

Weight Consciousness



Changing the Beliefs That Prevent Permanent Weight Loss

Helen Meader

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ISBN

© Helen Meader 2009

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Cover Design by Susan Reed, rosecreative@yahoo.com

Printed in the United States of America

Published by CreateSpace

This book is available at quantity discounts for bulk purchases.
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A Directional Map

“Helen has created a directional map for evaluating the underlying beliefs that stop us from losing weight. Often I have worked with people who have tried every diet and read every diet book thinking that the solution is in a diet book or in foods with special attributes. The solution to permanent weight loss is within.”

Valeria Moore, Keizer, Oregon, USA
Author of *Healer Wisdom: Beliefs by Disease and Trauma*
valeria@bjc-mail.com
<http://www.healerwisdom.com>

This Book Delivers

“Weight Consciousness’ by Helen Meader is a book that delivers. If you have ever felt hopeless from the pain and frustration of yo-yo dieting and felt like losing weight is a pointless exercise, Helen’s book will reignite that spark of hope. As she so aptly puts it; “Weight Consciousness” is not about increasing your potential for success, it’s about increasing your ACTUAL success. If you are willing to search within, then this book is a necessary companion for the journey. Helen has covered every imaginable reason for holding on to extra weight and through her thorough research will guide you as you learn to work with your body and release that which stops you from being your desired weight. It is the perfect resource for coaches, healers and anyone desiring to permanently rebalance their body weight. Do yourself a favour and buy the book!”

Domenica Papalia, Sydney, AU
Human Change and Energy Alignment Expert
Certified Instructor of all levels of ThetaHealing™ and
Accredited Nature’s Path & Vianna Stibal Teacher Mentor
www.yourhighestpotential.com.au

A Thought Provoking and Stimulating Guide

A thought provoking and stimulating guide to changing your weight. Weight Consciousness provides a clear process to bring lasting change for those wanting to become slim.

Jackie Curran, Sydney, AU
Director, Laughter Lawyers, the Laughter Yoga professionals.
www.LaughterLawyer.com

Support

“Helen, thank you.
Your insights and clarity have supported my journey
immensely.”

C.C., Marketing Executive, Sydney, AU

Wisdom and Positive Energy

“Thanks again for your support, wisdom and positive energy. Our meeting was very profound and once again our discussions have helped tremendously. I feel as though I know where I am going again.”

Chantal, Sydney, AU

My Thoughts are Lighter and More Positive

“With Helen's perseverance and strength I have come to realise that I have the answers as to how I want my life to be and who I am. I have been carrying a lot of negative beliefs about myself that I was able to express and release and I no longer need to hold onto them. My thoughts are lighter and more positive.”

D.M., Sydney, AU

Dedication

This book is dedicated to my two beautiful children

Ryan and Elyssa.

My love for them keeps me connected and
moving forward in my life.

Their love for me is my inspiration.

**I also dedicate this book to you,
the reader.**

*I congratulate you for your decision to purchase this
book and to take the time to read it. This tells me you
are very serious about your future and that it will be
you who takes your life to the next level.*

I Celebrate Your Success!

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Weight Consciousness is about seeing the achievement of your ideal or perfect weight as a magical adventure where your weight goal is attained with ease and grace. Weight Consciousness is a state of mind, a deep knowledge; more than a belief, it is a way of being - a 'knowing' felt deep within the core of yourself that is indeed a part of who you are.

Weight Consciousness is a deep connection with yourself. Discover how to tap into your own unique Weight Consciousness.

***Weight Consciousness is a journey,
a journey back to you.***

Working with weight issues is a journey - a journey of love, a journey of loss, a journey of forgiveness and an understanding of our immense capacity for kindness and healing. It is a journey to your soul's purpose.

“Every day choose to find the wonder that is you.”

Helen Meader

This is a truly powerful journey that you are about to embark on. As a Theta Healing Practitioner I have found that there are three things most striking when consciously working with weight issues. Firstly the speed with which you will change when you do this work, then there is the depth of the change you will experience, and ultimately the evolution of you. The bringing into your life now of all the energy, vitality and life force that will allow you to discover aspects of yourself that you may or may not be aware of at this point in time.

*This is a true homecoming:
a journey to your essence, discovering your
deepest, unique self.*

Whatever you have in your life today is a result of your experiences, decisions and beliefs from your life to date and what you have chosen to do with them. The messages you are sending out with your thoughts are what you are attracting. This is very useful in working with weight issues. Listening to your words, both spoken and unspoken, and looking at what is going on in your life will give you all the information you need to work with.

Potential vs. Actual Success

Your talents, your commitment, and your knowledge, coupled with the amount of time and effort you put into achieving your ideal weight dream determines only your potential for weight loss success.

Your actual success is determined by your inner constraints!

“Your actual weight loss success is determined by your inner constraints, not by your knowledge of diets and nutrition!”

Helen Meader

Your potential success is dependent on what you are willing to put into achieving your goal! Your actual results will be determined by the things that limit or cancel out your potential achievements.

You have access to all the knowledge in the world on food, health, nutrition and exercise. We are inundated with information on these topics, yet despite the knowledge we have, human beings in developed countries are getting larger and larger.

You have all the knowledge you need for success yet this knowledge is not actually getting you the results. Why not? Because your actual success is not a result of what you know. That simply defines your potential for success, but does not guarantee it.

It is all the things that get in the way of this potential success that will guide and define your actual success, these are - your constraints! It will only be when you eliminate your constraints that your actual success will rise to the level of your potential success!

This book is not about increasing your potential for success; this book is about increasing your actual success!

Many of your constraints may be a legacy of your past combined with your current view of yourself. You can't change your past; however, you can change your perspective to it by changing your beliefs. By changing your beliefs you can change your weight and it is my pleasure to support you in your journey.

Coming Home

Losing weight and changing one's life in this way is all about reconnecting with your body; creating the ideal internal conditions for weight loss and allowing your body to adjust its own internal programs so you can achieve the ideal weight for you.

Your body is amazing. It has all the answers; you simply need to create and evolve the environment where your body can heal itself physically, emotionally and spiritually. When you are physically, emotionally and spiritually in harmony your body naturally comes into alignment. This is not about forcing, pushing or dictating the outcome to your body, but simply clearing the path that will allow your body to heal itself.

Look for the messages. Look at what your body is telling you. Being overweight is providing you with an opportunity to heal on many levels.

The key is to find out what your constraints are and work on yourself to remove these constraints and imbalances.

Food and the desire for it takes us directly to the place that needs healing. Food allows us to heal and food heals us. We need to see ourselves with love so we can become aware of what is going on for us with food.

The habit for most people is to berate themselves through negative self-talk - “I shouldn’t have eaten that” type comments, which will take you away from the opportunity provided.

The world IS perfect. Use the opportunity provided by your weight experience to understand what is going on in your life, what is it that your body is telling you and what needs healing now.

You have gained weight for a reason. There are no mistakes. Life is perfect - it is meant to be. Understand this and use it; let go of the attachment to how things are supposed to happen.

Have appreciation for the gift of your weight as this will allow and assist you to grow to the next level.

*“Nothing is a mistake, it is only a mistake if
we label it this way.”*

Helen Meader

The Weight Consciousness process is about re-learning what you already know and becoming empowered on all levels in your life.

Often change brings up fear. Learn to understand your body and what fear feels like and use this knowledge to help you move forward. Do you have a lack of faith in your own ability, your body’s ability and your soul’s ability? We will explore this possibility too.

My goal is to support you to bring your body and your life back to a place of homeostasis, ‘equilibrium within,’ and a connection to all that is your life.

You will learn to become a creator, not a competitor, with yourself, with your body and with your soul.

Disharmony comes from being out of alignment, and disharmony at some level is always present in people with weight issues.

*“All that we are is a result of
what we have thought.”*

Abraham Lincoln

Our beliefs create our thoughts and our thoughts create our reality. Through your words and your thoughts you are creating your life; you are consciously or unconsciously creating your own reality.

When you create an environment where your thoughts and beliefs are aligned and are in harmony with your body and soul, amazing things will happen in your life.

What messages are you sending out with your thoughts and what are you attracting into your life?

This book is about working with yourself to change your body weight, your body shape and ultimately your life through changing your beliefs.

First, you will need to set your intention for your journey. Next, there are a couple of key ingredients to work with: there is your decision to lose weight and your commitment to this process. Losing weight is about completely changing your life, so you must be clear that you have made the decision and are willing to work not only on your beliefs, but also on changing other factors to ensure success.

Now, you may be thinking that the latest on weight loss is that we do not use phrases that talk about loss, weight loss, lose weight etc. However, this too is a belief, so what we will be doing is clearing your beliefs about loss and losing things so that these beliefs are not issues.

The process we will follow is to first look at the foundations for your Weight Loss journey, namely your Intention, your Decision, your Goals and your Commitment to the process. We will also look at any limiting beliefs you may have in any of these areas.

I have then divided this process into three areas as I have found that there are distinct issues in each phase of the journey.

These areas are:

1. What got you here?

What happened in the past that has taken you to the place you are right now with your weight? In this section you will look at beliefs around losing things like your excess weight, you will also review your general attitudes and beliefs about health and healing, and your need to 'struggle' with your weight.

You will be encouraged to examine specific body areas and your attitudes towards them as well as age issues, family and community beliefs, necessity for achieving perfection, forgiveness and personal challenges that you may or may not have conquered.

2. What keeps you stuck?

Things that can keep you stuck are feelings of not being good enough, self-doubt, lack of self-confidence just to name a few. You may also be experiencing soul searching questions such as, “Who am I?” and “What do I want to do in this world?”

We’ll examine what you are doing that keeps you fat and why you want to stay in this place you have created. You will review your habits and your connection to your body, learn what it is telling you, and why you are holding on to old patterns.

3. Moving forward

Why do you not want to see the way forward? What is your focus? We’ll look at conscious and unconscious weight issues, connection to your heart and soul, and issues around achievement. We will also look at your connection with yourself and your connection to the Creator.

Is moving forward conditional on something else that has to happen in your life first? What is your bigger picture?

*“Become a creator not a competitor,
work in harmony with your body.”*

Helen Meader

This is an active process, not a passive process. The more you work with these issues, the quicker other areas will present themselves to be resolved and the faster you will reach the heart of your journey. We are all different. This is your journey – enjoy!

This book is infused with love and healing.

Helen

*“All that we are arises with our thoughts.
With our thoughts, we make our world.”*

Buddha





Intention

Set your intention now for what you wish to get out of this book and set your intention for your own personal Weight Consciousness journey.

The more important something is to you the more likely it will happen. Ask yourself how important is it to achieve your weight goal, and to achieve it now. What is it that you actually want to achieve right now, not in five years time, but now?

Set your intention for your Weight Consciousness journey.

For example, you may wish to state an intention such as this: “My clear intention is to lose weight easily and simply, surrounded by supportive encouraging people. I easily see what I need to clear or change, and am able to assimilate and integrate any insights quickly. My journey is safe and effortless.”

“I easily choose the right foods to nourish and nurture my body and soul. I am energetic and inspired. I inspire others around me with my achievements. My journey is filled with fun and laughter.”

Your Decision

“Our power is in our ability to decide.”

Buckminster Fuller

A decision to do something is like a line in the sand. It is a statement to the universe and yourself that you are choosing to change something in your life. This is a critical step, for without a soul affirming decision the results will be mediocre at best, and at worst will see you revert straight back to the weight you were or heavier. Change your limiting beliefs about decision making and the path will be clear to move forward.

Decide to make the changes that are right for you. Decide to live your life with energy and passion. Decide to achieve your goals.

In the early days you may need to repeat your decision often. Make it a habit to re-affirm your decision upon waking every morning and again before going to sleep at night, and as often as you need to through the day.

I _____ (*your name*), have decided to

In working through these beliefs, they may not all be “bottom programs.” There will be areas that you will recognize as requiring further digging to get to the underlying, i.e. ‘bottom’ issue.

Be sure to test all of these “on any level.” When the belief is present on a mind, body or soul level test at which specific level it shows up and explore this to the bottom program. These beliefs can also be on a core level, genetic level or history level.

Limiting beliefs to clear:

- Decisions are hard to make
- Decisions don't work
- I might get it wrong
- I am afraid to make a decision
- I might make the wrong decision
- I am afraid to make the decision to lose weight
- I have to take time to make a decision
- Making decisions about my weight courts disaster
- Making a decision about my weight means failure
- I can't trust myself to make a decision
- I can't trust myself to make a great decision
- Decisions are made for me
- I have to let other people make my decisions for me
- Other people make better decisions for me
- I am too young to make this decision
- I am too old to make this decision
- I am not able to make a decision
- I am not allowed to make a decision

- I must check with others before I make a decision
- I must check with _____ before I make a decision
- I am afraid I will make the wrong decision
- I am afraid I will get it wrong
- I need permission to make a decision
- Decisions are made for me by _____
- My head makes the decisions
- My head and heart are not connected
- My head and my heart are separate
- It is not safe for my head and heart to work in unison
- Once I have made a decision I cannot change it
- All aspects of myself do not trust each other
- Some aspects of me are not to be trusted
- I am not allowed to integrate these aspects of me
- It is not safe for all aspects of me to work in unison

Your goal

In order to know where you are headed you need to know the destination. What is the weight you are choosing to be?

Write down your goal.

My ideal weight is _____ lbs/kgs.

Now muscle test the goal to see if there is a stress around this being your body's ideal weight. If there is a stress, focus on this and clear it.

Ask the following questions to see where the stress may be coming from:

- The stress is about the actual weight goal
- The stress is about whether I can actually achieve the weight goal
- Test to see if the doubt is in your head or your heart
- On any level I am unsure about my weight goal
- On any level I am unsure or uncertain that I can achieve my weight goal

Where the actual weight goal itself is causing you stress, you will need to test this same belief for different weights. Go up and down from the stress target weight and find the ideal weight (number) where your body feels comfortable in acknowledging.

For example:

My ideal weight is $x + y$ lbs./kgs.

My ideal weight is $x - y$ lbs./kgs.

Write down the goal weight that does not cause you to feel stress. At this stage, this is your goal weight and can be adjusted later as you clear beliefs around your weight and what is possible for you to achieve.

If the stress is about whether or not you can achieve your goal that is fine. We will cover the answers for you in the coming pages.

Check that you will allow yourself to be this weight and that it is safe to be this weight. Clear any issues that arise from this.

- I will allow my body to be x weight
- I won't allow my body to be x weight
- It is safe to be x weight

“Once you have made a decision the universe conspires to make it happen.”

Ralph Waldo Emerson

Your Commitment

You also need to look at your commitment. Are you committed to making the necessary changes? Are there any beliefs preventing you from making a full commitment to your weight loss journey?

Living life in the body of your dreams is not hard if you are willing to stop doing the few things that are killing your results, start doing the few things that will accelerate your progress, and along the way clear any issues as they arise.

A teacher of mine once told me that the secret to success is to, ‘Go as far as you can with what you know. Then when you get there you will be able to see the next step in the path.’

Often we humans want to be able to see the whole journey - to be assured of the outcome and where the journey will take us

even before we are willing to begin. However, the reality is that the person who created this current situation is not the person you are becoming. The thinking that keeps you where you are now is not the thinking you will need to develop to get you to where you are going.

Beliefs to clear:

- I can't commit to things
- I can't commit to things for me
- I am afraid to commit
- I can't commit to my weight loss
- Commitment is scary
- Commitment is dangerous
- I can't see what to do next
- I can't see the way forward
- I don't trust myself to see the path ahead
- I don't trust that the path ahead will reveal itself
- I am afraid of the journey
- I am scared of what I might find

Coming Home

Positive beliefs and feelings to teach

- I love my life
- I easily and simply connect on all levels to my intentions
- I trust myself

- Decisions are easy
- It is safe to make a decision
- It is safe for me to make a decision
- It is easy for me to make a decision
- Changing is easy
- I make great decisions
- I make great decisions for me
- I honor my decisions
- I know how to trust my decisions
- I have discernment around my decisions
- It is okay to change my decision
- It is safe and easy to re-define my decision
- I make great decisions for my best and highest good
- I honor my commitments to myself
- I honor myself
- I give myself permission to change
- I give myself permission to do it my way
- I am committed to my weight goals
- I am committed to myself
- I am immune to others opinions
- Weight loss is safe and easy
- My head and my heart are integrated
- My head and my heart work in unison
- All aspects of me work together in unison
- I trust all aspects of me
- I love all aspects of me
- It is safe and easy to forgive all aspects of me
- It is safe and easy to integrate and love all aspects of me

- I live my life on my terms
- I love my decisions
- I love my commitment
- I easily see the path ahead
- The path forward is clear
- The next step is always clear to me
- Obstacles evaporate
- I love me

When you can't keep stepping forward, look to see what is getting in your way and clear it. Keep it simple and fun. The challenges are messages sent to you to support your progress. Welcome them.

