



MindArt^ä

A Process to Educate and Empower the Individual to Achieve the Body's Ideal Weight

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What is MindArt™?

The “mind” is a powerful, ambiguous phenomenon. Most of us acknowledge that we have a mind, but are at a loss to describe its abilities and attributes, how it is used, or where it is located in relation to the body. Philosophers have debated the issue for many millenia. Many scientists deny its existence, claiming instead that all thoughts and mental imagery is an effect caused by the neurochemistry of the brain. The fact is that science is presently too rigid to understand the true source of mental phenomena. The mind is a separate entity from the body. It uses the brain to perceive reality in three-dimensions and direct the functions of the body. You have probably heard the catch-phrase: “We only use about 10% of our brain.” This is not true. It is more appropriate to say “we only use about 10% of our mind,” since the mind, not the brain, is the source of thought, inspiration, emotion, creativity, and health in human beings. The mind represents a source of information-energy that is not well understood. Those who do understand its characteristics and abilities are at a great advantage. **MindArt™** is a process that educates and empowers the individual to transform the body through the natural abilities of the mind.

Individuals in the behavioral sciences tend to segregate the mind into functional units, including the id, ego, superego, unconscious, etc. While all divisions of the mind are arbitrary, it is useful for the purpose of this discussion to consider the mind as two phases, distinct but working in unison: the conscious mind, or the normal waking consciousness that you are familiar with, and the subconscious mind, the consciousness that most are unfamiliar with. The subconscious mind is the creator, while the conscious mind is the director. The subconscious mind effortlessly creates the physical body, atom for atom, through natural processes of incredible precision and complexity. The conscious mind directly influences the appearance and function of the physical body. Collectively, the mind creates and directs the appearance and function of the body.

All energy, or force, that is projected from the mind can be categorized as thoughts or thought-forms. Thought-forms are basically electromagnetic in nature. The subconscious mind is the source of this electromagnetic energy, and the conscious mind directs the organization of

electromagnetic energy into matter. All matter then, including your body, is created from units of electromagnetic energy and can be reorganized through conscious intent. This is the true meaning of “mind over matter.” **MindArt™** is based upon the principle that the body is organized and maintained through intent, and changing intent can literally change the body.

Think about some of the beliefs about the natural world mankind has held at some point in recent history:

- ◆ The earth is flat;
- ◆ The sun revolves around the earth;
- ◆ Life is formed through spontaneous generation.

The list could go on and on. In a few decades, it is likely that we will view another belief in the same light:

- ◆ The body is maintained and modified only through biological processes.

Based on mankind’s history of ignorant thought toward the natural world, would it be wise to discount the mind as the source of form, function, and health in the body? Not until there is unrefutable scientific evidence that it *is not*.

Your Body as a Work of Art

Your body is your most intimate work of art. It is a statement of who you are to the exterior environment. Your appearance is a faithful reflection of what you think you should look like. The following describes, in theory, how this happens; since this an informative report, and not a scientific paper, the model discussed below is highly simplified:

- 1) The subconscious mind projects a continuous stream of electromagnetic energy to the space encompassing the body. This energy then “slows down,” in terms of frequency or vibration, so that it can assemble into matter. This new matter “replenishes” the dead or decaying matter of the body. Thus, the body is continuously refined, although this process happens so rapidly that we perceive the body, overall, as a static creation.
- 2) During the period where energy “slows” to form matter, the subconscious seeks feedback on how to organize the matter. By default, the subconscious uses genetic information. Genetic information is contained, first and foremost, in the subconscious mind. The physical manifestation of subconscious genetic information are the molecules we call DNA.
- 3) The conscious mind has the ability to, within limits, reorganize matter to suit its own interests. The conscious of each individual constructs a mental image of the characteristics, proportions, and appearance of the body. Normally, this mental image is based upon the image seen in the mirror, resulting from simple genetics. In other words, the conscious perceives the body and then forms the mental image, reinforcing the use of subconscious genetic information. **However, if the conscious constructs a new mental image of the body, the organization of matter will conform to the new image, resulting in a new appearance.**

