

# THIN



Using the SuperPowers of your brain  
to lose four pounds per month  
and leave your actual comfort zone  
to step in your new exiting THIN life

# PROGRAM VALANCE MANOR

A rigorous, innovative and scientific  
personal development method  
based on hypnosis and neurosciences

# THIN Program

The THIN Program associate  
the rigor of neurosciences and the magic of hypnosis  
To activate the SuperPowers of your brain  
and make it happen quickly



# General User Manual

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### THIN Program

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## Each session includes

- Explanatory videos to watch
  - To explain what you will find in the audio session or to show you techniques that are easier to show than to explain by speaking
- One hypnosis session to listen
  - Recorded audio sessions to listen to while you fall asleep
- Explanatory sheets
  - I know that you want to lose weight and not read hundreds of pages
  - This is why most of these Explanatory sheets have an AUDIO version
  - And this is also why I made the difference between
    - To know absolutely, to read or to listen
      - For those who wants to lose weight and that is it
    - And
      - To read to better understand, necessary but not essential
        - For those who want to have more complete explanations
- A “to do” list
  - To remind you of the practical program to follow with this session

## The best conditions to listen to these sessions

- Your bedroom must be quiet, it is always better to sleep in the dark and under no circumstances should you have to get up to turn off the recordings
- Dress in pyjamas that are too large to be as comfortable as possible
- Start the sessions laying on your back, your head should not rest on the pillow, it might become uncomfortable when relaxing the neck muscles, your arms along the body and your feet slightly apart
- When you feel that you are ready to fall asleep or that the position becomes uncomfortable, put yourself in the position in which you prefer to sleep
- You have between 5 to 10 minutes before really sleeping, and in that time you have to reach the hypnotic trance, walk through the Dream Door, meet Sean, and use the tools you need to use

So remember to set up your CALM Pavlov bells to arrive at the VALANCE Manor in a state of hypnotic concentration as quickly as possible and have some time to use the TOOLS

## Your three tools to fully understand the method

- Your brain is your new “frontier”
  - Is it a civilized territory? Or a “to be civilized” territory? Or a bit of both?
- VALANCE Manor will be the covered wagon that will take you comfortably
- SEAN and me, the guides who know the road and allow you to travel quietly while enjoying the scenery!

# PROGRAM VALANCE MANOR

## I install the VALANCE Manor Program for you

### Setting up the VALANCE Manor framework for accompanied hypnosis

For a long time, our vision of change has been linear: to change was to move from a known situation to a better one and change was therefore synonymous with progress and the enjoyment of that progress

But for 100 years, everything has accelerated and we have to change faster and faster, adapt, constantly and quickly

Only here, our brain, and therefore us, have a panic fear of change and even more rapid changes. We love our comfort zone and he loves the peace of his routines, his reflexes and especially his automatisms

If you want or need to lose weight, you are going to have to get out of your actual comfort zone and your brain will have to quickly build new routines and new automatisms adapted to the new situations of your new life

In this place you will anticipate the future that you will truly experience in the THIN body that you want. So it will be easy to know how to prepare and you will move forward without fear and without surprise

### What is accompanied hypnosis?

- Hypnosis: a hypnotist induces a state of trance and gives you orders

- Self-hypnosis: you spend a lot of time reaching a hypnotic trance without falling asleep and at that point you realize that you don't know the mechanisms of the brain and after some time with no progressing results you give up

- Accompanied hypnosis: Through the first three sessions I induce a state of hypnosis to create a place and teach you how to get back there quickly

Then I show you how to use the different tools that are in this place and that correspond to the mechanisms of the brain, you feel supervised and advised until the first results which will give you confidence

Then I leave you on your own, but you feel comfortable in the place and you know how to use the tools to operate changes, with the option to return to guided sessions when you need to

# PROGRAM VALANCE MANOR

## Session I Muscles relaxation and sensory isolation Installing the Pavlov CALM Bell

When - How many times

During the day, once or twice, then in the evening by falling asleep for two or three evenings

