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Law of attraction and weight loss - part 2

In [the Law of Attraction and weight loss - part 1](#) the basic concept of visualization was discussed.

Visualizations are images you create in your mind of the things you want to achieve. A visualization example that relates to weight loss would be to picture yourself with the slim, sexy body you desire. Perhaps as a beach babe for a female, or if you're male, an image of a ripped body that looks like an Adonis with women hanging off you because they find you simply irresistible. As discussed previously, the image you create must be appropriate to your height and shape. It's no good imagining yourself being 6'4" inches tall if you're only 5'9". Or having a body like Mr Universe if you don't have the underlying body shape appropriate to that image. We're not talking about body size here, we're talking about the underlying shape like, are your shoulders and hips the same width or are your shoulders wider, or hips wider perhaps.

If you are one of the many who experience difficulty imagining the body you want, you could picture yourself the way you looked before you gained the excess weight. Alternatively, you could imagine yourself with the same type of body as someone you admire like a friend or celebrity who has the same body shape as you.

Find a picture online or in a magazine of the type of body you desire for yourself. Cut it out or download it and overlay your face over the face in the picture so it's your face on the body instead of the original then place that picture in a prominent place. While this may sound strange, oddly enough it works.

After creating an appropriate image you must work yourself into that image on a daily basis. Visualization works best if you allocate a set amount of time, 2-3 times per day to fix that image in you mind. Over time, this will bring the image out of your subconscious and into your conscience mind.

It is important that you try to avoid distractions while you do this. Find a private place where you won't be disturbed. If you're at work you could go into the bathroom or the stairwell or even the broom closet, as long as it's quiet. Try to spend several minutes doing this each time. Initially, doing this can be difficult but in time it becomes habitual and easy, just persist with it and after about a month it won't seem like such a chore.

You can even target specific body parts one by one. For an example you could visualize those chunky thighs slimmed down to 36 inches. Or the "bubble butt" reduced to two firm, well toned cheeks in a pair of speedos or a bikini bottom.

Here's one last tip to boost your law of attraction and weight loss plan. When you're performing normal daily routines, speak affirmations, audibly or silently such as "I am so thankful that my body is thin and attractive" or something similar. Keep it positive and current... not something way off in the future. Say "I am"... NOT "I will be".

Some people find this extremely difficult. But you can print write your affirmations out on a card and place it on your desk or carry it with you. Whenever you feel weak and start doubting take it out and read it to strengthen your resolve. Over time you will discover that those moments of weakness become further and further apart. It's also great to have the image of you with the body you want on that affirmation card because pictures are extremely powerful ways to break into your subconscious.

While I'm sure you understand that you won't achieve your new body overnight. But by using the law of attraction and weight loss together it can happen much faster than you expected.

If you have not already done so, we recommend that you read [the Law of Attraction and weight loss - part 1](#) to gain a full understanding of how the Law of Attraction and weight loss can help you

You can also find this article published on [Law of attraction and weight loss - part 2](#)