Thus, one can change the attributes of one’s current physical body through constructing a new mental image of the body. The new image can supersede genetic information and induce the subconscious to organize body matter to suit conscious intent. The success of this process depends highly on the intensity and proper construction of the new mental image. **MindArt™** is a process that teaches you how to successfully create a new mental image of your body. No particular belief system about the mind is required to perform this process. Whether you believe the mind is a manifestation of a higher being, an attribute of the individual, or doesn’t exist at all, the same results can be achieved. Your beliefs about your body, however, are very important. Often, we try to be optimistic about our appearance while masking our true feelings of despair. You must confront, examine, and eliminate such feelings for this process to be successful.

Achieving Your Ideal Weight

While there are many potential applications of **MindArt™**, this report is tailored to a discussion of how to achieve your desired weight. We all desire an attractive appearance. Feeling attractive and achieving a desired weight usually go hand in hand, unfortunately. Achieving an ideal weight, however, should not be undertaken with the intention of conforming to societal norms of attractiveness, but for personal satisfaction and function. This takes a considerable amount of self-honesty. A 175-lb. woman, for example, may feel her ideal weight is 150 lbs., not 100 lbs. like the women she sees on television. A 180-lb. man may feel that he would like to be a more muscular 200 lbs.

Like any weight-loss program, then, it is important to set realistic goals. Yet there is an inherent problem with other weight-loss programs, and dieting in general. These diets and programs assume that, in crude terms, “you are what you eat,” or your weight is highly dependent upon your intake of food. This is a great misconception, one that keeps the diet industry in business and quite profitable, and one that sets up great disappointments for people. The reason these programs often do not work is that the new mental image is not constructed. The body will, regardless of the decreased intake of calories or saturated fat, tend to return to the old mental image maintained by the conscious. In technical terms, the organization of body matter is dependent upon electromagnetic energy (mental image), not chemical energy (food). Diets usually result in temporary weight loss for this reason, causing unnecessary stress and unhappiness to millions of people. However, sometimes diet programs are successful in producing permanent weight loss; in these rare cases, a new mental image is constructed, although the individual may not be aware of such. Since this is the exception rather than the norm, most people struggle to understand why these programs don't work. Most of these programs lack the most important ingredient to weight loss or achieving ideal weight, conscious construction of a new body image. As you will see, **MindArt™** does not require a diet or exercise program. Once the mental image is constructed, achieving your desired weight is natural and effortless.

There is another common misconception that we sometimes accept and believe to be true, set forth by the scientific community. It says, “certain people have a predisposition for obesity, caused by genetics.” This is comforting to many because it places the blame for their overweight condition on nature, out of their control. It also renders these individuals hopeless. *Yet even if obesity is a genetic condition, you can still achieve your desired weight through constructing a new mental image, since the mental image, not DNA, is the template for constructing the body.* This argument contends that there are no biological impediments from you achieving your ideal weight, unless you believe there are. You may say, “my metabolism is too slow to effectively lose weight.” Such a belief will impede you from losing weight, even when you follow the **MindArt™** process, since it is a thought that limits the construction of a clear mental image.

It is only natural to bring a level of healthy skepticism with you as you begin this process. After all, you may have tried several diet programs with much effort and little success. Yet, it is important to remain open to the possibilities. It is also important to realize that *it is unnatural for you to weigh anything other than your ideal weight.*

Steps in the **MindArt™** Process

MindArt™ is a process to successfully construct a new mental image of the body. The new conscious image will replace the old, ineffective image, and set forth the translation of thought-forms into the matter of the new physical form. As you will see, the **MindArt™** process is both intuitive and easy. More importantly, it requires little time or effort, no self-imposed restrictions, and no finances. You don't need to see a before and after picture to be convinced that this process works. In fact, these pictures are one of the primary reasons other programs usually don't work, as great expectations often lead to great disappointments. Whether you're overweight by medical standards, just seeking to lose a few difficult pounds in “target areas,” or even trying to put on a few pounds, **MindArt™**, when properly used, will provide permanent results. The following 5 steps should be taken for achieving your ideal weight:

