

INSTRUCTIONS:

1. *Read all these instructions carefully before doing anything.*
2. This file will make two tri-fold prayer brochures.
3. Print the page with the picture first, and then, on the reverse side of it, print the page with the text.
4. Cut the completed page in half, horizontally, to make two 8½" by 5½" sections.
5. Fold each section into three panels.

I began this website out of devotion to the Immaculate Heart of Mary, and I continue it out of sorrow for the wounds inflicted on the Sacred Heart of Jesus by ignorance of—and disdain for—the true Faith. But I am just one person with no staff. No one pays me for the thousands and tens of thousands of dollars of labor I have put—and continue to put—into this website. I have done all the writing, all the design, and all the programming without assistance and without a sponsor. And, in all of this, I refuse to obscure simple truth with advertising.

I have made everything on this website available to anyone anywhere in the world, without having to purchase anything. You haven't had to pay a thing for my work, but if it has been of benefit to you, then perhaps you might want to make a freewill offering from your heart, of your own free will, in proportion to your own resources, out of gratitude for what you have received here. A \$5 donation is about the cost of a cup of fancy coffee, a \$10 donation is less than the cost of a CD, and even a \$20 donation is but a fraction of the cost of a psychotherapy session.

Raymond Lloyd Richmond, Ph.D.  
55 New Montgomery Street, Suite 420  
San Francisco, CA 94105-3429  
USA

[www.chastitysf.com/donations.htm](http://www.chastitysf.com/donations.htm)

## HAIL, HOLY QUEEN

HAIL, holy Queen, Mother of mercy; hail, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

## PRAYER TO ST. MICHAEL THE ARCHANGEL

SAINT Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the wicked spirits who prowl about the world seeking the ruin of souls. Amen.

Most sacred heart of Jesus, have mercy upon us. (*Thrice repeated.*)

## HAIL, HOLY QUEEN

HAIL, holy Queen, Mother of mercy; hail, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

## PRAYER TO ST. MICHAEL THE ARCHANGEL

SAINT Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the wicked spirits who prowl about the world seeking the ruin of souls. Amen.

Most sacred heart of Jesus, have mercy upon us. (*Thrice repeated.*)

## COPING WITH CRAVINGS

Whenever you feel a craving for unnecessary food, say the following prayer:

○ MARY, conceived without sin, pray for us who have recourse to thee. Through the grace of your purity, may this pride and habit cease.

FROM habit and slavery, pray for my release.

*Hail Mary ...*

FROM anger, fear, and anxiety, pray for my release.

*Hail Mary ...*

FOR health and calm and peace, pray for me.

*Hail Mary ...*

FOR emotional sensitivity, pray for me.

*Hail Mary ...*

TO be filled with all the fullness of divinity, pray for me.

*Hail Mary ...*

Pray for us, O holy Mother of God, that, by Christ redeemed, we will choose to live in purity.

*Amen.*

Copyright © 2008 Raymond Lloyd Richmond, Ph.D.  
All rights reserved.

[www.chastitySF.com](http://www.chastitySF.com)

## COPING WITH CRAVINGS

Whenever you feel a craving for unnecessary food, say the following prayer:

○ MARY, conceived without sin, pray for us who have recourse to thee. Through the grace of your purity, may this pride and habit cease.

FROM habit and slavery, pray for my release.

*Hail Mary ...*

FROM anger, fear, and anxiety, pray for my release.

*Hail Mary ...*

FOR health and calm and peace, pray for me.

*Hail Mary ...*

FOR emotional sensitivity, pray for me.

*Hail Mary ...*

TO be filled with all the fullness of divinity, pray for me.

*Hail Mary ...*

Pray for us, O holy Mother of God, that, by Christ redeemed, we will choose to live in purity.

*Amen.*

Copyright © 2008 Raymond Lloyd Richmond, Ph.D.  
All rights reserved.

