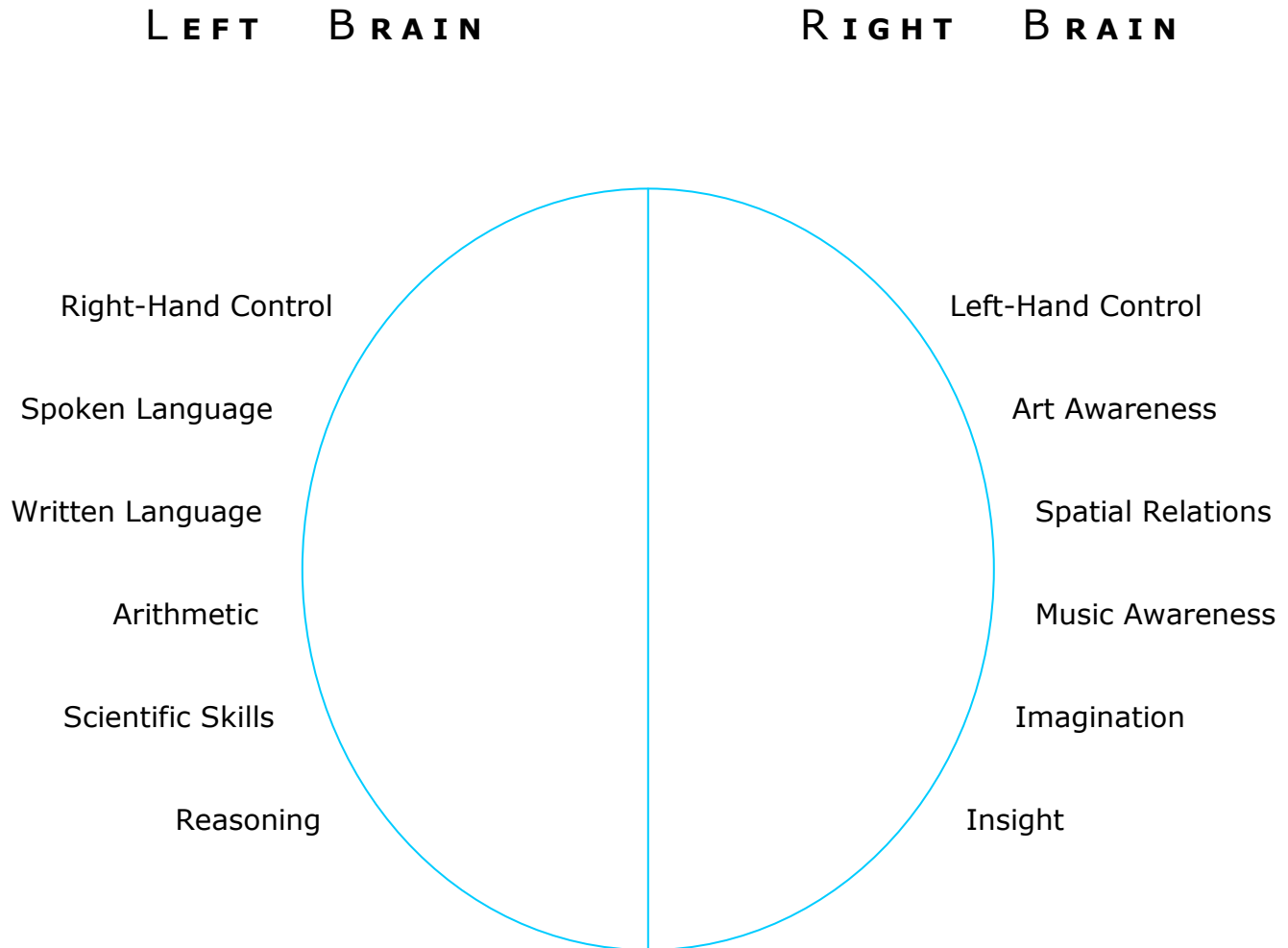


Weight Change—The Right-Brain Way

Major Functions of the Left & Right Brain



Relationships, Weight Change, & Music

Scientists have discovered the existence of three separate neural pathways in the brain which form the very essence of relationships. There is a pathway for **attachment**, another for **care-giving**, and, a pathway for **passion**. Unmet needs—including relationship needs—can make it harder to change your weight.

Be proactive—For all twelve areas of the brain, create exercises that inspire you to change your weight. Take up ballroom dancing through inexpensive community education programs and you'll have met the need for socializing, right and left hand movements, musical awareness, arithmetic (counting steps) and spatial awareness (avoiding toes)!