1) Elimination of Limiting Beliefs

Like everything in life, you need to approach this process with a good attitude. The success of **MindArt™** is highly dependent on your motivation and desire. Yet limiting beliefs can prevent even the most motivated of individuals from achieving desired results. One limiting belief, “my metabolism is too slow to effectively lose weight,” was discussed above. Others include “I am naturally overweight and there is nothing I can do about it,” “I will never be happy with my appearance,” and “losing weight is too hard.” Of course, the same applies to those who are seeking to gain weight. You can not construct a new mental image of your body if you consciously believe it isn’t possible to have that form. All limiting beliefs, therefore, must be eliminated. They shouldn’t be suppressed or buried, but acknowledged and replaced. Here is an example of one easy way to do this: in a relaxed state, think of all limiting beliefs you currently hold pertaining to your weight, and write them down on a piece of paper (sample worksheets are at the end of this report). Try to understand the origin of each of the detrimental beliefs, and why you have held to them. The reasons you have maintained these beliefs will be, almost invariably, direct experience. After you have examined your limiting beliefs, acknowledge that they are *former beliefs*, and cross them out. It is then useful to write a new beneficial belief next to the old, crossed-out belief. If your limiting belief was “I am naturally overweight and there is nothing I can do about it,” you should, for example, write “I have complete control and power to achieve my ideal weight.”

Writing a new belief down on paper is one thing, but adopting it is quite another. It probably took a few years or more to develop and adopt the former belief. Therefore, it is unrealistic to immediately adopt a new set of beliefs. You don’t need to instantly adopt the new belief as a truth. This will happen gradually, as you experience results. It is important, however, to acknowledge that the former belief is no longer effective (since you haven’t achieved successful results) and that you are open to the possibilities that exist with the new belief. Review the piece of paper each night before you drift off to sleep, as this will help in reinforcing the new belief.

2) Determining Your Ideal Weight

Determining your ideal weight takes a considerable amount of self-examination and honesty. The critical question is “what weight is ideal for you?” and not “what weight is ideal for appearing attractive to the society you live in?” As you know, you don’t need to have the figure of a supermodel or the physique of a weightlifter to be completely happy with your body.

Just as your body “knows” that it must increase respiration to compensate for oxygen depletion during exercise, activate the immune system when an unwelcome agent invades, and detoxify harmful substances in the liver, it also knows its ideal weight for performing its biological functions. It often gives the conscious mind (you) signs, in the form of health problems, that it would operate more efficiently at its ideal weight. The limiting beliefs held by the conscious often impede the body’s tendency to reach its ideal weight. Step 1 provided a means to eliminate limiting beliefs. Determining your ideal weight is different from envisioning your desired weight. For example, you may be 150 lbs. and wish to be 100 lbs. However, your ideal weight may be 130 lbs. Constructing a new mental image of your body at 100 lbs. can cause the same type of conflicts with your body and conscious that the present image at 150 lbs. provokes. The key is to discover the weight that is ideal for *both* the function of the body and is suitable for your own interests.

The following describes one method for determining this ideal weight: in a relaxed state, try to remember a time, since early adulthood, when you experienced excellent health *and* were happy with your appearance. Closely examine (mentally) the body you once had, and compare it with your present body. Do you presently have different features (i.e., excess body weight) from the former body that are necessary for biological functions? Are you content with these different features? If you answer “no” to both of these questions, then the former body you have visualized will serve as the template for constructing a new mental image. Of course, you may not be completely satisfied with the former body, and your present body may have certain features that are superior to the former. Thus, you should

select the features from both the present and the idealized bodies that suit your interests. *This is a valid exercise because you are using your own body, not the body of a supermodel or weightlifter, to construct the new mental image.* The memory of all former bodies you have inhabited are “stored” in the subconscious and are accessed through this exercise. On the same piece of paper you used to eliminate limiting beliefs, draw a rough sketch of your present body and label its weight below. Next to this drawing, make a sketch of the new body, with new proportions or features, and label your ideal weight below. Also label “target areas,” or locations where you specifically seek changes, on the sketch. You have now completed the creation of a template from which a new mental image will be conceived. Review these drawings each night before you drift off to sleep, with particular focus on the sketch and ideal weight of the new body. Sample sketches are presented at the end of this report.

