### Introduction to Meditation

<http://danettemay.com/intro-to-meditation/>

It's time to radically change the way we see our bodies, and to actually see

Results. There are hundreds of thousands of programs out there, that promise to

give you the body of your dreams. Eat this or do that and you will look 20

pounds lighter

We're noticing that everyone has a quick fix to our body woes. What each program is failing to do, is tap into your subconscious mind.

You see, as long as you're eating healthy foods and working out your body, but still live in a fat body in your mind, your body is going to lose the weight, but eventually gain it all back. Sometimes even more.

You may have already experienced this multiple times. Science teaches us that we must change our subconscious mind, the part of the mind that holds our beliefs of who we are, in order to achieve our desired result.

This is for anything in our life, our relationships, our finances or what I'm going to help you shift, your body and weight goals. Most people trying to lose weight have failed not from a lack of trying, persistence or hard work. They fail because their subconscious mind is still in a fat, overweight, flabby, big Butt, fat genetics, craving body.

For example, if your self-image or belief is, “I'm overweight”, you then make that

decision, “I'm going to go on a diet once and for all.” And you move into action and

start losing weight.

You go on a low-calorie diet, you may or may not be spending hours working out, but you start losing weight, you eliminate all chocolate, breads, etc. thinking they’re what

is making you fat, but the truth is they aren't.

The self-image you have about yourself is what determines what you see on the physical body. And it's manifested by the fact that, despite your going on a diet and working out for hours at the gym you still aren't losing weight, or if you did, you have gained it all back within three months.

When a person who is overweight goes on a diet without altering their self-image, any

weight loss will be temporary. The “I'm fat or overweight image” is programmed in

the subconscious mind and will make your body respond and obey, realigning what the

mind views, and the weight that was lost is found again, manifesting on your body

thus you gain the weight back

You are programmed to find what is lost and you look at the scale after you lost weight and you say to yourself subconsciously, “That's not me. How did I get here?”, and the weight creeps back on.

If you're going to change the weight you have to change the paradigm

As you'll see on this program you'll not only get powerful recipes and movements, but we’ll shift your paradigm to align with your body image goals.

Each meditation is just as important as what you put in your mouth, and how you move your body. It all works synergistically to create the body of your dreams. Just as you

designate time for your workout, you'll also designate three minutes each day to your body image visualizations.

This will be by far the most important three minutes of your day. No long meditations.

I will be teaching you how to mind hack your way to the sexy energized body you dream about. Isn't it amazing that all you need is to spend three minutes each day following my mind meditations to finally have the missing piece to your success?

I'm beyond excited and happy to share this with you, and unleash all the pain and frustration you have been feeling for years. Each week you'll get a new meditation. I suggest listening to it every day and following along, right before or after your workout.

Movement has a powerful way of shifting our mental state, by declaring and visualizing what you want and then following up with action, like your workout. You're declaring to your subconscious mind that you believe in the new body image you're striving for.

It's very, very simple. Find a place to be, you can lie down, sit, or go outside for a walk, the point is not to be distracted by others. Listen and follow along with the daily meditation, and soon you'll understand just how powerful your mind truly is, and be standing in a beautiful sexy body.

Let's get started.