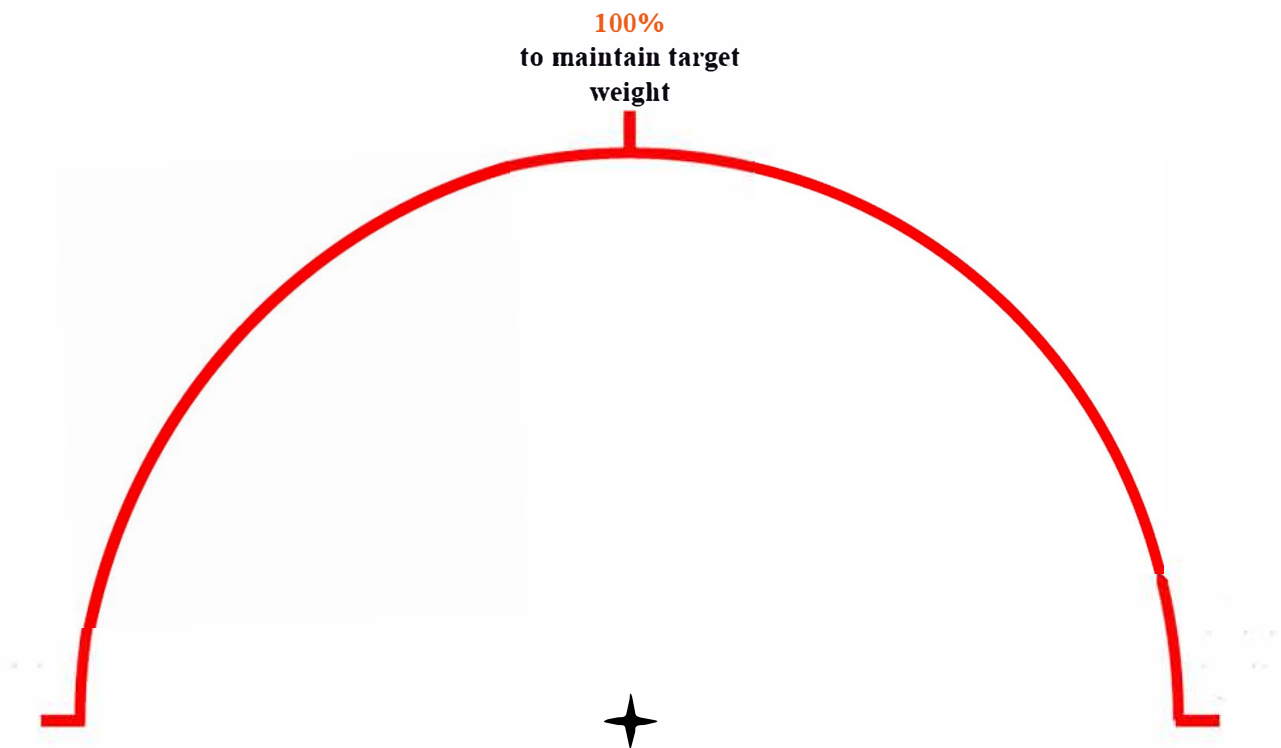


PENDULUM CHART for OPTIMAL METABOLIC RATE



- Ask the unconscious mind, considering that vertical is 100%, what is the actual (current) percentage of metabolic rate.
- Ask the unconscious mind what's the percentage it needs to be at, in order to achieve the target weight safely and healthily.
- Ask your unconscious mind to swing in the direction, pointing to the value its current at. Then, *while swinging*, to increase the energy in the body so that it gets to the target figure. Note what's going on inside yourself as the pendulum modifies its swinging direction towards the target weight.
- Repeat this previous step 3x/day - in the morning, before lunch and before dinner.