Some individuals may not remember a particular time when they were both healthy and happy about their appearance. The exercise is slightly different in this case. Instead of examining former bodies you have possessed, you should envision the body you could have in the future. This is much like the athlete who projects the idea of success before action and then accomplishes the goal. Envision a time in the future in which you are both healthy and happy with your appearance. Use the same exercises stated above, including the comparison of the two bodies and the sketch of both. Similar results can be achieved with this method, although it is usually more difficult for people to envision the future than it is to remember the past.

3) Short and Long-Term Goals

Once you have dismissed limiting beliefs and decided upon a new body to strive for, you will want to set a timeline for measuring your success. You will not see instant verification that the process is working. The amount of time it takes to see results depends on a variety of factors, including motivation, clarity of thought, support from others, etc. Generally speaking, you should set two or three “monitoring points,” spaced several months apart. As

an example, my goal in using his process was to lose 10 lbs. after one month and a total of 25 lbs. after six months to achieve my ideal weight. These were conservative yet realistic short and long-term goals for myself. As it turned out, I achieved my ideal weight in less than two months. A major reason for these rapid results, I suspect, was the use of conservative goals. Conversely, if I would have set lofty goals and had not met them after the first month, the resulting discouragement would have likely slowed any further progress.

In general, the average individual can expect to lose or gain about 5 pounds per month, depending on the intentions. Therefore, a 200-lb. person whose ideal weight is 150 lbs. should allow at least ten months to reach this long-term goal. A conservative short-term goal for this individual would be a loss of 15 lbs. after 3 months. On the other hand, this individual may have confidence that he or she can lose more than 5 lbs. per month with this process. Once you have made a decision on your short and long-term goals, write them down on the same piece of paper as your new beliefs and body sketches.

4) Constructing the New Mental Image

You have now reached the point of constructing the new mental image of your body from the template you chose in Step 2. This step requires more effort and maintenance than all others. Fortunately, most of this effort will occur in the *dream state*, particularly the state between relaxation and deep sleep. It is in this state, sometimes called conscious dreaming, where awareness of thoughts, beliefs, and intentions is increased. You will use this state of heightened conscious perception to develop the new mental image.

The following gives sequential exercises you should use to construct the new image of your body:

- ◆ Review your new beliefs, the sketch of your idealized body, and your goals each night before you go to sleep, as discussed previously. You should do this for each night for at least the first week, and then periodically thereafter.

- ◆ For at least the first week, perform this simple mental exercise: after you close your eyes, take a few deep breaths to relax further, and imagine that you are continuing to review your beliefs, sketches, and goals. It is sometimes even useful to fold the piece of paper and hold it in your hand while you perform this exercise. Concentrate on this “mental review” for at least a minute.

- ◆ Next, focus only on the two body sketches. Envision these sketches gaining a three dimensional quality with your distinct personal characteristics. Again, one body is your current body and the other is the body you are striving for. Try to form these images as vividly as possible. This may take some practice, as it can be difficult for many to form clear three dimensional images in the dream state. Once you have formed both images, picture them coming together, with the image of the current body merging with the idealized image. The only image remaining then is of the idealized body, as it has effectively replaced the current body.

- ◆ Finally, allow yourself to enter this new body. This is not as difficult as it may sound. When we are awake we often look at our bodies and desire changes, even imagining that we have an ideal body. The purpose of performing this exercise in a relaxed state is that the brain’s frequencies are much slower than the normal waking state. The slower frequencies allow for reduced distortion or interference of the mental image, increasing the intensity of the image. An easy way to do this is to imagine that you are standing in front of your mirror, looking at your ideal body. Take a moment to examine it and experience the accompanying feelings of happiness and relief. Then picture yourself proceeding with your daily routine. Envision yourself at home and work. Pay particular attention to the way others respond to your new appearance.