“Commitment to your goal does not confine or constrain you, it is in fact liberating – especially when you follow your dream to the end.”

Helen Meader

Go as far as you can with what you know - don't wait until everything is in alignment. Start where you are now with whatever is going on around you.

Know that if something has come up now for resolution, you are ready to change it. As you are reading this book now you are obviously ready to change things about your weight and your life. Congratulations on taking this step to your amazing future.

Very importantly, accept that this is a journey you have chosen and take massive action to complete it.

This is your life. It is time to reclaim it.

Let's get into your Weight Consciousness...

*“Leap and grow your wings
on the way down.”*

Author Unknown





“The optimist sees opportunity in every danger; the pessimist sees danger in every opportunity.”

Winston Churchill

This section is about clearing the past and the issues that have got you to this point in your life, then changing your perspective to them and teaching you how to live without these things.

Your weight is a reaction - a response to something in your consciousness. Through this process you will learn to love everything that has happened to you and to learn from each experience.

The key to your weight loss and never having a weight issue again is allowing your body the environment where the perfect program for you is activated rather than using the current program which has failed you. Work with your body, not against it. The goal is to guide your body to the place where it is safer for you to be your perfect weight than to be the weight you are now.

When your body is in harmony, weight loss will become automatic - easy and inevitable.

Beliefs to Clear First

Note: In working through these beliefs they may not all be “bottom programs.” There will be areas that you will recognize as requiring digging to get to the underlying (bottom) program.

Also be sure to check all of these “on any level.” For example, check ‘If I lose something, I have to find it’ as well as ‘On any level If I lose something, I have to find it’.

Losing Weight

First, clear any programs about ‘losing weight’ and any potential need to ‘find’ it again that you may be holding on to.

- If I lose something, I have to find it
- If I lose something, I must find it
- If I lose something, I need to find it
- If I lose something, I am desperate to find it
- If I lose weight, I must put it on again
- If I lose weight, I have to put it on again
- If I lose weight, I need to put it on again
- If I lose weight, I want to put it on again
- If I lose weight, I have to find it again
- If I lose weight, I need to find it again
- If I lose weight, I want to find it again

Health and Healing

Make sure that you clear any beliefs that are working against you regarding your health and healing, including instant healings for weight loss specifically.

- It is not safe to be healthy
- It is not safe and easy to lose weight
- You can't heal 'weight' issues
- I can't have an instant healing
- I don't deserve an instant healing
- I am unworthy of an instant weight healing
- Weight can't be instantly healed
- My weight can't be instantly healed
- Weight loss is a long and slow journey
- Weight loss is hard
- I am not allowed to be healthy
- I am not allowed to be my ideal weight
- I am not allowed to lose weight
- If I lose weight I won't be healthy
- If I lose weight too fast I will get sick
- I am not allowed to lose weight fast
- I am not able to accept an instant healing
- I cannot instantly be x lbs/kgs.
- Instant weight healings are not for me
- I need to struggle to lose weight
- I have to earn the right to be x lbs/kgs.
- I need to hide
- I need to hide from _____

- I am too lazy to lose weight
- I am too lazy to achieve my weight goal
- I am not 100% committed on all levels to my weight loss process
- On some level I think I will fail
- I don't trust that I can do this
- I don't trust in the process of life

Positive beliefs to teach

Clearing beliefs leaves a space for new beliefs to be taken on and new feelings to be felt or reconnected with. Instilling these beliefs will ensure that you do not go back to your old unsupportive beliefs.

- It is safe to be healthy
- It is safe to lose weight
- I can have an instant weight healing
- I know what it feels like to have an instant weight healing
- Weight loss is easy
- Perfect health is my right
- Perfect health is me
- My unconscious knows how to interpret and act on this knowledge for my best and highest good
- My unconscious knows the way forward and has cleared the clutter of past diets, forgotten commitments and failures
- My conscious mind knows how to and what it feels like to work in unison and harmony with my unconscious mind

- My spirit knows how to and what it feels like to work in unison and harmony with all aspects of me
- My higher self knows the best approach to weight loss for me
- I trust my higher self to know what is right and true for me
- I connect to my higher self
- I connect to my higher truth
- I trust myself to know what is right and true for me
- My conscious, unconscious, higher self and spiritual me (all aspects of me) through all lifetimes and all time and space are in alignment
- It is safe to be honest with myself
- I know how to be honest with myself
- Being honest with myself sets me free
- It is safe for me to connect with my knowing what is right for me
- It is safe for me to follow my heart
- It is safe for me to follow a different path to others
- I know what it feels like to receive an instant healing
- I lose weight with ease and grace
- I am safe
- I have all the energy I need to achieve my goal, easily
- It is safe to be 100% committed on all levels to my weight process

The Weight Loss 'Struggle' – Breaking The Cycle

Your body responds to what you tell it, either consciously or unconsciously, and it is always protecting you. There is a struggle when there are two or more opposing forces at war within your body.

With weight loss this can become an issue when your body is protecting you and you are forcing it to lose weight. You are violating your body's natural laws and your body will win out.

More struggle = more stress = more weight.

Clearing the beliefs that are causing your body to protect itself with weight will allow your body to come into alignment.

The goal is to provide the environment where your body craves healthy foods. When your body is craving a particular food, listen to your body's messages and use these to understand what is going on for you. Your body is telling you something important - learn to listen.

This process is about shifting your perspective, clearing unhealthy beliefs and allowing the weight to simply fade away.

A couple of things to notice...

- You may be okay with being your perfect weight in the future, but are not okay with that NOW, in this very moment. Watch for this feeling and explore it when it arises.
- Both positive and negative beliefs can be present at the same time, particularly when beliefs start to shift and

changes are happening. This seems to be a place where people get caught between moving forward and staying where they are. In this space there are often both the positive and negative patterns running parallel for the same belief. Be sure to test and clear both patterns to allow an easy journey forward.

- If you find that you are beating yourself up, step back to look at the bigger picture and ask yourself why you are doing this.

Your current focus

Where is your focus currently? What are you putting your energy into?

In order to ascertain where you are now, complete the following exercises and write down your answers. You will be able to use this information as we move through the process.

I can't be my ideal weight because _____

I can't be my ideal weight right now because _____

I am not my ideal weight right now because _____

Specific Weight Area Issues

Put your hand on a weight area of particular concern to you, i.e. tummy, bottom, thighs etc., and ask yourself the following questions:

- What am I holding onto here?
- What garbage am I holding here?
- What feelings am I protecting with this weight?
- What is the energy in the weight here?
- What is the emotion here?
- Why did I choose to put on weight here?

Do this for all parts of your body especially the areas you really dislike/hate, i.e. flabby arms, big thighs, tummy, bottom, skinny calves, areas you believe are out of proportion.

Rear Weight

When you are carrying weight behind you there may be a specific reason for this. Check the following statements to see if they are true for you.

- I need to keep people at bay
- I need to keep people away emotionally
- I need to get people off my back
- I need to get _____ off my back
- I am afraid of what is behind me
- I will get attacked from the rear
- I will be attacked from the rear if I am not looking

Big Tummy

Explore issues around perhaps having lost a baby, never having had a baby, regret in these areas or any other issues of lost children. This can also be about children that are changing, growing up, and moving on with their lives.

Also check for a disappearing twin. There are many pregnancies that began with 2 or more fetuses. During the pregnancy these other 'twins' that died can leave you with a feeling of loss, searching for someone, or a deep feeling of a missing connection.

Also explore issues that may be present regarding menopause. Are there emotions of sadness and grief that you do not know what to do with, or how to let go of them and move forward?

- I feel like I have lost something
- I feel like I have lost someone
- I have lost my dreams
- I have lost myself
- I have lost my health
- I have lost my children
- I am losing my children
- I am leaving something behind

General Weight Beliefs to Clear

How to Lose Weight

Do you have a belief that there is a certain way to lose weight that goes against what you believe or can do? This belief may hold you back to achieving your optimum weight loss goals. Do any of the statements below ring true for you?

- I can only lose weight under _____ conditions
- I can only lose weight in the winter, summer, etc
- I can only lose weight when I am happy, sad, lonely, etc
- I can only lose weight on _____ diet
- I must do _____ to lose weight
- I am only successful when I lose weight slowly
- I have to lose weight slowly
- I am only successful when I lose weight fast
- I have to lose weight fast
- My weight drops only when _____

Are you Connected?

When you are overweight, you are often disconnected from your body, probably without even realizing it. You are living energetically outside of your body. Do any of these statements feel familiar?

- My spirit is outside my body
- I am disconnected from my body

- I am disconnected from the Creator
- I cannot be in my body and be safe

Age issues

Age related issues are a large part of our society and the language that is generally used when describing or dealing with older people. In fact in some communities it is expected that you will put on weight as you grow older.

Adjusting to changes in life such as your children growing up and not needing you so much, your partner dies, your relationship breaks up or you are not being fulfilling on some level, may cause you to gain weight. Here are just a few limiting beliefs that you might be experiencing:

- Once I am over 40/50/etc. my life is all over
- Women/Men in my family over ____ age are all fat
- I am tired
- I don't know who I am any more
- I can't live life just for me
- I am too old/fat/lazy to live my life to the fullest
- It is all downhill from here
- Life is going down the drain
- I am not responsible for my weight

Grief and Loss

Societal doom and gloom and personal loss and grief can be contributors to your weight issues. Currently the world seems to be caught up in a gloomy outlook and a lot of what we hear in the media is focused on lack, loss and what we don't have. Notice where you get hooked into this and consciously choose to alter your beliefs to more positive ones.

Sometimes the feeling of loss and grief is not specific, there does not have to be an actual situation or incident this can be a general feeling or sense of loss.

Check for the following beliefs:

- It is hopeless
- We are doomed
- I am doomed
- My grief keeps me fat
- I am grieving for _____
- My loss keeps me fat
- Eating keeps my feeling of loss under control
- I have lost _____
- There is no hope for me
- There is no hope for me because _____
- I am grieving
- I am grieving for _____
- Eating keeps me connected to my dead Mother
- Eating keeps me connected a departed friend, family member
- Eating keeps me connected to _____

- Eating makes me feel like ____x____ is still alive
- Eating makes me feel like ____x____ is still with me
- Eating makes me feel like ____x____ is still watching over me
- On some level my mind, body and/or spirit are grieving (Dig on this and clear)
- The world is unsafe
- This world is an unsafe place
- This world is an unsafe place for me
- I need my weight to protect me in this world
- I need my weight to protect me in this vibration
- I need my weight to protect me on this planet
- I need my weight to protect me in this world in the here & now

Control

Do you need to control your life, your outcomes or do you feel that your life is being controlled by others? When you have an attachment to control, being out of control or handing control to others, your body will have difficulty finding balance.

- I have no control
- I am out of control
- I am out of control because _____
- My body is out of control
- My body is out of control because _____
- I am not allowed to be in control
- _____ is in control

Weight Consciousness

- My spirit is out of control
- My spirit is out of control because _____
- My soul is out of control
- My soul is out of control because _____
- My mind is out of control
- My mind is out of control because _____
- On some level I feel a lack of control over my life
- On some level I feel I have lost control of my life
- On some level I feel that control of my life has been taken from me
- _____ has control over my life

Past Lives

You can also be carrying beliefs from past lives or ancestral programming which in turn is causing you to keep unwanted weight on your body. Ask yourself if any of these statements are true:

- If I am fat, I am wealthy
- If I am fat, I won't be eaten
- My ancestors were all fat
- Fat is regal
- On any level my weight issues are connected to a past life
- On any level my weight issues are connected to my ancestors

You Want to Be Fat

At some level in your mind, body or spirit, you may just want to be overweight. Explore this as a possibility as it can be very profound. Also check core, genetic and history levels. Some of these deeply buried beliefs might be:

- My body wants to be fat
- My mind wants to be fat
- My soul wants to be fat
- My spirit wants to be fat
- I need to be fat
- I need to be overweight to _____
- Being overweight gives me an excuse for _____
- Being overweight gives me an excuse to _____
- Being overweight gives me an excuse not to _____
- I use fat to avoid _____

Your Family & Your Community

Family beliefs can be very strong around what is and what is not overweight, what is and what is not healthy, and acceptable weights. The same goes for the community that you belong to, whether it is a religious community, an ethnic community, school community, vocational community, etc. The beliefs of each of these individual communities may pre-determine whether your weight is acceptable or not.

Here are some beliefs that you may have taken on from these communities:

- It's the norm to feel bad
- It's okay to feel bad
- At my age everyone is overweight
- My family does not want me to be my perfect weight
- My family does not want me to be healthy
- My family has different health beliefs to me
- My family wants me to be just like them
- My family does not want me to have the life I desire
- My community does not want me to be my perfect weight
- My community does not want me to be healthy
- My community has different health beliefs to me
- My community want me to be just like them
- My community does not want me to have the life I desire
- I am bad if I go against my family
- I am bad if I go against my community
- It is okay to poison my body
- It is normal to ingest toxins
- It is expected that I will poison my body
- I am expected to poison my body
- I poison my body to fit in
- There is never enough
- There is never enough love
- There is never enough food

Personal Challenges

What things do you let get in the way of you achieving your goals? What challenges do you bring into your life to either prevent you from achieving your goals, or at least slow you down and make life difficult?

- I can't have what I want
- I don't know how to move through the challenges that keep getting in the way
- I put challenges in my way
- I put challenges in my way to stay fat
- I put challenges in my way to stay safe
- I really don't deserve to have what I want
- If I have what I want I'll be punished
- I will be punished if I am my ideal weight
- God will punish me if I am my ideal weight
- I am unworthy and inadequate for the things I want
- I am unworthy and inadequate to be my perfect weight
- I don't have the energy to change my life
- I don't have the energy to lose weight

Feelings

What feelings are you suppressing with your current health regime and daily routine? Are you deliberately sabotaging your efforts with some of these limiting beliefs?

- I need to overeat to dull my feelings

- I need to overeat to dull _____ feelings
- I need to overeat to bury my emotions
- I need to overeat to bury _____ emotions
- I don't exist
- People don't see me

Forgive Yourself

Weight issues can often be set around personal punishment and beliefs that you cannot be forgiven for things you have done or not done in your life. Here are just a few beliefs that you may have in your life right now:

- I punish myself with my weight
- I punish myself with my weight because _____
- I have treated people badly
- I am not deserving of being healthy because I have treated people badly
- I punish myself with my weight
- I need to punish myself
- I need to punish myself to _____
- I need to punish myself because _____
- I must not forgive myself
- I must not forgive myself because _____
- To forgive myself is to _____

Not Seeing The Perfection

Not being willing to or allowing yourself to see the perfection in who you are is another level of personal punishment. Thoughts such as the ones below can hold you back in your weight loss efforts.

- I am no good
- I can never be perfect just as I am
- I can't see myself as my perfect weight
- I can't see myself
- My body does not want to be my perfect weight
- My soul does not want to be my perfect weight
- My body is my enemy
- I am destined to fail

Group Consciousness

What is going on in the larger group that you are hooking in to? Are you following the mentality of the crowd?

- I have to follow the latest diet
- I have to follow the latest exercise regime
- To lose weight I must _____
- I have to do what authority figures tell me
- I don't know as much as others do about losing weight
- Others know more than me
- I am not allowed to think for myself
- I am not allowed to choose my own health regime

- I must conform to what my society says
- I don't know what is right for me
- Who am I to know what is right for me

Toxic Environments

Toxic people and toxic situations in your environment will play a part in your weight issues. Be sure to explore all aspects of this area by examining the items below.

- I always have problems eliminating toxic people from my life
- I always have problems with my past
- I always have problems putting incidents from the past into perspective
- I always have problems eliminating painful memories
- I always have problems putting my past into perspective
- I need to hang onto my hurts
- I need to hang onto my pain

Coming Home

The key aspect of coming home is filling the void which is created through the process of changing your beliefs. This creates a space which you will want to fill up with positive beliefs, love, and healing energy.

Coming home is a process about focusing on what you actually

want in your life. You will quickly realize that what you want is not simply just weight loss because that, in and of itself, has no meaning. What does have meaning is who will you be when you have achieved your weight goal. When you are living with Weight Consciousness you will see that it is something much larger, more personally enhancing, and totally soul fulfilling that you are actually seeking.

Re-focus your energy and fill your core with love and light which is the energy that is required for change.

Positive Beliefs and Amazing Feelings to Teach

By replacing your old beliefs with these new positive inspiring ones, you will easily adopt new thought processes that are necessary in order to achieve your weight goals.

- I can see my goal
- I can see me at 'x' weight
- I can easily see the steps I need to take to get there
- I can feel my goal
- I embody my goal
- I know how to focus on the positive
- I always focus on the positive
- I always focus on my opportunities
- Achieving my goal is easy and I do it with grace
- I am energized and focused
- I can have all I want right now
- I know what it feels like to forgive myself
- It is safe to forgive myself

- I know what it feels like to free myself from the past
- I feel safe in my body
- My body supports me
- I have the right to be me
- I am responsible for my weight
- I easily and simply achieve the perfect weight for me
- It is safe to see how I create my reality
- It is okay to see how I create my reality
- It is easy for me to see how I create my reality
- It is safe to see how I create my life
- It is okay to see how I create my life
- It is easy for me to see how I create my life
- It is easy for me to take charge of my life
- I can easily see how to achieve my weight goal
- I am heard
- I am seen
- I am safe
- I am grounded
- I am in my body
- On all levels I love myself
- I love myself through all space and time
- I am deserving
- I know what it feels like to be safe on all levels
- I know what it feels like to have a flat stomach
- I know what it feels like to have a cute butt
- It is safe to move forward
- It is safe to allow internal changes
- My internal chemistry knows how to adjust safely and easily

- I am an amazing person
- I am protected
- It is safe to be heard
- It is safe to be seen
- I can have everything I want in my life
- I am the creator of my life
- I know the best path for me to take to achieve my weight goals
- I know how to do this with ease and grace
- I am guided on this journey
- I am blessed
- I have the answers
- I appreciate my abilities as a healer
- I know I can easily clear my beliefs
- I support my own healing with ease and grace
- It is safe to embrace my weight consciousness
- It is easy to embrace my weight consciousness
- I deserve an instant weight healing
- I know what it feels like to lose weight now
- I know what it feels like to be free
- I feel great
- I feel energized
- I know what it feels like to be connected to my body
- I love being connected to my body
- I forgive myself
- I love myself
- I know what joy feels like
- I know what love feels like
- I know what happiness feels like

- I am content
- I am content to be me
- It is safe to feel
- It is safe and easy to live with joy
- It is safe and easy to live with love
- It is safe and easy to live with hope
- I know what it feels like on all levels to live with joy, love and hope in my heart
- It is safe to live my life for me
- It is great to be me
- I know what it feels like to live fully
- It is safe to connect to memories and heal
- I see my goals and the path clearly
- Life is amazing
- I know what it feels like to excited about my life
- I know what it feels like to be fully energized and alive
- I know what it feels like to love
- On all levels I know what it feels like to be loved
- I love myself
- I love me
- I am love

*“Trust in yourself to continue your journey,
commit to the life of your dreams and
magic will follow.*

*Doors will open and new experiences will
reveal themselves, people will turn up to
support your dream.”*

Helen Meader







What Keeps You Stuck?

If you think of your body as a clock with the pendulum being a stress indicator, your weight is then simply an indicator of things not being perfect for you.

Weight Consciousness is thus a process of listening to your body; exploring, clearing and re-learning what, at a soul level, we already know.

You are an individual and your journey will be very different from the next person's, so be sure to honor where you are at now. The path will come from within you, not from outside of yourself.

Your weight has happened for a reason. Life is perfect; all is meant to be and is as it should be. Let go of any attachment to how you think it should be and work with what is presented to you.

Decide to be appreciative of this gift and decide to commit to finding the way ahead for you.

“By your words you are justified, by your words you are condemned.”

Author Unknown

Your world, your current reality, is telling you what you need to know and what you need to clear to achieve your goal.

Whatever is around you is a reflection of you. See this as a blessing and use the insights to move forward.

Look at your life NOW. Use the gift of what is happening in your life right now to determine what your possible learnings are. Ask yourself who is being attracted to you? What experiences are you bringing into your life? List these below as they are a great source of insight.

What am I seeing around me, what is bothering me or annoying me?

Who is around me? What qualities do they possess? What do I like about them or their behavior? What do I dislike about them or their behavior?

What is this telling me about where I am at?

How is this a reflection of me?

Explore these issues and clear anything that arises from this exploration.

Doing Things to Stay Fat

There are reasons and benefits for staying where you are currently. This section will allow you to explore what is going on for you and allow you to gain insights that will enable you to move out of this place.

Do you allow yourself to get caught up in the dramas of life? Choosing to stay in that place keeps the weight issues hanging around.

For example, do you have habitual behaviors associated with:

- Love
- Issues of getting enough love

- Withholding love
- Power plays
- The drama of your relationships
- The drama of others relationships
- The drama of the world
- The drama of the media
- Sickness or illnesses
- Being in trouble
- Being in financial crisis
- Bottling up emotions
- Not doing for yourself
- Not listening to your heart's desire
- Poor me
- Helplessness
- Resentments
- Regrets
- Disappointments
- Sadness
- Loneliness
- Yearning
- Giving your power over to others
- Giving your life over to others

Are you habitually afraid to move forward to the life and the body of your dreams and your desires?

- What are the things that you are currently doing habitually?

- I am _____
- And _____
- And sometimes _____
- And then maybe _____

And the things I don't really want to see in myself that I am doing are

Not Listening?

When your body says eat/drink 'x' and you override this and choose 'y' – ask yourself, why did I do this? Clear any issues that come up as a result of this questioning.

Note: In working through these beliefs, they may not all be “bottom programs.” There will be areas that you will recognize as requiring digging to get to the underlying program.

Also be sure to test all of these “on any level.”

Being Weighed Down

What areas of your life feel like a weight on you? Where are you weighing yourself down so that you have a good reason not to achieve your weight goals?

- I am weighed down by all I have done in my life
- I am weighed down by all I have not done in my life
- I am weighed down by _____
- I am weighed down by my finances
- I am weighed down by my decisions
- I am weighed down by my greed
- I am weighed down by my desires
- I am weighed down by what got me to this place
- These weights get heavier every day
- I am weighed down by my life right now

Meant To Be

Sometimes you may find that you believe on some level that things are just meant to be the way they are. As such these areas can be missed. Take some time to explore the things in your life that you believe are just 'Meant To Be.'

- I am meant to be fat
- I was born to be fat
- I deserve to be fat
- I am angry at myself for being fat
- Losing weight is impossible for me

- Losing weight is difficult for me
 - I don't deserve to lose weight
 - I don't deserve to be thin
 - I don't trust myself
 - I don't trust myself to be thin
 - I don't trust myself to be my ideal weight because
-
- As you get older you get fatter
 - Women in my family are fat
 - Fat is in my genes
 - My body's survival depends on my being fat
 - My soul's survival depends on my being fat

Busyness

Being busy and not having time to focus on yourself and your weight goals can be a great excuse. It is one that is readily accepted in our society. Do not let this trip you up on your journey.

- My work is never done
- My chores are never done
- There is never time for me
- I must complete all work/chores before I can do for me
- There is always more to do before I get to me
- I must be busy
- I am not allowed to play
- I am not allowed joy in my life
- I must be busy to _____
- I must be busy for _____

Giving and Receiving Love

Is the love in your life conditional on your weight? Be sure to check not only your current partner, but also past partners to see if there are any hangover beliefs you may be harboring.

- I have to challenge my partners love by being fat
- If I put on weight and he/she stays around, I know he/she truly loves me
- My weight protects me from being fully loved
- My weight protects me from being seen
- Losing weight will alienate me from my loved ones
- If I lose weight I won't be loved
- If I lose weight my partner won't love me
- If I lose weight I will be loved
- My spouse prefers me to be fat
- My family prefer me to be fat
- My fat keeps my spouse/family safe
- If I lose weight I won't belong
- Losing weight will betray my spouse
- Losing weight will betray my loved ones
- Losing weight will betray my family
- Losing weight will betray my friends
- Being fat helps me gain attention
- I enjoy the attention I get from other people being concerned about my health
- Being fat protects me from attention
- I show love to others by giving them food, feeding them up

- Others show love to me by giving me food and feeding me up
- I feel love from others when they feed me
- I am loved if I am given food and fed
- I must eat all the food I am given
- I need to be fed to feel loved
- I need to overeat to feel loved
- I need to overeat to feel safe

Physical Attractiveness in Today's World

In the past being thin may have been a way of getting attention, love and being accepted by a partner, parent or another significant person. If you were then hurt by this person you may equate being thin with rejection and hurt. A weight gain will keep away people whose motivation for being in your life is the attractiveness of your physical beauty. This is a real issue in our society which is focused on physical beauty as a determination of a woman or man's worth.

- I will be hurt if I am thin
- I will be rejected for being thin
- I will be rejected if I am thin
- Being thin is stressful
- When I am thin I am stressed
- Being thin is dangerous
- Being thin is unhealthy
- Being thin is bad for me
- I need my weight to keep other away
- I am happier fat

- I am less stressed when I am overweight
- If I lose weight I will be hurt

Self Love

When you are unable to love yourself eating food can become a way of filling the void. Food can numb the pain of your lack of love and respect for yourself.

- I eat to feel loved
- I eat to numb the pain
- Eating distracts me from feelings of desolation
- Eating numbs my heart
- Eating distracts me from feeling my own pain
- I eat to disconnect from myself
- I eat to disconnect from my pain

Connecting to a Happier Place

Eating can provide a connection or a link to past times that were happy, loving, comforting. If life is stressful there can be a need or a drive to find that “happy place” by eating those foods that connect to the comfort of a place, culture or people.

- My childhood treats always make me feel better
- My mothers cooking provides a place of protection and comfort
- I feel happy when I eat _____
- I feel comforted by _____ food

Food Issues

Eating and feeling really bad about it sets you up for failure. What an internal conflict this can cause! On one hand you may be saying you need this food to relax, and at the same time you are screaming out about how bad this is for you, creating enormous internal conflict. Is your body receiving conflicting messages about the food you are consuming?

- I must feel bad when I consume junk
- I always make bad food choices
- Nothing is healthy for me
- All the food I love is bad for me
- Food helps me relax and feel good
- I need to eat my feelings

How Issues

Do you have rules about ‘how’ you need to lose weight? Are these rules in conflict with what you are actually doing and setting up an internal discomfort?

- Weight loss has to be slow
- Weight loss is hard
- I have to lose weight slowly
- I have to lose weight fast
- I have to starve myself to lose weight
- Diets don’t work for me

Rescue Me

Are you waiting to be rescued? Do you believe that once you are rescued from something in your life then life will be easier and weight loss will happen?

- I need to be rescued
- I need to be rescued to lose weight
- I need to be rescued to be loved
- I need my mother to rescue me
- I need my mother to rescue me to feel loved
- I need my mother to rescue me to feel safe
- I need my father to rescue me
- I need my father to rescue me to feel loved
- I need my father to rescue me to feel safe
- I need my family to rescue me
- I need my family to rescue me to feel loved
- I need my family to rescue me to feel safe
- I need my partner to rescue me
- I need my partner to rescue me to feel loved
- I need my partner to rescue me to feel safe
- I need someone to rescue me
- I need someone to rescue me to feel loved
- I need someone to rescue me to feel safe
- I need to be rescued
- I need to be rescued to feel loved
- I need to be rescued to feel safe
- I want to be rescued
- I expect to be rescued

- I am waiting for my rescuer
- My rescuer is _____

In Trouble

Sometimes you may find that you are creating trouble in your life in order to achieve something. Explore the areas of your life where you are creating havoc and identify what the issues are and clear them.

- When I am in trouble I am loved
- When I am in trouble I feel loved
- When I am in trouble people fuss over me
- I need to be in trouble to be loved
- I need to be in trouble to feel loved
- I need to be in trouble to allow others to show me that they love me
- I need to get into trouble to lose weight
- My weight protects me from trouble

Abuse & Punishment

Weight issues are often touched by areas where you have been abused or punished or feel you have been abused or punished. Be gentle with yourself as you explore these beliefs.

When you are working in this section be very aware of your mind chatter. Where there is a pattern of self-abuse, working through this section can bring that to the forefront in the current moment.

Be sure to notice as you are going through these beliefs if you are saying things to yourself like 'Yes' or 'That's okay.' Self-abuse and self-punishment are not okay on any level. Be sure to notice if you are doing this and change your self-talk immediately.

- I need to be punished
- I need to punish myself
- Getting sick benefits me
- When I am sick I am loved
- When I am sick I feel loved
- When I am sick people fuss over me
- I need to be sick
- I need to feel sick
- I need to get sick to be loved
- I need to get sick to feel loved
- I need to get sick to allow others to show me that they love me
- I need to get sick to lose weight
- I abuse myself with food
- I abuse myself with food to _____
- I deserve to be abused
- I am abused
- In a past life I was abused
- I abuse myself
- I have to pay penance by being fat
- I can't forgive myself
- Others can't forgive me
- It is okay not to forgive myself
- It is okay for others not to forgive me

- I am punishing myself with food
- I am punishing myself with drink
- I must be punished
- I must be punished for _____



Resentment, Rejection & Regret

Clearing your issues for these three critical areas can be the thing that makes all the difference. Holding onto resentments, rejections and regrets can halt your weight loss success. These are other things that you may be hanging on to which will keep your weight firmly in place if not addressed.

Note: For the following three areas Resentment, Rejection and Regret, list all of the areas you can think of and clear them all. The more depth you can go into here the better.

Resentment

I resent _____

I begrudge _____

Rejection

I was rejected by _____

I feel rejection from _____

I felt rejected by _____

Regret

I regret doing _____

I regret not doing _____

I regret being _____

Wishing

When you are wishing for things to be another way than what they are you are pushing your dreams and goals out into the future. You cannot achieve the body of your dreams in the now if your focus is dependent on something happening in the future. Wishing removes your power to change things in the present.

I wish I had _____

If only I had _____ I would be healthy

If only I had _____ I would be my ideal weight

I wish I could _____

When my wishes come true I will be able to lose weight

Financial Crisis

Sometimes you may create a financial crisis as a reason for staying stuck. A financial crisis can be so powerful by nature that it consumes you, so how could you possibly be able to lose weight? Especially during these current economic times, be sure to fully explore how you may be allowing financial issues to get in your way.

- When I am in financial crisis I am loved
- When I am in financial crisis I feel loved
- When I am in financial crisis people fuss over me

- I need to be in financial crisis to be loved
- I need to be in financial crisis to feel loved
- I need to be in financial crisis to allow others to show me that they love me
- I need to get into financial crisis to lose weight
- I need to get out of financial crisis to lose weight

Self-Control

If you are giving your power to someone else or moved your power away from yourself how will you be able to achieve your weight loss goals? To achieve them you will need to be fully connected and present in your own life.

- I have no control over my life
- I have lost control of my life
- Control of my life has been taken from me
- _____ has taken control of my life
- I have given away control of my life
- I have to give away control to survive
- I have given control to _____

Grief

Hanging on to grief can equate to hanging on to weight. Put your hand on any areas of concern and ask yourself if you are hanging onto some grief in this area. Check the following beliefs.

- I must hang on to my grief
- I need to hang on to my grief
- I need my grief
- My grief defines me
- My grief keeps me safe
- My mind is grieving
- My body is grieving
- My soul is grieving
- It is OK to hang on to grief
- I am grieving over my weight
- My grief defines me
- My weight defines me
- My weight is my grief

Not Allowed

If you are not 'allowed' to do things, your power is with someone or something else. Notice where you believe you are not allowed to do things as often this can be linked to 'rules' from your childhood, community or culture.

Be aware of whether not being allowed to comes from yourself, as in you won't allow yourself or whether this comes from another person or group.

- Good things are kept from me
- A great life is kept from me
- I am not good enough to be my ideal weight
- I am not worthy of being my ideal weight

- I am not allowed to lose weight
- _____ won't allow me to lose weight
- Losing weight is not allowed until _____

Feelings

Distancing yourself from your feelings can be something that has become a pattern in your life. Reconnecting to your feelings is essential to regaining your weight balance. Be gentle with yourself when exploring this area, but do not be tempted to skip over it.

When you are going through these beliefs notice what is happening at a physical body level. The energy movement will give you some keys for what to explore further.

- I don't know how to feel
- I don't like to feel
- When you feel bad things happen
- I have to toughen up
- I need to stop feeling
- I feel like a failure
- Feelings hurt
- I can't feel
- All my feelings are with someone else
- It is not safe to feel
- I don't know how to find my feelings again
- It is not safe to find my feeling
- It is safe to be disconnected

- It is safer to be disconnected
- I am overweight to avoid my feelings
- I stay safe by _____
- My weight protects me from feeling _____
- It is not safe to drop the weight that protects me from feeling

Emotions

You may be hiding your emotions in your fat. Clear the need to hide or bury your emotions and then explore any issues that arise.

- I must hide my emotions
- I must not share my emotions
- It is unsafe to show my emotions
- I must hide my emotions
- I am ashamed of _____

Sexuality

Are you using your weight to hide or mask your sexuality?

- Sex is not about love
- Sex is about power and control
- Love and sex are different
- My weight hides my sexuality
- My weight hides my love

Weight Consciousness

- It is not safe to be sexual
- I must not ask for what I want
- I can't have what I want

Group Consciousness

You are surrounded by the thoughts and beliefs of your 'group' – the society that you live in. Are you allowing the group thinking to direct your life and your results?

Being overweight may not feel good yet because many others are also living their lives feeling uncomfortable in their bodies, have you taken on the belief that feeling like this is okay as well?

- It is normal to feel bad
- It is okay to feel bad
- I am expected to feel bad
- _____ expects me to feel bad
- It is okay to poison my body
- I am expected to poison my body
- I am expected to eat foods that poison my body
- If I lose weight I will have saggy skin
- If I lose weight I will have stretch marks
- If I lose weight I won't fit in

Elimination

What are you hanging on to and why? Can you feel yourself

internally holding on to something? Is there an internal tightness, a holding? Explore what this might be.

- It is not safe to let go of my fat
- It is not safe to let go of toxins
- It is not safe to let go of toxic relationships
- It is not safe to let go of bacteria
- It is not safe to let go of worm
- It is not safe to let go of infections
- It is not safe to expel my fat
- It is not safe to expel toxins
- It is not safe to eliminate

Toxins

We live in such a toxic environment that your body may not know what to do with these toxins. You may be storing these in your fat to protect you. Explore the following beliefs and clear any issues that arise.

- I am hanging onto toxins because _____
- My fat stores toxins to keep me safe
- My weight is a result of toxin storage
- My fat is a safe place to store toxins
- I am overweight as a result of toxin storage
- I need to be fat to store toxins safely
- I will get sick if I am not fat
- I have too many toxins in my body
- I'll die if I lose weight

Weight Consciousness

- I'll die if I lose weight and the toxins are released
- My body needs fat to safely store toxins
- My body is afraid of toxins
- I am afraid of toxins
- It is not safe to expel bacteria
- It is not safe to expel worms
- It is not safe to expel infections
- It is not safe to eliminate toxic relationships

Protection

You may have put on weight as a personal protection long ago. You may not need this protection any longer yet your body may still be running these protective patterns.

- I am locked away
- I am in a cage
- I am in a cage to protect myself
- I need to protect myself
- I need to protect myself from _____

Highly Sensitive People

A highly sensitive individual can be overwhelmed by the external and internal environment; food can numb or desensitize you to allow you to operate day to day.

- My body is highly sensitive

- My spirit is highly sensitive
- My being is ultra sensitive
- Sensitivity is a weakness
- Being sensitive is not okay
- I am overwhelmed by external stimuli
- I am overwhelmed by internal stimuli
- I eat to calm the overwhelm
- Food reduces the feelings of sensitivity
- Food numbs my pain
- Food numbs my sensitivity
- Food allows me to get through the day
- Hunger overwhelms me
- It is painful to be hungry
- I need to avoid feeling hungry

The Pain of Hunger

Going through the process of losing weight can bring up issues associated with hunger and the pain of hunger, connecting you to past experiences of poverty or times when there was not enough food for you - a time when you felt that you needed more.

This pain of hunger can also come from a parental experience or cultural experience that you have taken on as your own and can be associated with large families where you had to be quick to get any food at all, where meal times were a battlefield.

- There is not enough food
- There will never be enough food

- I must eat all I can
- I must eat what I can now to survive
- I am always hungry
- Hunger equals poverty
- Hunger equals sadness
- I must avoid feeling hungry
- Feeling hungry is painful
- There is never enough food for me
- I always need more food
- When I am stressed I always need food
- I have to get in first or the food will be gone
- I have to eat quickly
- I have to protect my food
- Meal times are stressful
- Someone is always trying to steal my food

Injustice and Inequality

Sometimes in our lives or our parents lives there can be rules about who gets what and how much. Have there been rules or times in your life where boys got larger helpings than girls, parents or visitors got the premium food and you got the rest or you got the leftovers. In this situation there can be a belief formed about a general lack of food. An association can be made with love, associating food with a lack of love, withholding love, giving more love to others or unworthiness of love.

This injustice and inequality may mean that you are now either conforming to or rebelling against these rules. Explore how this may be influencing your results.

- Boys need to eat more food
- Girls must only eat small meals
- My family withholds love through food
- My mother controls me through food
- My father controls me through food
- Hunger is withholding love
- If I am hungry I am not loved
- I must eat to feel loved
- I must eat a lot to feel loved
- I must live by the rules
- Being thin is conforming to the rules
- I must not conform to the rules

Being Told

Being told or dictated to about what and how much you can eat can create all sorts of responses. Notice what you do when you are told to “eat all your food up” or told you “have had enough”. What is said to you that causes a reaction? How do you react? What impact does this have on your eating behavior?

- I must do what I am told
- I must not do what I am told
- I eat by _____ rules
- When I am told I have had enough I have to eat more

Other Rules

Explore any other rules that may be operating in your life and impacting on your ability to achieve your weight goal.

- I have to eat everything on my plate
- I have to eat everything on my plate even when I am full
- I have to eat all the food that is served to me by others
- I have to eat food that is served to me even if I don't like it
- I have to eat food that is served to me even if I am full
- It is rude to leave food on my plate

Will I Allow Myself To Be My Perfect Weight?

Now that you have cleared a lot of other areas come back and look at whether it is okay to be your perfect weight now and if you are comfortable to move forward.

My Perfect/Ideal Weight

Is being your ideal weight now something you can easily achieve and have you brought to the surface other areas to now clear?

- I must not allow myself to be my ideal weight
- I must not succeed
- I will not allow myself to succeed
- Others won't allow me to succeed
- I do not deserve to succeed

- I do not deserve to be happy
- I do not deserve to be happy with my body
- I will not allow myself to be my ideal weight
- I will not allow myself to be happy with my weight
- I will not allow myself to be happy with my body
- I must stay fat
- I love being fat
- I hate being fat
- Fat is in our family
- Fat is in our genes
- Fat is in my genes
- I am past being able to lose weight
- At my age I can not be my ideal weight
- My body is crying

Direction

Is it okay for you to move forward from here? Are you putting up barriers to your success now?

- I don't know how to move forward
- I don't have direction
- I don't have a path
- I can't see the path forward
- I am not allowed to see the path forward
- I am physically sick of my life as it is right now
- I will stay overweight
- I will stay overweight until _____

Holding On

Is there a level of resistance to truly being your perfect weight?

- At some level I refuse to let go of my weight
- I refuse to let go of my weight because _____
- I must hold onto my weight
- I must hold onto my weight because _____
- I will stay overweight until _____

Coming Home

Positive Beliefs to Teach

Clearing beliefs leaves a space for new beliefs to be taken on and new feelings to be felt or reconnected with. Instilling these beliefs and feelings will ensure that you do not go back to your old unsupportive beliefs and feelings.