You can always use it later when you feel your body stressed or tense

Your state of mind for the session: passive and curious

Because this hypnosis relaxation is certainly different from what you are used to, it is based on the anticipation of mirror neurons and its effects on the tendons

You can move on to the next session when

- You forget your body at the end of the session and fall asleep on the music
- You feel your body softer when you wake up

## With the session

Explanatory videos

- Introduction to the VALANCE Manor session N° 1
- VALANCE breathing, to boost your lymphatic system

To know absolutely, to read or to listen to install VALANCE Manor Program

- Technical sheet VALANCE Manor N° 1
- The three Pavlov bells that I chose for you

Must read to prepare your body to lose weight

- The Chemical ROUTINE to clean your liver and activate your transit
- Who are you really today? Do you know your starting POINT 0?
- Who are you really today? What is your life like and what are your dreams?

To read to better understand, necessary but not essential

- VALANCE Manor's TOOLS, The left part of your brain
- Our brain history, from a sponge 40,000 years ago to us today
- Your brain, true / false
- Your brain notion of time

To do

- Set up the mechanical routine as quickly as possible

# VALANCE MANOR PROGRAM

## Session 2 Sensory isolation, mental focus Across the double foggy Dream's Door

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, your subconscious hears them. Usually three or four evenings

Your state of mind for the session: curious

You're in between, your body has almost come under the control of your subconscious, but you can still feel it a bit and your brain is starting to focus inside

You can move on to the next session when

- You are able to walk around the VALANCE Manor's Park as if it were a real park
- You realise that you have a much better sleep and for those who have a feeling of burnout, that your brain is more focused on the future and less cluttered

## With the session

Explanatory videos

- Introduction to the VALANCE Manor session N° 2
- Abdominal sheathing for a flat belly

To know absolutely, to read or to listen to install VALANCE Manor Program

- Technical sheet VALANCE Manor N° 2
- VALANCE Manor's TOOLS. The Dreams Door

Must read to prepare your body to lose weight

- How does your brain learn
- Hypnosis Right / Wrong
- Conscious, Unconscious, Subconscious

To read to better understand, necessary but not essential

- Your brain and its cognitive biases - How he lies to you
- How do we take the decision to change?
- Your brain: What he cannot do!

To do

- start the sheathing exercise

# PROGRAM VALANCE MANOR

## Session 3 Brain hyper-lucidity First VALANCE Manor guided visit

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, your subconscious hears them. Usually three or four evenings

Your state of mind for the session: Imaginative and amazed

I will take on the role of the architect and you put yourself in the mind-set of a wealthy person who just bought a big house and can afford to decorate it however you want. Let your imagination run wild, but remember you are in a hypnotic trance, not a dream or fantasy, so stay real. Money is not a problem, think like you won the lottery

You can move on to the next session when

- You have understood the instructions for use of each room / psychological tool
- The CALM trigger takes you directly into the large living room of VALANCE Manor

## With the session

Explanatory videos

- Introduction to the VALANCE Manor session N° 3
- How to use your Mirror neurons to lose weight

To know absolutely, to read or to listen to install VALANCE Manor Program

- Create the magic, use your REM sleep
- VALANCE Manor's TOOLS, The Park's armchair, Plan your life
- VALANCE Manor's TOOLS, The Pensive Captain, Be responsible of yourself
- VALANCE Manor's TOOLS, The boat cruise, from stopover to stopover
- VALANCE Manor's TOOLS, Your dream home to take care of you
- VALANCE Manor's TOOLS, Sean, Meet your Subconscious

Must read to prepare your body to lose weight

- The complete ROUTINE
- You want it, you dream it, and then you do it

To read to better understand, necessary but not essential

- Practical NLP, how do you think?

# THIN Program

## Session 1 Setting your THIN program Tools, how they will make you lose weight

When - How many times

During the day, once or twice to fully understand the room's use to lose weight, then in the evening by falling asleep for two or three evenings

Your state of mind for the session: Spirit of discovery and growing interest

Take the mental attitude you probably had many times in your life when you do something fun and a little bit ridiculous, that makes you laugh inside and do it with a sort of guilty pleasure

You can move on to the next session when

- You have a clear idea of your stopovers and your final destination
- The ROUTINE is part of your everyday life

## With the session

Explanatory videos

- Introduction to the THIN session N° 1
- Practical NLP to change your diet and install new good attitudes

To know absolutely, to read or to listen to install The THIN Program

- VALANCE Manor's TOOLS, The Tomorrow's White Book, the KAIZEN strategy
- VALANCE Manor's TOOLS, The White Cloud, to concentrate on your future
- VALANCE Manor's TOOLS, The Elevator, to shrink your stomach
- VALANCE Manor's TOOLS, The Office, Decide of what is important to you?
- VALANCE Manor's TOOLS, The Bathroom, the LOVE-Yourself training room
- VALANCE Manor's TOOLS, The kitchen, your notion of elegance and conviviality
- VALANCE Manor's TOOLS, The bedroom, to have a useful sleep!

To do

- Buy a decoration magazine or go online to find inspiration to decorate VALANCE Manor

# THIN Program

## Session 2 To diminish the quantity of what you eat Implementation of 1 Routine & 1 reflex

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, usually three or four evenings

You can move on to the next session when

- You realize that you have to stop eating before the end of the meal
- The two routines are integrated in the course of your everyday day

Your state of mind for the session: determined and stubborn

Take the mental attitude of someone decided to do it well this time, from the first day

## With the session

Explanatory videos

- Introduction to the THIN session N° 2
- The large intestine sport

To know absolutely, to read or to listen to install The THIN Program

- What sport do you need to practice? None, the intestine sport will be enough
- The Doctor Clark's cure for a clean liver
- The Fat-toxin, the various garbage cans of your lymphatic system
- The mechanical aspects of thinning

Must read to prepare your body to lose weight

- Ask yourself the good questions, to have a chance to find the right answer
- The 5 enemies you will have to fight and defeat as you want to lose weight

To do

- Buy the Epsom salt  
And organise the timing of the next week Doctor Clarck's Cure

# THIN Program

## Session 3 To ameliorate the quality of what you eat Implementation of 1 Routine & 1 reflex

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, usually three or four evenings

You can move on to the next session when

- You realize that you think calories or health before putting something in your mouth
- The two routines are integrated in the course of your everyday day

Your state of mind for the session: Intrigued and curious

Take the mental attitude of someone curious of how does that work. We all had this mental attitude as a child, the Why period?

## With the session

Explanatory videos

- Introduction to the THIN session N° 3

To know absolutely, to read or to listen to install The THIN Program

- The chemical aspects of thinning
- The Fat-Sugar of athletes

To do

- Put CALM stickers all over your house, on the fridge door, on the kitchen door, but also in the bathroom, the car, your computer screen  
Every time you see one, think "I have a choice" and take a VALANCE breathing
- Your first Doctor Clarck's Cure

# THIN Program

## Session 4 The positive NO, 1 Routine & 1 reflex Change a bad habit for a new attitude

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, usually three or four evenings

Your state of mind for the session: pretentious

Take the mental attitude of someone selfish who knows what he wants

You should know how to do it or how to fake it. If not, before doing the session, find someone selfish you know who knows what he wants and that you can imitate

You can move on to the next session when

- During the day, you say NO without having to think about it
- You start to think about you first

## With the session

Explanatory videos

- Introduction to the THIN session N° 4
- Where is the fat in the body?