In only a short period of time, these exercises will result in the construction of a new mental image of your body to replace the present image. Through the process of *electromagnetic induction*, the subconscious will immediately begin to form the image you have created. The

greater the frequency and the longer the duration of these exercises, the more quickly you will begin to see results. You are probably not used to performing such mental exercises, so do not be frustrated if you can not “see” the images initially. This will come with practice. You may think, at this point, that **MindArt™** is simply self-hypnosis, training the individual to make “suggestions” that the body conform to its ideal weight. This is not true – this process educates the individual to construct a new body image in much the same way that a contractor builds a home. Both create a tangible product. The difference is that one process uses the mind while the other uses the hands. See the sample worksheets located at the end of this report for assistance.

5) Take the Focus Away From Weight

The last step in the **MindArt™** process is to take the focus away from your physical weight. Continue to focus on the new mental image through the exercises provided above, but do not anticipate the results of these exercises. Your body will naturally conform to this new image, but if you are too eager your progress can be delayed. In other words, do not step on the scale and weigh yourself every night. In fact, try to restrain yourself from stepping on the scale until you confirm your short and long-term goals. *If you did continuously check your progress, not only could you become disappointed quickly, but also your conscious would resume its concentration on the present physical body rather than the mental image of your idealized body.*

During the day, go about your normal routine and forget about anything dealing with your weight. As previously discussed, this process does not require exercise or dieting because it creates changes on a “deeper” level than other programs that alter biochemistry. If you currently consume 3,000 calories per day, for example, you can continue this intake and still achieve results. Although you may elect to begin or continue a regular routine of dieting and exercise, it is important to realize that the construction of a new mental image governs your success of achieving your ideal weight. While dieting and exercise are important in their own right, they do not directly affect the *source* of your body’s appearance and weight.

It may take several attempts to achieve your ideal weight simply because many are not used to examining beliefs or working in the dream state. On the other hand, your ideal weight could be attained in a few weeks. A lot depends on your initial reaction to this information. Some of you will think that this is very simple and have no problem constructing the new image. However, some of you will find it difficult to perform these mental exercises without verbal guidance. If you feel this way, it is a good idea to record the **MindArt™** steps on a cassette tape and play it while you are performing the exercises.

Once you have reached your ideal weight, maintaining this weight permanently requires routine (i.e., weekly) visualization of the mental image you have constructed and attained, as well as a review of conscious beliefs. If you begin to deviate a few pounds from your ideal weight, you probably have chosen a weight (in Step 2) that is slightly different from your body's actual ideal weight. In this case, there is no reason to repeat all of the **MindArt™** steps. However, if you begin to lose or gain a significant amount of weight (i.e., 10 lbs.) after achieving your ideal weight, you should repeat the **MindArt™** process. This can happen when you become too "comfortable" with your appearance while ignoring your duties necessary to maintain this body (periodic review of beliefs and reinforcement of mental image). Once you have experienced results and **MindArt™** becomes a permanent part of your belief system, you may find that you no longer need to perform the steps to further manage your weight. For example, several months after achieving my ideal weight, 155 lbs. (and maintaining my weight between 154 – 156 lbs.), I decided that I should really weigh 160 lbs. (my weight in high school). This decision was made while I was standing on the scale. In less than 48 hours, my weight increased from 155 lbs. to 160 lbs., without increasing my intake of calories, and my weight has remained at 160 lbs. since. I would like each of you to reach this point, for it is a liberating experience when your mind and body are in such "harmony."

Limitations and Other Applications of **MindArt™**

There are common sense limitations to this process. You can not visualize yourself two feet taller and expect to achieve this if you were never that tall. You can not perform “mental plastic surgery” to make major improvements to bodily features. If you lost an appendage, this process will not provide a miracle return. Nor can this process reverse the effects of aging. *This process should not be used as a substitute for medication prescribed by a physician.*

MindArt™ has numerous potential applications. This report was tailored toward achieving your ideal weight, for this is one of most useful applications of **MindArt™**. Others involve nearly identical steps and are based on the construction of a new mental image. Some of these include:

- ◆ Preventing hair loss and assisting hair regrowth;
- ◆ Assisting recovery from chemical dependency and substance abuse; and
- ◆ Assisting recovery from many health conditions and illnesses.

Future reports using the **MindArt™** process will be tailored to some of these other applications.

Closing Thoughts

How will you know when **MindArt™** is working? Your body will give you clues. The construction of the new mental image will initially produce subtle changes on the biochemical level. For example, if you are using **MindArt™** for weight management, you will automatically begin to feel a loss of appetite with a corresponding increase in energy. Yes, you can take appetite suppressants for a similar effect, but again, these chemically induced changes are temporary. You will also experience a tendency to eat many light servings throughout the day

rather than large meals. All of these changes represent a natural process of conforming to your ideal weight.

Modern medicine and science have come to a crossroads. To continue the remarkable progress made in the twentieth century, they must eventually evolve to understand the phenomena that today seem arbitrary. **MindArt™** is a theoretical process designed to challenge society's conventions of what is "natural." Ironically, it is based upon some of the same physical laws of nature that science discovered. Although the scientific community admits there is much we don't know, true collaborative efforts are necessary to bring these phenomena to the mainstream of common knowledge. The Institute of Mind Body Science represents one such effort. As a non-profit exploratory research organization, the Institute serves as a resource for the public interest, drawing upon the abilities of individuals from many fields to create innovative and useful processes; the goal of these efforts is to educate the public.

The information contained in this report is controversial. Like all new ideas, processes, and technologies, there will be many who reject it without giving it due consideration or based on what they have been schooled to believe. For this reason, neither the author nor the Institute shall be held liable for any and all actions taken as a result of this report. The reader agrees to this by understanding this statement. Furthermore, unauthorized distribution, copy, or resale of this information is strictly prohibited without the express written consent of the author. The author acknowledges the contribution of the *Seth Material* (Jane Roberts and Robert F. Butts) to the development of these ideas.

Example MindArt™ Worksheet

Name: Sean Furjanic

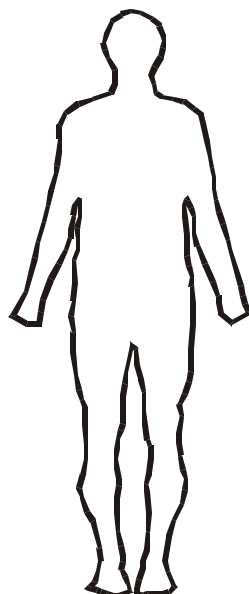
Date: January 1, 2001

Elimination of Limiting Beliefs:

Limiting Belief	New Belief
Because I am no longer active in sports, I will not have the opportunity to maintain my weight.	<i>Regardless of how active I am, I can achieve and maintain my ideal weight.</i>
I must diet and exercise to lose weight.	<i>My weight is dependent on my mental image of my body and not temporary changes brought forth by dieting and exercise.</i>

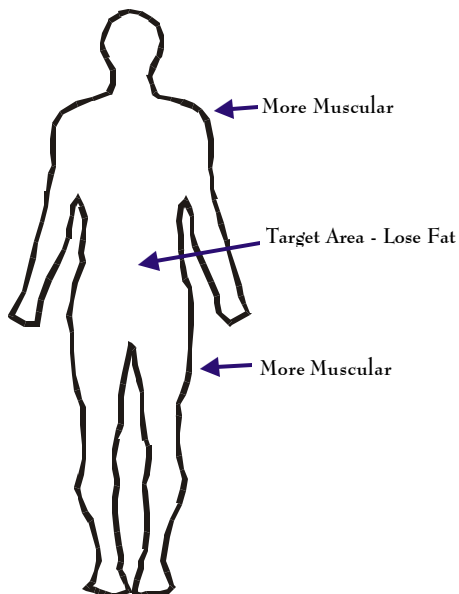
Body Sketches (note: you don't have to be an artist to draw body outlines)

Current Body



180 lbs.

Ideal Body



155 lbs.

Short and Long-Term Goals

Projected Weight After 1 Month: **170 lbs.**

Projected Weight After 6 Months: **155 lbs.**

NOTES: