



## **Lose weight by changing your handwriting**

How to achieve the right mind set for losing weight.

By Ian Goulding

### **Disclaimer**

The Publisher strives to be as accurate and complete as possible in the creation of this report. The handwriting experiment had positive results with a small number of participants from Farnham. Would the results be just as positive if more people were involved ? I do not know, This has not been done on a larger scale until now, with this report.

This is a free report for you, to say a big **Thank You** for visiting my site Do feel free to upload the folder with this pdf file in, on your site and give it away.

If you have only downloaded this report on its own from another site. The ebook cover photo and a short description of this report are in the folder. This can be downloaded from my two sites.

The links in this report go to two of my websites.

<http://graphology-report-maker.yolasite.com/>

Here you can discover how handwriting analysis works and make your own graphology report.

<http://www.omronhj112digitalpocketpedometer.com/lose-weight-by-changing-your-handwriting-extra-videos>

Here I have a selection of videos covering different topics about losing weight.

How to Start – Healthy Weight Loss, the best place to start is with your mind set  
Walking It Away: How I Lost 40 Pounds  
How I lost 20 pounds, tips on How you can too  
2 Minute Ab Workout  
Wearing a pedometer  
You Are What You Eat  
Nutrition  
Vegetarian Foods  
Processed Foods. What To Stay Away From  
10 Foods NOT to eat on a Veggie Diet  
Finding Nutritious Foods  
Healthy meals for students and other busy people  
Weight Loss Myths – Broken.  
The Truth About Fat Burning Pills  
How To Warm Up For Exercise at Home

## Changing your handwriting.

This is a method of re-programing your unconscious mind.

Handwriting experts have found that your handwriting can express your personality. If you change any part of your handwriting on purpose, it will change that aspect of your personality that your handwriting movement relates to.

This happens after the change becomes an unconscious habit pattern. That is when you don't have to try to make the changes in your handwriting anymore, they just happen naturally after lots of practice. That's when the changes in your personality start to happen.

You can find more about this here on my site, just under the heading Extreme right slant.

[Changing writing habits to enable changes in personality](#)

Many years ago I studied handwriting analysis, wrote a book, Do it yourself graphology. Then created the Graphology Report Maker website from the book. In this report I cover two handwriting movements that can help you achieve the best mind set for losing weight.

## Handwriting movement number 1

1 Make your T bars strong and slanting gently upwards.

By strong, I mean, make the line that crosses the T a bit longer. The T bars in your handwriting relate to your will power and to your personal sense of responsibility. By making your T bars longer, you will increase your will power and your sense of responsibility.

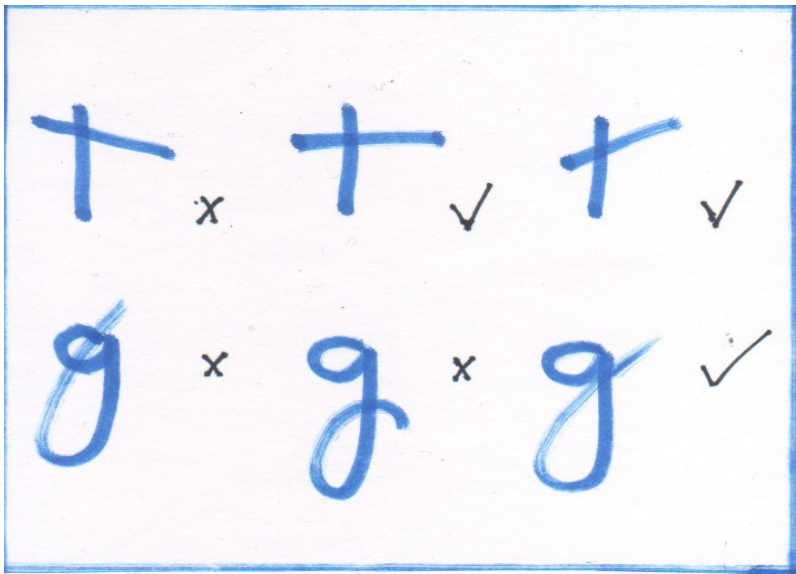
With extra will power there is something else to be aware of. How you use it.

If the T bars are longer and slopping down the writer will use their power to overlord others with a tendency to criticize.

If the T bars are straight, that is fine.

If the T bars are longer and slanting gently upwards the writer will experience greater determination, positivity and will power.

This happens as you use your power to help your self by positive encouragement.



So by making your T bars longer and slanting gently upwards, this will help you to get into the habit of giving your self lots of positive encouragement. This is the handwriting movement to promote positive thinking. It helps you to connect with your will power. It can also give you more control over your life.

Can you see how this could be helpful. ?

[Click here to see more T bars](#)

## Handwriting movement number 2

2 Complete your lower loops.

This will help you get into the habit of feeling good about your self. Accepting your self for what you are, warts and all and feeling good about it. Saying goodbye to feelings of guilt and feelings of not being good enough.

Completing your lower loops helps you to experience satisfaction within yourself, for yourself.

When completing the lower loops please follow the samples.

If the lower loop stroke crosses through the middle zone part of the letter. Its like you are crossing out what you have just made, which is self destructive.

If the lower loop stroke crosses the down stroke of the same letter about half way down, it will promote feelings of despair and lack of satisfaction.

When you bring the stroke up, cross over the base line, as it is in the sample. Make sure that you do this with all your lower loops ie. G Y J Z.

If some are left open and some are completed, then you will feel good sometimes, but then fall back into a old habit pattern of being critical towards your self, then feeling good the next day. We want the feeling good about our selves to be consistent, not going up and down like a yo-yo.

Don't put any angles into the lower loops, we don't need tension where there should not be tension. Keep the loops curved.

So, completing your lower loops will help you to let go of self criticizing thoughts and get you into the habit of feeling good about your self.

[Click here to see more lower loops](#)

[Plus more lower loops here as well](#)

### **Positive thinking and acceptance**

Making your T bars longer and slanting gently upwards and completing your lower loops, affects you in two different ways. The T bars are related to activity, going for it, giving your self all the positive encouragement you can handle. This is a mental activity. Giving your self lots of positive thinking encouragement. This relates to the head.

Where as completing your lower loops is more to do with acceptance, which is passive. Accepting your self for who you are. Its just feeling good about your self. Although, after you have been feeling good about your self for a while, you will want to be creative, and that will be very active. Active in a physical way. This relates to the stomach and solar plexus.

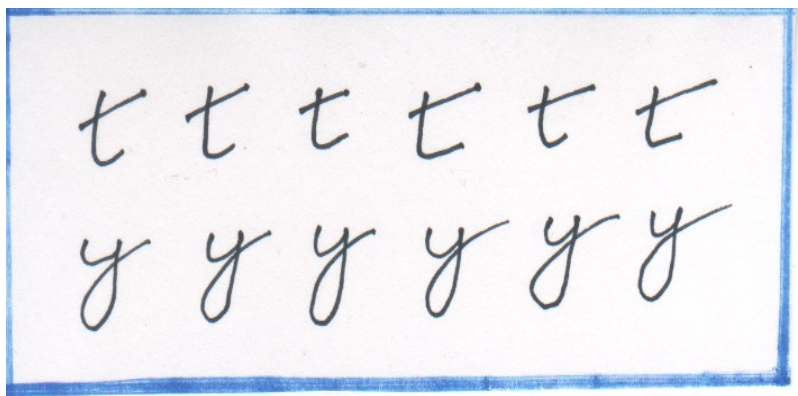
This is the mind set that can help you with your weight loss goals. You can get this mindset by making your T bars longer and slanting gently upwards and completing your lower loops.

I do understand that you may be skeptical that this can work. There is only one way for you to find out.

### **Give it a go**

Do not write in capitals please.

Put pen to paper and write a line of T's with T bars longer and slanting gently upwards Then a line of Y's or G's with the lower loops completed.



For the rest of the page. Fill it up with your own handwriting, putting in

the longer T bars, slanting gently upwards and completing your lower loops into your handwriting. Do this once a day and after a while your mindset will change for the better.

When I was living in Farnham, Simon and myself decided to do an experiment. We collected handwriting samples of people who were trying to lose weight. We were looking for a pattern and found one. [Click here to read about it.](#) Look for the heading: Lower loop left open. It's in the NOTES section.

## **The Handwriting Experiment**

Simon and myself were both graphology students, studying handwriting analysis from Frank Hilliger. He like many other graphologists, had a theory, that a person could change different parts of their personality by changing their handwriting. We wanted to find out for ourselves if that was the case or not. So Simon and myself set up a handwriting experiment to test the theory.

We wanted to find out if we could help people who were trying to lose weight by asking them to make changes in their handwriting.

We put an ad in the local paper asking to collect handwriting samples from people who were trying to lose weight. They must have all tried different weight loss programs, but without any success. If they were losing weight, we would not be able to see if the handwriting exercises would have any effect or not.

We collected about 20 samples of handwriting. We were looking for a pattern. All these people had something in common and we figured that this would show up in the handwriting in one form or other.