To know absolutely, to read or to listen to install The THIN Program

- The psychological aspects of thinning
- VALANCE Manor's TOOLS, The Meeting Room, to choose your models
- VALANCE Manor's TOOLS, The Film Set, To set up YOUR LIFE
- VALANCE Manor's TOOLS, The movie theatre, To be proud of yourself

To do

- Say NO to yourself and to others at least five times a day  
Just to practice

# THIN Program

## Session 5 The three Routines + the three reflexes Time to create the new THIN automatism

When - How many times

In the evening by falling asleep until you fall asleep without paying attention to my words, usually a minimum of ten evenings

Your state of mind for the session: bored

Take the mental attitude of someone who can't take it anymore. We all had this feeling at least once, young at school, the teacher repeats and repeats and makes you repeat and you can't stand this multiplication table, but, once it's in, it's forever

You can move on to the next session when

- When, regarding food and food attitude, most of your days are on automatic
- 

## With the session

Explanatory videos

- Introduction to the THIN session N° 5
- The steps for creating an automatism

To know absolutely, to read or to listen to install The THIN Program

- The Death-Fat
- Fat-Salt, the cellulite that comes to us from our nomadic period
- The Visceral-Fat, your intestine is leaking?

To do

- Check that you are using the new THIN attitudes and automatism and that the old one does not resurface  
If this is the case, correct by adapting them to the new automatism

# THIN Program

## Session 6 LOVE, your emotional engine Time to take care of you, be assertive

When - How many times

During the day, once or twice to make it consciously, then in the evening by falling asleep for two or three evenings.

This session is also to be made each and every time you need to re-motivate yourself

Your state of mind for the session:

When you do it first time: uncertain

Take the mental attitude of someone who is doubtful. You know, that kind of attitude you have when you're almost forced to listen to a therapist without really believing in his technic and feeling like you're wasting your time, but you want to please someone

When you do it for re-motivation: ask your forgiveness

It will often be following a short period of relaxation, due to an extraordinary circumstance. This is usually okay, you are ashamed and you may be afraid to give up as usual. Put aggression and pretension in your dose of love.

## With the session

Explanatory videos

- Introduction to the THIN session N° 6
- The LOVE Therapy

To know absolutely, to read or to listen to install The THIN Program

- To continue against all odds,  
Force yourself to love your new life, you will end up loving yourself
- Understand the usefulness of stress,  
Choose the right stress to lose weight and be a happy stressed out
- You are shy, make it a strength to lose weight  
And create a new environment where you feel right
- Having three choices will give you self-confidence  
Which will cause self-esteem, which will cause self-love
- To understand the depressive state, be curious, take action and keep moving

# THIN Program

## Session 7 Monthly Stopover From comfort zone to comfort zone

When - How many times

Each month or each stopover that corresponds to an important date for you and for your new life, party, birthday, vacation...

Your state of mind for the session: authoritarian

Take the mental attitude of a captain who takes stock with his crew during a stopover  
You take stock with Sean and together you decide on the objective and the corrections for the coming month

### With the session

Explanatory videos

- Introduction to the THIN session N° 7

To know absolutely, to read or to listen to complete the THIN program

- Your Monthly report sheet to know what is right and what to correct
- The specific Dead-Fat Lose-Boost Week
- The specific Salt-Fat Lose-Boost Week
- The specific-Sugar-Fat Lose-Boost Week
- The 4 Day's-Shocks to leave a plateau

To do

- Continue planning a Doctor Clark's cure every month
- Fill your Monthly Report  
Correct the attitudes that must be adapted to the new THIN automatism

# THIN Program

## Session 8 You are guided, but you are in command From error to error, you adapt

When - How many times

Use this session when you feel the need to correct the THIN Schedule

Avoid using it to fall asleep only, as you may not have time to use the parts when you need them

Your state of mind for the session: manager and player

I take you to the door of the Manor and you have a few minutes before going to sleep to make the corrections, so take stock before the session and go directly to the room you need

## With the session

Explanatory videos

- You are guided, but you are in command
- THIN For LIFE Interviews

To know absolutely, to read or to listen to install The LIVE THIN Program

- Life is Life

Because the person who knows you best is you

Because it is you, your life and your body

So the most competent person to take care of you is you!