[www.chastitySF.com](http://www.chastitySF.com)

## WEIGHT REDUCTION

THROUGH FAITH AND PRAYER



THE CATHOLIC WAY

RAYMOND LLOYD RICHMOND, PH.D.

## WEIGHT REDUCTION

THROUGH FAITH AND PRAYER



THE CATHOLIC WAY

RAYMOND LLOYD RICHMOND, PH.D.

## WEIGHT REDUCTION THROUGH FAITH AND PRAYER

You can live within normal and healthy weight limits if only you love God more than you love your stomach. Right now you are using food to numb your emotional distress, and you fear that without using food as a psychological defense your life will be nothing but empty pain.

Therefore, to overcome the habit of constantly reaching for something to fill your stomach, endeavor to teach yourself to act in new ways. Recognize the urge to use food as a way to numb emotional pain, and then return food to its proper place in your life: not as a psychological defense but as a holy gift of nutrition. This takes considerable conscious effort—still, it is all possible through graceful trust in God's help and protection.

Accordingly, whenever you are about to eat anything, whether it be a full meal *or just a sip of water*, take time to give a proper blessing. Developing this habit will help you avoid "automatic eating," and it will encourage you to reflect on whether you really need the food or not.

BLESS us, O Lord, and these thy gifts which we are about to receive from thy bounty, through Christ our Lord.

*And, in support of a more humble diet, add the following to the above:*

Thank you for such humble and simple food; may it fulfill all of our physical needs, for without even your most lowly of gifts we would perish. Amen.

## WEIGHT REDUCTION THROUGH FAITH AND PRAYER

You can live within normal and healthy weight limits if only you love God more than you love your stomach. Right now you are using food to numb your emotional distress, and you fear that without using food as a psychological defense your life will be nothing but empty pain.

Therefore, to overcome the habit of constantly reaching for something to fill your stomach, endeavor to teach yourself to act in new ways. Recognize the urge to use food as a way to numb emotional pain, and then return food to its proper place in your life: not as a psychological defense but as a holy gift of nutrition. This takes considerable conscious effort—still, it is all possible through graceful trust in God's help and protection.

Accordingly, whenever you are about to eat anything, whether it be a full meal *or just a sip of water*, take time to give a proper blessing. Developing this habit will help you avoid "automatic eating," and it will encourage you to reflect on whether you really need the food or not.

BLESS us, O Lord, and these thy gifts which we are about to receive from thy bounty, through Christ our Lord.

*And, in support of a more humble diet, add the following to the above:*

Thank you for such humble and simple food; may it fulfill all of our physical needs, for without even your most lowly of gifts we would perish. Amen.

## VISUALIZATION AND PRAYER TECHNIQUE

In general, changing unwanted behavior involves three basic steps:

1. You must know how ugly the behavior is and how much damage it causes to yourself and to others.
2. You must regret the damage caused by the behavior.
3. You must know the benefits of new and different behavior.

It will not be sufficient, however, that you "know" these things intellectually; you must know them by feeling them in the depths of your heart. So here is a way to do that.

*First, enter a state of relaxation.* Here, you can simply sit (or kneel) quietly and say some of your favorite prayers. This is important because the next two steps (if done properly) will arouse considerable anxiety, and you need to be able to reduce that anxiety again.

*Second, create a negative mood state in which you visualize the harmful and disgusting effects of the unwanted behavior.* For example, see your body swelled with fat; feel your muscles and bones straining under heavy weight; notice your shortness of breath; visualize the cholesterol coating your arteries and heart. Then say a *Hail Mary*.

*Third, contemplate how miserable and wretched your life will be if you do not change your behavior.* For example, see yourself wheezing for breath, barely able to endure any physical exertion. Imagine your children suffering from their own obesity because of your negative influence. Imagine yourself in Purgatory where

## VISUALIZATION AND PRAYER TECHNIQUE

In general, changing unwanted behavior involves three basic steps:

1. You must know how ugly the behavior is and how much damage it causes to yourself and to others.
2. You must regret the damage caused by the behavior.
3. You must know the benefits of new and different behavior.

