

Can Meditation and Visualisation Help with Weight Loss & Diets?

Meditation is an important aid in the battle to lose weight. This is because meditation is relaxing and increases your awareness of yourself. Since it is focussed on concentration, it is quite unlikely that in such a state you will give in to bingeing. Apart from anything else, you become that much more aware of everything you are doing – and that includes eating.

Concentrate - it's important to weight loss. Meditation includes concentration on breathing, a technique you will be able to master with a little practice. Do not allow anything to distract you. In time, you will be so focussed that you will be able to avoid thinking about food. Select a word and repeat it like a chant so that you are completely focussed on it.

Keep at it until you can form an association with the word. Dwell on the link between the two words. Go back to your chant and seek another association. In time, you may be able to develop a better understanding of your eating problem.

Visualisation can motivate you to lose weight. Visualisation is another technique that works well with trying to bring about any kind of change – and that includes weight loss. In using this technique, you are literally trying to visualise the kind of weight you would like to have. This in turn sets up an unconscious association, which tends to act as a motivation for you to work towards achieving your ideal weight. This is considered particularly effective in combination with meditation. Use tools like photographs of your ideal body.

Action counts. The way to go about losing weight is to visualise yourself the way you want to be and keep telling yourself that this is how you are at present. Do this for 10 minutes every night and 10 minutes every day for the maximum impact. Of course, it stands to reason that if you do not do anything concrete towards dealing with your weight problem such as giving up fatty foods, no amount of visualisation will do the trick.

Nebulous concept? Although this process, and the way it works, has not been completely understood yet, it is rapidly gaining popularity for one good reason – it works! It is believed to be particularly effective in combination with meditation. So if you have a weight problem, perhaps you could try your luck and see if visualisation will work wonders for you!!

The power of Affirmations. In looking at the power of visualisation and meditation as pathways to weight loss, it's important to acknowledge the role of affirmations. Affirmation is the positive way in which you talk to yourself to boost your belief in what you are trying to accomplish. Use the words 'I am