjunction with a well informed plan for diet and exercise, hopefully with the guidance of a medical doctor or other health professional. These hypnotic techniques can however make the difference between a lifetime of dieting and weight obsession, or having strong and lasting healthy eating and living habits that allow life to be about many things other than trying to control the appetite.

About the Author



In 1978, David was crippled with rheumatoid arthritis, chronic fatigue, severe food, pollen, and dust allergies, chronic lung disease, and multiple chemical sensitivity. Using the methods described in this book he not only restored his health, but is now a rock climber/mountaineer in his free time. David has extensive training in clinical hypnosis, NLP, Gestalt and primal therapy, and a host of other modalities. He is a living testimony to the power of Alchemical Healing.

To book a session, call David Quigley at his home office: 707-539-4989. David offers a free 15 minute phone consultation prior to making an appointment.

To learn about Alchemical Healing Practitioner training, visit the website: www.alchemyinstitute.com