It will not be sufficient, however, that you "know" these things intellectually; you must know them by feeling them in the depths of your heart. So here is a way to do that.

*First, enter a state of relaxation.* Here, you can simply sit (or kneel) quietly and say some of your favorite prayers. This is important because the next two steps (if done properly) will arouse considerable anxiety, and you need to be able to reduce that anxiety again.

*Second, create a negative mood state in which you visualize the harmful and disgusting effects of the unwanted behavior.* For example, see your body swelled with fat; feel your muscles and bones straining under heavy weight; notice your shortness of breath; visualize the cholesterol coating your arteries and heart. Then say a *Hail Mary*.

*Third, contemplate how miserable and wretched your life will be if you do not change your behavior.* For example, see yourself wheezing for breath, barely able to endure any physical exertion. Imagine your children suffering from their own obesity because of your negative influence. Imagine yourself in Purgatory where

every unnecessary mouthful of food you have ever taken will be purged from you as flaming vomit. Then say a *Hail Mary*.

*Fourth, create a positive mood state in which you visualize the beneficial effects of new, healthy behavior, all the while your anxiety from the previous step begins to dissolve.* For example, see yourself as calm and confident in your faith, relaxed and able to concentrate, free of frustration and tension, a positive influence on others. Then say a *Hail Mary*.

*Fifth, reinforce your positive mood with prayers of supplication..* Create your own prayers, or select some from the following examples.

- Give me the grace, Lord, to not use food to fill my craving for love. In You, Lord, I am filled with all the fullness of divinity; there is no greater love than this.

- Give me the grace, Lord, to not use body fat to ward off unwanted sexual attention. Let the protection of the Blessed Virgin, Saint Joseph, all the angels, Apostles, saints, martyrs, and virgins through the ages help me guard and preserve my chastity.

- When I trust in You, Lord, I do not need to soothe myself with food. Through Your grace, I am no longer a slave to impulses and addiction.

- Give me the grace, Lord, to respect my own body as a temple of the Holy Spirit and to present myself to others with respect and dignity.

- Lord, let Your calmness and patience reflect through me to shine upon others as compassion and sensitive understanding.

- You, Lord, give me an experience of peace and calm that cannot be threatened by anything outside myself. I thank you, Lord; I wish peace and good to all.

*Sixth, conclude with a simple closure to the session.* Say the prayers on the back cover.

every unnecessary mouthful of food you have ever taken will be purged from you as flaming vomit. Then say a *Hail Mary*.

*Fourth, create a positive mood state in which you visualize the beneficial effects of new, healthy behavior, all the while your anxiety from the previous step begins to dissolve.* For example, see yourself as calm and confident in your faith, relaxed and able to concentrate, free of frustration and tension, a positive influence on others. Then say a *Hail Mary*.

*Fifth, reinforce your positive mood with prayers of supplication..* Create your own prayers, or select some from the following examples.

- Give me the grace, Lord, to not use food to fill my craving for love. In You, Lord, I am filled with all the fullness of divinity; there is no greater love than this.

- Give me the grace, Lord, to not use body fat to ward off unwanted sexual attention. Let the protection of the Blessed Virgin, Saint Joseph, all the angels, Apostles, saints, martyrs, and virgins through the ages help me guard and preserve my chastity.

- When I trust in You, Lord, I do not need to soothe myself with food. Through Your grace, I am no longer a slave to impulses and addiction.

- Give me the grace, Lord, to respect my own body as a temple of the Holy Spirit and to present myself to others with respect and dignity.

- Lord, let Your calmness and patience reflect through me to shine upon others as compassion and sensitive understanding.

- You, Lord, give me an experience of peace and calm that cannot be threatened by anything outside myself. I thank you, Lord; I wish peace and good to all.

*Sixth, conclude with a simple closure to the session.* Say the prayers on the back cover.