The Six Basic Emotions & Weight Change

This week, take an inventory of your feelings. Which of the descriptive words below reflect your feelings? Make journal notes about the sources of these feelings. Then, create Dream Incubation Questions to guide you to help you change your weight when you are feeling one of these emotions. E.g., "What is a satisfying, healthy way to **celebrate my success** in my weight change program this week?" Finally, respond to your dream wisdom by taking action to change a situation or an attitude.

JOY

Loving Peaceful Happy Admired Loved Proud Thankful Comical
Relaxed Making Progress In Control Hopeful Inspired Exhilarated

SORROW

A Sense of Loss Regretful Discouraged Unloved Bored Confused
Hurt Lethargic Frozen emotions Uninspired Without Purpose Hopeless

FEAR

Threatened by attack Terrified Feeling Helpless Trapped
Tense anticipation about the future Fearing A Loss Anxious Despair
Tense about inadequacies Fearing A Loss of Esteem Vulnerable Exposed

ANGER

Angry at Self Irritated Frustrated Angry about unmet needs
Angry-Hurt Insulted Resentful Unforgiving Revengeful
Feeling Coerced Threatened Helpless Rage Blind Fury Aggressively Destructive

DISGUST

Repulsed Sneering/Scornful Disapproving Self-Loathing Guilt
Intense Shame—Feeling very unworthy . . . utterly unlovable . . . completely incapable
Dislike for a Person . . . for a Job . . . for a Place . . . for a Situation . . . for an Opinion

SURPRISE

Surprised by spontaneity Surprised by exciting novelty Surprised by any sudden change
Astonishment about an unexpected revelation Shocked by incongruity
Astonishment about anything unexpected—An Event, Person, Transformation

1. You could make yourself bored and depressed—by eating awful-tasting vegetables and lots of not-ripe-enough fruits. Or . . . you could decorate a recipe box and fill it with delicious recipes for veggies, low-fat, low-sugar salad dressings, fruits, and grains.

To encourage thoughts of healthy foods, name ten mouth-watering veggies and seven tempting fruits—Mouth-watering and tempting, that is, if you add delicious, low-calorie sauces.

Today: Find five wonderful sauces for vegetables and three for fruits today. Enjoy!

2. Be creative and make something today. NOT FUDGE! Make a bookshelf, a journal . . .
3. Link exercise to enjoyment. For example, dance the tango at a club with red walls, play games such as tennis or badminton with people who like to meet after the game. Close your drapes and exercise to music. Walk while listening to a Sherlock Holmes tape or lift weights with a friend.
4. Just as you say “No!” to a negative thought that is serving no useful purpose, and then substitute three positive thoughts to redirect your mind, do the same with negative thinking about changing your weight.

Today: Create a vivid, successful weight-change scenario that has three parts—a beginning, middle, and end. Then mentally say “No!” to images of defeat or backsliding that appear. Say “Yes, Yes, Yes!” to your positive visualization of health, happiness, and pride of accomplishment.

5. Tonight, when you get into bed, complete a relaxation exercise. Then, as you fall asleep, repeat a Dream Incubation Question in the same way that you might repeat a soothing sound or a mantra. For example, as you fall asleep the first night, you might silently repeat the question, “What is the main reason I am overeating?”

Then, the following night, you might ask the question, “What is the most important step I can take to change my weight?” Or, you might ask a general question such as, “What is the next step on my journey to health, happiness, and wholeness?”

Each morning, within the first ten minutes, write down and draw your dreams. As the weeks go by, vary your questions. For example, you might ask “What inspiring image will help me maintain my positive actions and thoughts during this period of weight change?” Or, “What foods should I avoid during this period of weight change?” And, “In order to change my weight, what foods should I eat more often?”

May Your Dream Wisdom Bear Much Good

Choose one of the five **preceding** ways to change your weight and explain how you will incorporate it into your weight-change plan.

What obstacles do you imagine could get you off-track?

Now, imagine how you will overcome these obstacles . . .

Draw a symbol or a scene which shows you carrying out your successful weight-change action. If you like, tell someone about what you have written and drawn.

Weight Change

Contact Karen for Dream & Life Coaching

Click below for more simple yet fun weight-change ideas.

- [Change Your Weight Using Right-Brain Techniques](#) — In harmony with a clear, logical plan, this intriguing workbook inspires insight and profound change through dream incubation, visualization, drawing, and intuition exercises.

Dreamwork

- [Top Ten Dreamwork Techniques](#) — “Your Guide to Happiness, Wisdom, and Purpose”
- [What Did You Dream Last Night?](#) — “Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind’s Answers Tomorrow”
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys

