

# How To Unlock Your Mind's Ability To Enhance Your Body

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## How To Unlock Your Mind's Ability To Enhance Your Body

Hi,

Thank you for requesting the free report on...

### *"How To Unlock Your Mind's Ability To Enhance Your Body"*

#### **Inside this report you'll discover:**

- How the magic of the subconscious mind will safely make your metabolism burn 'white-hot' whenever and wherever you choose.
- How to increase your motivation, develop new eating habits, and put an end to the control that fattening foods and beverages have over you.
- How to obtain a new way of thinking so you can overcome those nagging cravings for fattening foods.
- How to make healthy, nonfattening foods look, smell and taste better than ever before.
- How to lose weight easily, quickly and permanently without having to use your will power or diet.
- How negative emotions (anger, frustration, guilt, etc.) have control over how much, when, where and what you eat.
- How to supercharge your subconscious mind with special messages that make you want achieve your desire weight goal and stay there.
- How to learn to recognize your body's early warning signal of feeling full and content.

The information I'm going to share with you is exactly the same info that some US coaches impart on their clients and charge hundreds even thousands of dollars a session. However, they do guarantee the results 100%.

So why am I giving such valuable information away for free?

Simple, I am thinking of expanding my empowerment coaching company in this area and I've always believed in never expecting anything without giving something out wholeheartedly first...

**So this free report is my gift to you**, and I hope that you'll find this information valuable, so valuable in fact that you'll want to share it with your friends and relatives.

# "How To Unlock Your Mind's Ability To Enhance Your Body"

By Shane James and Scott Paton

We all have a dream, we all want to believe deep in our hearts that we can do it, we can make that mental switch that will go click, and we will turn on our motivation, desire, and persistence towards our weight goal.

We all have that image, that perfect image that dances in our minds daily. The image of what we want to look like physically, how we would love to feel emotionally, yet some of us have been through so much we can't continue to strive to achieve that goal.

For those of us that have **TRIED EVERYTHING** under the sun from walking, running, weightlifting, cardio, diet pills, diets, nutritious foods, high protein, low protein, high carb, low carb and so on and so forth ,it almost seems like that **NOTHING** can help us achieve that physical image.. and we get tired, frustrated and disillusioned.

For us that image of the perfect body is becoming more and more blurry, maybe that image is only there sometimes.. maybe it's so distant that it's a faint glimmer in the back of our minds. So we forget it from time to time and decide that it's ok to have that donut, or that double chocolate fudge Sundae... and sometimes give up on our desired perfect picture of ourselves.

Sometime something snaps in our mind and we say, "That's it!! I'm going to do it this time! No questions asked! I'm going to become that wonderful image in my mind come hell or high water I'm going to do it!!!!" and with that, off we go again to slay that dragon called hunger, that serpent called procrastination and off to the battle again low fat, high fat, no carb, low carb, salads, chicken breast, white rice, jog 3 miles a day, daily work out...

I believe by now you get where I'm going with this.. Then a couple weeks go by and the excuses start.... "oh my arm hurts.. so I'd better lay off the cross trainer today".. "got to take it easy you know, can't hurt that arm, and come to think of it.. I ate really very low fat stuff today.. I can go across the street after my workout and buy that chocolate bar.. besides I deserve it I've done so well this past 2 weeks." The next morning comes along and it's like "oh.. I think I'll take a break today.. I won't go to the gym.. I'll go tomorrow and I'll work twice as hard!"

Does this sound familiar? It seems not to long ago this was the situation I was in. Over and over again, for years I couldn't break the cycle. Weight on, weight off, non consistent results, same thing over and over, with not a glimmer of hope of change in site.

So what's the problem? Is it lack of motivation? Is it lack of desire, genetics, low

## How To Unlock Your Mind's Ability To Enhance Your Body

metabolism? Funny thing, we are always looking to lay the blame on something that is out of our control, outside of us, things that we can't be at fault for.

It makes us feel better to know that the reason we aren't successful is because it's out of our control, and there is no way that it's us, or our own issues causing the yo-yo weight condition.

**--- This next point is worth its weight in gold ----**

The \$33 billion dollar weight loss industry supports the belief of you not being in your control of your weight as well!! Hundreds of thousands of many "Qualified Professionals" Doctors, specialists say that most weight problems are due to reasons beyond the control of the individual.

Wouldn't you say the same thing? if for each person out there trying to lose weight, you could come up with literally thousands of different products and services to assist them in ratifying a belief that their weight problem is something out of their control. What do you think the result of that would be?

A \$33 billion dollar industry that grows every year by feeding on the lack of results off the very same people that they are claiming to help!!!!

\*\*\* Later on in the report I will reveal to you what they aren't telling you. If they told you, anything you chose to use would work for you regardless of what it was!! The only difference would be is if it's something you'd want to do for the rest of your life or not.\*\*\*

The truth is that unless there is some severe medical condition, the only difference between being overweight and not being overweight is how many times you have DECIDED to put something in your mouth, and what you have DECIDED to put in your mouth, as well as how often you get off that couch and out the door.

That's it! That is the secret.. it's not that easy though because the decision making process is the problem.

Why did you decide to eat that? What is it that you did in your mind that caused you to make that choice? Why do you seem to make similar choices on a daily basis? What's so special about a donut as compared to a simple green salad? And if you ate that donut why didn't you get off the couch to allow you to burn off the extra calories that you consumed? Why is it better to sit and do nothing than to get up and be active?

These are some of the questions I ask my clients to get down the mental strategy they use to make the choices that they make on a daily basis.

Think about it! If you made different choices, your physical appearance would be

## How To Unlock Your Mind's Ability To Enhance Your Body

different right? The only reason you don't look the way that you want to is because of your daily choices! "Ya right !!! It's not that easy! I'm not in control of what I like and don't like, it's just me!" (Well you'd be surprised! Keep reading and you may change your mind.)

A choice is based on many factors, most of them unconscious. If you were to consciously decide what to eat, it wouldn't be logical to make the choices you make, so you wouldn't make them.

What I'm saying is that some of your choices are emotional!! They aren't logical, Think about it.. how logical is it to eat a 14 ounce steak and prawns at 9:00 at night when you know your body wont be able to metabolize it by the morning???

"Ya Right! But I can't control that, when I'm hungry I'm hungry" of course! and I agree that you need to feed your body whenever it's hungry.. But here is a very important distinction, you need to learn to understand the difference between being hungry because your body needs it, and being hungry because of an emotional need. Wouldn't you agree?

\*\*\* For those of you who think that you know this information so far, do yourself a favor, keep on reading and you'll see that it will result into something that you never even conceived of. This will help you more than you can possibly imagine. and you'll want to get started right after you're done reading this report!! \*\*\*

So how do we make the distinction? Well before I go into that I'd like to spend some time giving you a brief overview on how the brain works, and how does that ties into our decision making process.

The easiest way to explain it, is to first explain to you what some of the prime directives of your subconscious mind are.

These are to:

1. Preserves the Body
2. Is a servant that likes to follow orders
3. Is Symbolic
4. Does Not Process Negatives

### **The Prime Directives Of The Subconscious Mind**

#### 1. Preserves the Body

One of the most important directives of the subconscious mind is to preserve your body. What part of your mind do you think is in charge of making sure you breathe? How about

## How To Unlock Your Mind's Ability To Enhance Your Body

blinking to keep your eyes moist? Even beating your heart so that you stay alive? That's right it's your subconscious. When is the last time you consciously took a breath? or beat your heart? You don't have to, your subconscious mind is in control of all of that. If you don't believe that, lets see how long you'd be breathing if you didn't have a brain.

So don't you think it would be in your subconscious mind's best interest to assist you in remaining slim and healthy? Of course it is, if you gave it the right instructions... The next point illustrates that nicely.

### 2. Is a servant, and likes to follow orders literally

Your subconscious mind is like a 9 year old child ready and willing to follow any and every one of your mental orders without question or criticism.

What kind of instructions is your internal dialogue giving it on a daily basis?(More on that a little later on in the report.)

### 3. Is Symbolic

Just like all the directives, I could literally write books and books on this one concept alone. Just know that everything in our emotional, physical and spiritual environment has a corresponding mental symbolic representation in our subconscious. Have you ever heard anyone use analogies as they talk? "This is a sticky situation" " That rings a bell" " I feel like I'm swimming against the current".

This is just a sampling of millions of examples that I hear on a daily basis. This indicates that we are referring back in our minds to an experience and we are describing it in our language.

\*\*\* Language plays a huge role, and we'll discuss it further down in the report. \*\*\*

--== Does Not Process Negatives ==--

Can you do me a favor just for a moment...

---- **Don't Think Of A Blue Tree!** ---

So what are you thinking of? That's right you are thinking of a blue tree. Hey!! I told you not to think of it! Why are you thinking of it if I told you not to think about it? While your at it, try not to think of a rhino in a tutu playing a banjo. Hehe well I have to have some fun don't I? We can't be to serious..



\*\*\* What the heck does all this have to do with

## How To Unlock Your Mind's Ability To Enhance Your Body

weight loss?? \*\*\*

Stick with me and you'll start making some connections very soon. Remember before, when we discussed that it's the choices that you make that determine the food that you put in your mouth. Well your subconscious plays a HUGE ROLE in your choices... So if we are to study the prime directives of the subconscious mind we'd discover some interesting things.

First: Our subconscious mind is in control of our body. So if we can communicate to our subconscious correctly we can actually help it assist us in making biological changes that are needed to activate certain chemicals to assist in the weight loss process!! I have a great example that will illustrate this in a moment.

Don't for a second think that I'm saying that you'll be able to think yourself thin that doesn't work!! I know from first hand experience.

Second, Our subconscious mind follows orders literally, meaning if we are to say in our internal dialogue "It looks like I'm gaining more weight" even if it isn't true, our subconscious would take it as a literal instruction to create the necessary biological environment to assist in the creation of more weight.

\*\* You must imagine the next paragraph vividly in order to get the point \*\*

Just for a moment imagine you're walking into your kitchen, as your walking into your kitchen, you may hear your footsteps as your feet hit the floor. As your walking I'd like for you to walk up to your refrigerator... now in your minds eye open the refrigerator door.... as you open the door, you may feel the resistance of the fridge door magnets disengaging... and when you open the door, you notice the cool air coming outside of the refrigerator... and as you scan through your refrigerator your eyes fall upon a huge ceramic bowl of bright yellow, plump, juicy lemons.

In your minds eye just go ahead and grab the top lemon, or the biggest one from the pile.. and as you grab the cold lemon from the pile you swing the refrigerator door closed... and hear the all to familiar sound of the refrigerator door magnets engaging, signifying to you that the door is now closed... Go ahead and imagine yourself walking up to your cutting board.. now set the plump cold lemon down.. and go to the drawer where the knives are.. open the cutlery drawer, and choose your desired knife... then proceed to close the drawer and walk back to the cutting board.

Use one of your hands to hold the lemon steady as you lift the hand with the knife, now cut the lemon in half.. you may feel the cold lemon juice squirt on your hand as the lemon is sliced in half.. now go ahead and grab the biggest brightest half of the lemon in your hand and raise it to your nose so you can smell the sweet citrus smell of the lemon... Then



## How To Unlock Your Mind's Ability To Enhance Your Body

proceed to put the lemon to your mouth and bite into the lemon.... feel the cool juice as it drenches your mouth with that extremely sour yet cool and refreshing taste of citrus ...

The saliva in your mouth increased significantly didn't it? And your face probably scrunched up at the thought of that sour taste in your mouth right? Can I ask you a question?

Was there really a lemon? Were you really in front of your refrigerator doing all that? The answer of course is no. So why did the saliva in your mouth increase?

The answer is that your subconscious mind can't tell the difference between what's real and what's vividly imagined. So therefore you subconscious reacts in the same way it would if it were in that situation for real. In this case, the saliva in your mouth increasing, because of the vivid description of the process of biting into a lemon..

WOW!!! Now I don't know if you get what I'm trying to illustrate yet but this is one of the most significant things that you can use in your quest for achieving your desired weight goal.

Think about all the instructions we give our mind on a daily basis, "Do I "LOOK FAT" what's the command to your subconscious? "I just can't LOSE WEIGHT" "I have a SLOW METABOLISM"

What is your mental picture of yourself? Is it you being slim and trim? Or are you looking the way you look now in your minds eye? My guess is that if you are to consciously make a picture right now you'd be quite surprised as to what you would see. If you are seeing a slim and trim person in your mind, GREAT keep it up!! In a few moments I'll teach you a way to supercharge that image so that your unconscious will create the desired biological environment for you to get fast, safe and effective results...

So do we now agree that the subconscious mind plays a big role in your body's biological responses?? The lemon should have proven that to you.. If your thoughts can actually create saliva in your mouth.. what can you do with things like, your metabolism?? Is it a far stretch?? No way Jose.. If I asked you to experience the feeling of going up in a roller coaster in your minds eye, I'll bet you dollars to donuts that your heart would start pumping faster.... What makes your heart pump faster??? What biochemical reaction creates this condition in your body??

This is HUGE!!! think about it... You can actually control your body's biochemical responses just by your thoughts...

So let me show you a thought process that's proven to turn up your metabolism... ready??

## How To Unlock Your Mind's Ability To Enhance Your Body

### **WARNING TURN UP YOUR METABOLISM SLOWLY!! I'M SERIOUS!!**

Ok.. now I want you to say in your mind.. ."My metabolism level" and imagine a dial that goes from 0 to 100 in your minds eye... Got it? Good now look at that level what number is it at? (This is an advanced form of bio-feedback that is adapted from Dr. Richard Bandler's DHE processes) now mark down that number.

Current Metabolism Level:\_\_\_\_\_

Now begin to dial it up SLOWLY.. one number at a time... and as you do this I want you to imagine in your minds eye that your metabolism is burning brighter and brighter as the dial goes up... When you reach the required level, your subconscious will let you know, and you will know as well because you may find yourself feeling hotter all of a sudden.... " (Some of my clients have experienced slight perspiration, that's ok) just don't to it to fast like I said and don't go over the required level.. you'll know cause you won't feel hot anymore you're just not going to feel very good.. if that happens.. slowly turn it down the mental dial and the brightness.. till you feel comfortable again...

Now write down your "Required To Become Slimmer Level"

Required To Become Slimmer Level:\_\_\_\_\_

Now remember that number.. because wherever and whenever you are in your process of wanting to become slimmer you will want to always have it at this level.. If you make the mental picture of the dial and it's not at the required level then you need to SLOWLY put it back up to that required level.

**\*\* This is a extremely powerful technique so please be careful \*\***

Remember folks this is just the beginning.. You aren't going to become slimmer just by doing this.. but this will create a biochemical reaction in your body that will cause your metabolism to be at it's optimum level.

**\*\* Also in my one-on-one sessions with the clients that need it, I have first assisted them in releasing emotional garbage from their subconscious, using Time Line Therapy Techniques (Psychologists in Croatia have been taught these techniques on a national level to relieve Post Traumatic Stress Disorder in their patients) \*\***

So now I don't know if you've noticed or not but I've changed the language from "Lose Weight" to "Become Slimmer" why do you suppose I did that?

The fact is that all language creates mental representations in your mind, therefore it's sort of like a mental command to your subconscious.. meaning that if I say "LOSE WEIGHT" your sub-conscious might as well be hearing "LOSE, and WAIT" get it? Back to the prime directives of the subconscious mind.. It follows orders and it takes things

## How To Unlock Your Mind's Ability To Enhance Your Body

literally... So from this point forward, and from now on make a promise to yourself that you will begin to use language that creates mental representations that are supportive of your desired result. Like "BE SLIMMER" "BE HEALTHY".

Remember the fact that your subconscious can not process negatives? I want to make sure that you don't BECOME SLIMMER, and that you are not VERY HEALTHY as you do it..hehe sorry I can't help it.. I enjoy giving positive suggestions in a negative delivery... (Must be the NLP training, more on that later....).

You see we want everything working for us as we begin our quest to BECOME SLIMMER and stay there.

So far we've covered two points that will assist our mind set and intern create the necessary biological environment to create change....

Point 1: Turn up our Metabolism

Point 2: Use language that will assist in becoming slimmer.

So once we've reached this point we can congratulate ourselves, because I believe in thoroughly recognizing achievement. The reason this is so important is because the better we feel about our achievements.. the more positive feelings we attach to our accomplishments, no matter how small, our neurology will begin to like to feel good, all the time and therefore, we'll create good habits of doing this at a subconscious level.

So if you do it long enough consciously, your mind will learn that this is very pleasurable process and therefore, create this mental environment automatically... And you're body will always be running at the optimum level that it requires. Cool!!!

So take a break.. put down this report right now.. and go outside if you can, and take in a few deep breaths.. it always feels really good to do that... and sit and relax for 15 minutes. and become aware of the physical changes that you might be experiencing right now....

Welcome back.. .How do you feel? Good? Or Great?

Now lets get back to business...

How do we increase our motivation, to develop new eating habits??

Well how do you think you'd eat an elephant? The answer to that is ONE BITE AT A TIME.... meaning that we must take small baby steps towards creating motivation.... Usually people jump in with both feet. That rarely works.. it's to much of a shock to the system and you can only keep it up a little while!!

