



# THINK YOURSELF FIT

*If the thought of exercise makes you weak, meet the personal trainer who hypnotises clients into shape. Caroline Phillips falls under his spell*



**Pereira hypnotises Caroline, above, unblocking her mental channels to free the energy for exercise, top**

I AM being hypnotised, at a cost of £100, to believe that I'm a lavatory. Warm, soothing liquid is coursing through my veins – my pipes, I mean. As I go into a deeper state of relaxation, the negativity in my system (or is it cistern?) is flushed out. My breathing has become shallow and regular, really quite unlike that of any common urinal.

I'm with Christian Pereira, 23, Britain's first fitness trainer to hypnotise his "victims" into enjoying exercise and improving sports performance. He's also the first personal trainer to use past life regression to boost fitness and weight loss – and the first one to teach auto suggestion so people can hypnotise themselves into working out with enthusiasm. The

orange liquid treatment, during which the client is asked to imagine himself as a loo being flushed through, aims to release blocked potential and energy. During hypnosis, I feel pleasantly relaxed, but aware of the outside world.

Once unblocked, I become confident and energetic and power walk, jog and stretch in the park for an hour with Pereira as my personal trainer. All this with a motivation, joy and flexibility that was not there before the hypnosis.

Pereira's mentor, hypnotherapist Valerie Austin, once regressed Pereira and he discovered he was an 18th-Century huntsman. Such an athletic background is useful in a trainer. Some people Pereira has regressed have discovered they

existed previously and ignominiously as sea water. Others were killed in battle, which distracts them somewhat from visualising themselves as fighting fit.

Pereira is sanguine about the benefits. "If you're 18 stone and can't imagine being healthy, it's helpful to experience yourself as fit in a past life. It helps you reach those goals again." He does "parts therapy" where he treats the mind "like a computer" and "hacks" in to remove a redundant part and replace it with a positive one.

In January, he launches his Mind Body Power Program. (He hails from Cornwall, but we're talking American-style motivation here). For £2,500, his target market of stressed executives will

enjoy an intensive 12-week programme run by five trainers, an Olympic sports nutritionist and a hypnotherapist. Pereira justifies the cost. "My team is the best. I've got a reputation for getting results."

The course combines physical conditioning one-to-one with a personal trainer twice a week, from cardiovascular workouts to endurance training. A nutritional analysis and personal dietary plan are monitored by a health trainer, and six one-hour sessions of hypnotherapy, including the teaching of self-hypnosis, help clients achieve their goals.

"I work as much on a psychological level as a physical one," says Pereira. "Physically, it's quite tough in the first four weeks of taking exercise – you feel tired, start to ache and don't see the advantages until after about the sixth week. With hypnotherapy you feel the benefits immediately."

"I use the therapy to energise clients and help them commit themselves to the program," he adds with Messianic zeal.

Pereira's eyes are penetrating and blue and he looks like an advertisement for Top Man in his gleaming white shirt with teeth to match. He travels around London on roller blades, getting picked up constantly, like Dateline on-wheels.

Do his clients proposition him? He laughs. His girlfriend, Rachel, was once one. "The great thing about training someone you're going out with," he jokes "is that you can design her body the way you want it."

He left school at 16. From that moment he immersed himself in up-beat thoughts, hypnotherapy, mind control and books by

plished at a cost of £1,500 for a 56-hour course held on a Chiswick houseboat in London with Valerie Austin, the therapist who became a believer when she was cured through hypnosis of amnesia after a near-fatal car crash.

Pereira's clients range from publishers to restaurateurs. He charges £35 for a one-hour, personal training session and sees many clients three times a week, from 6.30am to 11pm.

But it's the Mind Body Program about which he evangelises. He claims it improves clients physically and mentally, increasing



energy levels, reducing stress and giving them a great sense of well-being: bringing lower cholesterol levels to a strengthened immune system and toned, slimmed body. "It works because it's so intensive."

Now Pereira is hypnotising me; telling me to return to a former existence in which I felt physically fit. I feel progressively heavier and my mouth drops open. I hope to be Cleopatra, exercising by looking beautiful in a barge and dipping my toes in milk, but suddenly I'm a man wearing plus-fours and striding up a treacherous mountain. I'm muscular and robust. I'll

be able to tackle any gym after this.

Aerobics will be a cinch. Then I am a Brazilian matriarch tackling terrifying rapids in a rough-hewn boat.

The problem is that I jest. Pereira spent half an hour regressing me to past lives, but apparently I don't have any. Now, at last, I have a really good excuse not to exercise. After all, how can you work out if you were a nothing in your past lives? **S**

Christian Pereira can be contacted on 0976 256998

## QUALITY CONTROL

**Q:** Are Bloody Marys good for a hangover?  
**A:** It's nice to think so. There is a lot of vitamin C in the tomato juice, the Tabasco wakes you up and, as a desperate measure, enough of them will numb the pain.

positive American writers. Pereira rarely gets depressed. "I have programmed the way I want to feel."

He has spent the past five years gaining fitness credentials. His hypnotherapy qualification is in the Austin Technique, accom-