

The background of the entire image is a cosmic scene featuring a large, detailed human eye. The iris of the eye is a vibrant blue and contains a bright, glowing yellow and orange light source, resembling a star or a galaxy core. The eye is surrounded by a dark, starry space with various celestial bodies and nebulae. The overall color palette is dominated by deep blues, purples, and oranges.

THE VISIONARY VAULT #2

**CHATGPT MASTER
PROMPTS &
INSTRUCTIONS TO
CREATE YOUR OWN
WEIGHT LOSS
GUIDED
VISUALISATIONS**

There are only two steps to creating your Guided Visualisations. Feel free to edit the prompts below to make them individual and unique.

Step 1.

Below is a short overview of each prompt. To create your guided visualizations from scratch, you will need to copy one of the prompts below (including the title) and paste it into ChatGPT. Then, go ahead and copy and paste the Script Structure Prompt (Step 2) into the same text box and click start. Once ChatGPT is running, it may stop halfway through. If this happens, simply type 'continue,' and it will complete the task. That's it.

Enjoy creating

Guided Visualisation Prompts

1 The Release Ritual: Letting Go of Emotional Eating & Reclaiming Self-Trust

Prompt: *Guide your listener through a powerful release ritual at a sacred fire on the shore. They gather physical representations of emotional burdens—stones, old scripts, or heavy objects—and release them into the fire, watching them transform into light, clarity, and empowerment. As the flames rise, so does their sense of freedom, control, and inner peace around food. They step forward, lighter and more aligned with their natural hunger and body wisdom.*

2 Rewiring Cravings: The Empowered Choice Method

Prompt: *Lead your listener into a mental "taste test" experience, where they reprogram their cravings at the subconscious level. Unhealthy foods lose their appeal, while nourishing, body-loving choices become deeply desirable. They engage with a control panel, turning down cravings for processed foods and turning up their body's natural attraction to nourishing, high-energy foods. This visualization rewires their automatic responses so that healthy choices become effortless and satisfying.*

3 The Future You: Stepping Into Your Slim, Healthy Self

Prompt: *Guide your listener on a journey to meet their future self—the version of them who has already reached their ideal weight, effortlessly maintaining a healthy, balanced lifestyle. They observe this version of themselves, absorbing their confidence, their ease with food, and their natural movement. Then, they step into their future self's energy, fully embodying this reality, bringing it into the present, and aligning their actions with their highest health.*

4 The Body Reset: Activating Your Natural Fat-Burning System

Prompt: *Take your listener into a glowing healing chamber, where they activate their metabolism and optimize their body's natural fat-burning abilities. They turn up their body's efficiency, signaling their system to release excess weight with ease. They step into a pool of pure renewal, drinking in energy and balance, resetting their digestion and aligning their body with its ideal state. They emerge feeling energized, confident, and effortlessly in tune with their body's natural processes.*

5 Mindful Eating Mastery: The Slow, Savor, & Satisfaction Technique

Prompt: *Guide your listener through the ultimate mindful eating experience, where they slow down, savor every bite, and feel complete satisfaction with less food. They heighten their senses, deeply engaging with taste, texture, and the body's hunger signals. They learn to recognize the moment of perfect fullness, breaking free from overeating and emotional eating. Eating becomes a joyful, fulfilling experience, deeply connected to their body's wisdom.*

Step 2.

Script Structure Prompt (copy everything in red below and paste it into ChatGPT after your Guided Visualisation Prompt.

Now Follow this structured approach, incorporating NLP principles, hypnotic language patterns, and a smooth, immersive flow, to ensure that these prompts deliver the most engaging and effective guided visualizations and make sure each section has a minimum of 400 words in each.

1. The Opening Induction – Relaxation & Focus

Purpose: Ease the listener into a relaxed state, bypassing the critical faculty of the conscious mind.

- Use **progressive relaxation** or a **focused breathing technique** (e.g., "As you take a deep breath in... you can begin to notice how...")
 - Incorporate **double binds** to subtly guide choices ("You might notice your arms feeling heavier... or perhaps it's your legs becoming lighter first... either way, relaxation deepens.")
 - Create an **open loop** by introducing a question or unfinished thought that encourages deep absorption ("And as you begin this journey, you might start to wonder... what will you discover along the way?")
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2. The Deepening – Engaging the Subconscious Mind

Purpose: Deepen the hypnotic state and engage the imagination.

- Use **vivid sensory language** (sight, sound, touch, smell, emotion) to enhance immersion.
 - Introduce **pacing and leading** to increase suggestibility (e.g., "You've already begun to relax, and as you listen to the sound of my voice, you may find it even easier to drift deeper...")
 - Encourage **dissociation** from stress and external distractions by directing attention inward ("As the outside world fades away, you can step into this journey fully and completely...")
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3. The Core Visualization – Transformation & Experience

Purpose: Guide the listener through the central theme of the visualization (healing, confidence, habit change, etc.).

- Use **embedded commands** within casual phrasing (e.g., "And as you step forward, you just might find yourself naturally feeling lighter and more confident...")
- Create a **metaphor or symbolic experience** tied to the goal (e.g., a river washing away anxiety, a phoenix rising, stepping through a doorway to a confident self).

- Use **future pacing** by having the listener "see" themselves already changed and embodying the transformation.
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4. The Integration – Reinforcing Change

Purpose: Anchor the transformation deeply into the subconscious mind.

- Use **stacking suggestions** to reinforce the desired outcome ("Each time you return to this place in your mind, the feelings of confidence and calm grow stronger, more natural, and automatic.")
 - Encourage **kinesthetic anchoring** (e.g., "Notice where in your body you feel this strength, and allow that sensation to expand...")
 - Utilize **timeline therapy** elements (e.g., "Now, imagine stepping forward into your future, carrying this new energy with you in every moment.")
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5. The Awakening – Returning with Lasting Change

Purpose: Bring the listener back to full awareness while preserving the hypnotic effects.

- **Give positive post-hypnotic suggestions** (e.g., "From this moment forward, this new sense of confidence stays with you in all the right ways...")
 - Use **reverse psychology binds** to reinforce change (e.g., "And whether you notice this change immediately or only realize it later when you're already feeling different... it's already happening.")
 - Gradually **reorient them to the present** (e.g., "In a moment, I'll count from 1 to 5, and as I do, you'll return feeling refreshed, clear, and completely aligned with this new transformation...")
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Final Notes for Maximum Effectiveness

- ✓ **Personalization** – Adapt the visualization to your audience's needs (e.g., add [Client's Name] or [Specific Goal] placeholders for live sessions).
- ✓ **Pacing & Tone** – Use a slow, rhythmic voice with natural pauses to

enhance hypnotic absorption.

✅ **Layering NLP Techniques** – Combine **double binds, open loops, embedded commands, and future pacing** for deeper subconscious engagement.

✅ **Repetition & Reinforcement** – Suggest that the listener repeat the visualization over multiple days to strengthen the results.

By following this framework, you ensure that each guided visualization delivers **a deep, immersive, and transformative experience**, maximizing its effectiveness for hypnotherapy recordings.