The common way of personal motivation usually is to imagine the worst possible things, the worst possible situation and wait till the feeling gets so bad that the pain is so great

## How To Unlock Your Mind's Ability To Enhance Your Body

that they are motivated to do something or something bad will happen..... Although that works.. in my opinion it creates the YO-YO syndrome. Because your subconscious always strives to give you what you imagine, don't you think that eventually you'll get the thing you're thinking about? So if it's negative.. you'll counter all the hard work you put in.. Poof.. back to square one..

If you are doing that STOP IT!!! stop it now... the reason is your giving your subconscious mental pictures that will cause you to remain the same, or even get worse.. so please, please, stop it!! I promise I'll give you a much more natural way of motivating yourself that's totally inline with your intentions and actually gives you AWESOME feelings so you can't wait to go go go.....

I don't have the time in this report to get into the mechanics as to why this works.. But you'll find that for the majority of people this creates so much motivation, you wouldn't believe it!! It's a process called "meta-yes" and it was created by Dr. Michael Hall PhD. within a process called meta-states.

Dr. Hall discovered that in order to create lasting motivation, we have to create a belief around the fact that we will achieve our desired outcome.. Meaning that if you believe you can achieve, you will.. So how do force a belief? Consciously and unconsciously? We'll do it the way your brain naturally does it of course....

I believe if we make a mental picture of what we desire to achieve and then use Dr. Hall's meta-yes process we actually create a belief and that will create lasting motivation!!!

Here's the process:

1. Create a detailed mental picture of what you would like your body to look like.
2. Now as you hold that mental picture in your mind's eye, say to yourself in your mind, as loud as you can... YES !! YES!!! YES!! YES!!! Five, ten, fifteen times.. Progressively getting louder and louder in your mind.. You'll find that at some point it will feel so real for you, that you'll actually feel that the result is going to be inevitable.
3. Make a mental representation of the process needed to get to the desired end result.. and do the same thing.. YES!! YES!! YES!!! YES!!! until you feel like that process is also inevitable... Example.. Imagine.. Getting on a treadmill and feeling great! then once you have that clear picture in your mind's eye... Say YES!! YES!! YES!!! louder and louder in your mind until you feel that it's inevitable and you're going to jump on the treadmill and feel great about it no matter what!!!

What's happening here is that you're basically programming your mind to create a belief around feeling good while your working out.. This is exactly what athletes do, at an

## How To Unlock Your Mind's Ability To Enhance Your Body

unconscious level yet they don't realize it.. I realized this about slim, athletic people, because they say things like .. "I can't wait to go and workout.." "I feel so good working out.." and even better after my workout is complete.. "I have a total sense of accomplishment.."

You see in order to say these things, they must be making positive, and exciting mental pictures about working out, otherwise they would never talk that way about their workouts!

So the way to create motivation and create a good habits is to believe at a subconscious level that you'll feel great doing it!

\*\* Although some people need individual help to achieve this, I find that most people can just use above technique and get great results. \*\*

" is it really possible to make healthy, nonfattening foods look, smell and taste better than ever before?"

Yes, remember the only reason you can differentiate between something that tastes plain and something that tastes good is because you make a mental comparison. Think about it, how would you know if something tastes good or too plain if you had nothing to compare it to ??? You'd have no Idea.

One of the many processes is just to make a mental comparison that compares something plain tasting to something that tastes even more plain.. or better yet.. to something that tastes disgusting to you..... You see if you direct your focus differently, you'll get different results.. Eg. If I know that I'd like to make salads taste better, I'd consciously compare it to swallowing a table spoon of cod liver oil....

"Yuck!! Give me a salad any day of the week" you see what I mean? If you were actually to sit down and force yourself to make that comparison, you'd actually enjoy the salad, because the mental comparison automatically creates and adds more flavor to the plain tasting food, because you'd mentally rather have a plain salad than pure cod liver oil, Yuck" unless you like cod liver oil, then just use something you don't like.. If you can't think of a food that you don't like.. Go more abstract.. compare it to eating dirt...

You see where I'm getting with this don't you?

That brings me to my next point, of how to become slimmer easily, quickly and permanently without having to use your willpower or diet.

Listen, if you were to just do the above processes don't you think it's logical that as a result you could become allot slimmer?? (Of course this requires you to DO the processes above).

Lets think about this for a moment.

## How To Unlock Your Mind's Ability To Enhance Your Body

Point 1: Turn up our Metabolism

Point 2: Use language that will assist in becoming slimmer.

Point 3: Create better habits by creating consistent motivation.

Point 4: Make better food choices because now we can make plain food(Not plane food, I don't think any process I can come up with make that taste good) taste better.

I feel that for most people (unless you feel you need personal attention) the above points are enough to get you to your desired goals... However for you those of you that are still skeptical... I'll throw in the last 3 points as well as what the weight loss industry isn't telling you.. Consider these bonus points.

I have found that sometimes negative emotions (anger, frustration, guilt, etc.) have control over how much, when, where and what we eat. The reason this happens, is because these negative emotions, take lots out of us, and in that process leaves us feeling empty inside. As long as we feel these negative emotions we feel like there is big hole inside, that makes us feel bad.

In order to TRY and fill the hole, we fill it full of food, however what we don't realize is that this hole is actually an emotional hole and no amount of food will ever permanently fill the whole. When we can begin to realize this, and release the stronghold that these negative emotions have on us.. only then will we be able to make a distinction in the difference between real hunger, and emotional need.

Unfortunately to explain that process it would take several more reports like this one. However to assist in the release of negative emotions I use Time Line Therapy created by Dr. Tad James. As I said before, this technique is used to release post traumatic stress disorder. If you'd like to discuss it more leave me a message on the voicemail and I'll get my secretary to setup a time with you so we can discuss it.

As for the last point, have you ever had a song get stuck in your mind that plays over and over and over again un till it drives you absolutely batty? Well this is a really cool technique where if you use that concept it will actually assist in your path to becoming slimmer...

The technique is quite simple.

1. Think of a song that sticks in your mind.
2. Make it stick, and stay there
3. Now replace that song with positive messages, like "Be Slimmer" "Feel Healthy" "Feel Energetic" over and over and over again daily! Make those songs useful for you.

The concept behind this method, is that if your brain is fully capable of creating a song that sticks in your mind, you can use this natural process to program your subconscious with your end result easily and effortlessly.

How about making your desired outcome play over and over and over in your mind?

## How To Unlock Your Mind's Ability To Enhance Your Body

What will those messages do to your subconscious?? Think of how powerful just this one concept is!!!

Well, I believe that this is the missing piece that the \$33 billion dollar weight loss industry has failed to give everyone. They are very keen on giving you all the external machines, pills, diets etc. etc. but they forget to tell you that your daily choices determine your outcome in everything that you do!! If you don't choose to change your situation you never will! No matter how fast, good, quick, awesome any product is!! By employing these techniques, you now have a mental advantage that you may have not possessed before...

You just need to remember one thing:

**\*\*\*\* All Lasting Change Begins On The Inside First \*\*\*\***

I'm reminded of a story, of a young man, that was told that up on mountain behind his house, there is a old weathered, beaten down little shack. In this shack there was said to reside the most wisest man in the world.. This peaked the 20 year olds curiosity, and he wondered what made him the wisest man in the world.

Being one of the most smartest kids in his graduating class he thought that it would be interesting to challenge the old man and see if he really was a wise man. He set off to climb to the top of the mountain where he would find the wise man's shack. Before he left he grabbed his little budgie and held it in his hand. When he arrived at the door, he knocked with his empty hand.

The door opened, an there stood a short, long bearded, old old man that looked at him with a thin watery eye. He said "How can I help you?" "I'm told that you are one of the most wisest men in the world sir" he replied, With a smirk the man looked him and said... "Huh, imagine that!" And with that the boy opened his mouth once again and said, "Hey old man, I have in my hands a budgie, can you tell me is it dead or alive?"

The wise man new that if he gave the answer that the budgie was alive, the young boy would twist it's little neck. And if he said it was dead he'd open his palms and let the bird fly away. So without hesitation the wise old man smiled, looked at him and said "My son the future of that bird, lies in the palm of your hands"

Much like that boy, the future effectiveness of the information that you have just read, lies in the palm of your hands...."

All the best,  
Shane James and Scott Paton

Web: <http://weightloss.podomatic.com>

Email: [weightloss@podomatic.com](mailto:weightloss@podomatic.com)

## How To Unlock Your Mind's Ability To Enhance Your Body

P.S. If you have a friend who would benefit from this report, please pass this on. Or they can get their own copy by going to... <http://weightloss.podomatic.com>