After looking at all the handwriting samples we could see what it was. In each script we found that the T bars were very irregular, sometimes strong, sometimes weak, (short and crossed low down the T stem). Sometimes the T bars were missing. This showed us that the will power and personal sense of responsibility was good sometimes and absent at other times. They were trying their best, but not in a consistent way.

Also in each script we found that the lower loops were very irregular and not completed. There were large lower loops and small lower loops in the same script. Sometimes there were angles in the lower loops as well. This showed us that, the emotions were all over the place, and they all had a habit of being self critical. They did not feel good about themselves. This was due to having unresolved emotional issues from the past.

Of all the handwriting movements these two stuck out like a sore thumb. We had found what they all had in common.

We then asked the participants if they would be willing to do the handwriting exercises. Making the T bars longer and slanting gently upwards, and completing all the lower loops. We figured that their will power and personal sense of responsibility would then become more consistent. Their ability to respond in a positive way to the situations they find themselves in, would be increased. They would also start to feel good about themselves. With these factors in place, they would stand a better



chance of losing weight.

We did not talk about eating healthily or exercising the body. We thought that after the right mind set was in place, the participants would make better decisions about what they eat and how much they exercise.

5 out of the 20 people did not want to change their handwriting. I can understand where they are coming from, a handwriting exercise is not going to burn any calories.

So, 15 people did the handwriting exercises. 2 months passed and we learn t that every one of the participants were now losing weight , that they could not lose before. They also reported a greater control over their lives.

This handwriting experiment was a success for 15 people who lived in Farnham. South East England in 1982. Basically all we did was, identify the habit patterns that were unhelpful and replace them with habit patterns that were helpful.

I encourage you to give the handwriting exercises a go and see for your self how it works. Your handwriting exercises can help you to connect with your power, your personal sense of responsibility, and to positive thinking. They also help you to let go of feelings of guilt and feelings of not being good enough. They will help you to forgive your self and to feel good about your self. In this way they can help with your personal transformation.

I have noticed an interesting side effect with the handwriting exercises . This is with people who write with [small or microscopic handwriting](#). Quite often but not always, after they have been doing the exercises for a while, their handwriting would start to grow in size and get bigger. This would happen naturally as they start to grow in self confidence.

### **How to start healthy weight loss with the right mind set.**

[Click here to see Video 1 How To Lose Weight - How to Start - Healthy Weight Loss](#)

In this video, Shanti is talking about the right mindset to have to help you lose weight. She say's that the first thing you need to do is to forgive your self. Forgiving your self comes after letting go of all those self criticizing thoughts, you don't need them and they are not helpful. We are both talking about the same thing.

Completing your lower loops will help you to stop criticizing your self and to feel good about your self. When this is in place it is easier for you to forgive your self.

Feeling good about your self comes from the stomach and solar plexus. This sets up the right condition, for you to forgive your self, which comes from the heart. Then loving your self becomes easier and natural.

How can you forgive your self if you have a habit of criticizing your self ? First, you will have to stop being so hard on your self. Try a little tenderness instead and let go of the self criticizing thoughts. The handwriting exercises can help with this. When you are feeling good about your self, then forgiving

your self and loving your self becomes a natural and easy step to make.

After you have forgiven your self, you will not want to carry on with giving your self more criticizing thoughts. You will want to replace them with something a bit more creative. Something positive from you. Something that helps you to feel good about your self. Something to do with your hearts desire ?

Although Shanti and myself come from different schools of thought, we have both come to the same conclusion on the best mind set to lose weight.

I have put her video at the top of the video page because I'm sure that you will find her other videos, are also very helpful and inspiring. Well done Shanti.

### **My Handwriting Analysis Site.**

[Click here to see Graphology Report Maker home page](#)

I have created this site so that you can give your self a handwriting analysis report. You can see what your handwriting says about you.

[Start at 1 slant .](#) With your handwriting in front of you. Answer the question at the top of the page about your handwriting. Copy and paste the answer. That is, the appropriate section into notepad. Then go through the rest of the numbered pages doing the same. At the end you will have your graphology report. You can print it if you like, and show other folk what a wonderful person you are.

### **Leave a message**

If you would like to comment on this report, you can leave a message at the bottom of my graphology report maker home page.

### **Tell your twitter followers**

Please tell your twitter followers about Lose weight by changing your handwriting.

### **Give it away**

Do feel free to upload the folder with this pdf file in, on your site and give it away, if you would like to help with passing this report on.

Thanking you and all the best from Ian Goulding.