- I am good enough
- I am good enough to be my perfect weight
- I am worthy
- I am worthy of being my perfect weight
- I am comfortable in my body right now
- I understand my lessons quickly and easily
- I move forward quickly and easily
- I am protected by the Creator
- I am supported by the Creator

- I forgive myself
- I am free of guilt
- I know how to easily and safely remove toxins that are released by my losing weight
- I know how to easily and safely remove toxins that are released by my dropping fat
- I know how to easily and safely remove toxins that are released by my leaving fat behind
- I know how to easily and safely remove toxins that are released by letting go of my fat
- My body knows how to easily and safely remove toxins that are released by my losing weight
- My body knows how to easily and safely remove toxins that are released by my dropping fat
- My body knows how to easily and safely remove toxins that are released by my leaving fat behind
- My body knows how to easily and safely remove toxins that are released by letting go of my fat
- I release fat and toxins with love
- My body easily absorbs nutrients from my food
- My body absorbs love from my food and drink
- I know what it feels like to love my food and drink
- My life is easy and graceful
- My body is my temple
- I am immune to toxins
- My body knows how it feels to have whole and complete nourishment without toxins
- My body knows how it feels to have whole and complete nourishment without taking in any toxins
- My body knows how to cleanse itself safely and easily

- This is my life, I am living it for me
- I accept myself
- I accept myself on all levels
- I release all resentment with ease and grace
- I release all regrets
- I am free from regrets
- I live my life for my best and highest good
- I make my own rules
- I eat for me
- I am safe
- I always treat my body well
- I know what bliss is
- My body feels blissful
- Miracles happen for me daily
- I expect miracles
- I know what life bliss feels like

Amazing Feelings to Teach

You are a feeling being and as you have a weight issue, you may have disconnected from some of these amazing feelings. Breathe them in, feel them, own them, as these feelings will support you on your journey to the new you.

I know and understand what it feels like to:

- Feel full
- Feel fully and completely loved by myself
- Feel fully and completely loved by the creator

- Feel fully and completely loved by my family
- Feel fully and completely loved by my friends
- Feel fully and completely loved by my significant others
- I know what a great decision feels like
- In every cell of my body I know what it feels like to honor my weight loss decision
- In every cell of my body I know what it feels like to honor myself
- On all levels I know what it feels like to honor me
- I know what life feels like without rejection
- I know how to live my life without feeling rejected on any level
- It is safe to be sensitive
- It is okay to be sensitive

On all levels I know what it feels like to:

- Be the ruler of my destiny
- Be accepted on all levels
- Live a life free of resentment
- Live a life free from regrets
- Let go of regrets
- Have trust in myself
- Trust fully and completely in the creator
- Feel the Creator's love
- Know the Creator's love
- Know the world is perfect as it is
- Change easily and simply

- Let go of what is holding me back
- Celebrate my successes
- Be safe
- Be sensitive and safe
- Be acknowledged
- Be heard
- Be valued and honored by all
- Value and honor myself
- Be my ideal weight
- Be my perfect weight
- Be safe on all levels
- Know I am loved on all levels
- Be loved fully in every moment of every day
- Be connected to the creator
- Feel the thrill and excitement of moving forward on my path
- Achieve my heart's desires
- Complete my goals
- Love my life
- Give to others
- Feel joy and happiness in every moment
- Live in bliss
- Live my passion

Use this powerful knowledge to create the body of your dreams, rewrite your life and rewrite your reality. Decide to feel good every single day. Decide to leave those you come in contact with every day feeling better for having interacted with you.

“Through your passion you can change your life and touch the lives of others.”

Helen Meader







***“To keep a lamp burning we have to
keep putting oil in it”.***

Mother Teresa

As in the previous area when working through these beliefs they may not all be “bottom programs.” There will be areas that you will recognize as requiring digging to get to the underlying issues.

Be sure to test all of these “on any level.”

Positive & Negative Programs Running At the Same Time

Be alert to where you need to test the positive and the negative to see if both programs are running, especially when you are looking to move forward as there still can be a hesitation.

So while you may believe that you are ready to move on, you may also believe that you are not. This would show up as testing ‘Yes’ to “I am ready to move forward to my perfect weight,” as well as ‘Yes’ to “I am not ready to move forward to my perfect weight.”

You must clear these tug-of-war situations that are going on in your body. Otherwise you will keep reverting back to issues that you thought you had cleared.

Where something does not seem to be holding, be sure to check that the opposite program is not also running simultaneously. When significant changes are being made this tug-of-war is more pronounced.

Here is a list of things that prevent us from moving forward:

- I can't trust my body
- I need to control my body
- I try to control my body
- I must try to control my body
- I must control my body
- I don't know how to listen to my body
- My body is the enemy
- I have lost touch with my body
- My body does not really know how to look after itself
- I need to be in constant fight mode
- I need to be in constant flight mode
- It is not safe just to be
- It is not safe just to be me in every moment
- It is not really safe to move forward with my weight goals

- I am afraid to move forward
- I don't really believe that I can have the life of my dreams
- It is not safe to move forward from here
- It is not safe to move forward to the life of my dreams
- It is not safe to be great

Yearning

When you are yearning for something, you are rejecting the here and now. You cannot achieve the body of your dreams in the now if your focus is on something that is missing in your life.

Note: Anything that comes up here should be explored to find the bottom program.

- I am yearning for another life
- I am yearning for another body
- I am yearning for another place
- I am yearning for another realm
- I don't belong here

Hanging On To & Letting Go

What are you hanging on to which might be preventing your weight loss success?

- I am hanging on to _____

Weight Consciousness

- I am afraid to let go of _____
- My body does not want to let go of _____

Mental, Emotional & Environmental

What additional barriers are you now bringing up? When you are in the place of moving on deeper issues can come to the fore, explore these well.

- There are environmental stresses that are blocking my weight loss
- There are mental and emotional stresses that are blocking my weight loss
- My mind is the ruler, not my heart
- My head overrules my heart
- I can't trust myself
- I can't be trusted
- It is OK to be stressed about my weight
- In this environment I cannot lose weight
- I can't lose weight until my emotions are clear
- I can't lose weight until I resolve _____

Starving

Sometimes moving forward and losing weight can feel like you are starving. These issues are just resistance that needs to be cleared to enable the road ahead to be clear and easy.

- I am starving myself

- I am starving myself physically
- I am starving myself mentally
- I am starving myself spiritually
- I am starving myself emotionally
- I am starving for life

The following will give you clarity on which area to explore.

I am starving for/longing for (Test for all)

- Love
- Fun
- Joy
- Intimacy
- Life experiences
- Spiritual connection
- Deeper spiritual connection
- More money
- Personal fulfillment

Determine what you are looking for in your life by completing the sentences below.

I am starving for _____

I am longing for _____

I am waiting for _____

Lost Children

Losing weight can raise issues you have about other areas of loss, with lost children being one of the biggest ones. Explore the issues below.

- My weight is about my lost children
- My weight is about lost children generally

The loss can also be about the following:

This is about.....

- My lost ability to have children
- My lost Children (check current and past lives)
- Lost babies miscarriage abortion and past life
- My lost twins
- My lost twin
- My disappearing twin
- My soul lost connection with them
- I have lost soul connection with others
- I feel lost at a soul level
- I am not able to let go, heal and move on because I would be leaving them

Conscious & Unconscious Weight

One of the areas of disconnect can be where there is a different reality held consciously and unconsciously (or hidden). These

realities need to be brought into alignment for permanent weight loss to be achieved. Otherwise there are continuing conflicting messages being sent to your body.

- I am consciously overweight
- I am unconsciously overweight
- My conscious and unconscious are disconnected
- It is not safe for me to be whole
- I don't know how to re-establish a connection to my body
- I don't want to re-establish a connection
- It is not safe for me to connect with my knowing what is right for me

Connection

Being fully present, alive and whole is about being connected to all that is our world. Being connected to the Creator is a part of feeling whole, full and complete. Clear any issues that are associated with this connection to ensure a smooth journey.

- I don't fully believe in the Creator
- I don't fully trust the Creator
- The creator is not to be trusted
- The creator has let me down
- I challenge the Creator
- I don't trust the Creator
- I am disconnected from Source

Heart & Soul

Full connection to yourself is also critical to your success. Explore any issues you may have about being connected to your heart and soul.

- My weight is protecting me from all the changes my heart and soul are trying to make
- It is not safe for me to follow a different path to others
- It is not safe for me to follow my heart
- It is not safe to follow my soul
- It is not safe to follow my spirit
- It is not safe to follow my dream

Achievement

Is it truly safe for you to achieve your goals and your dreams?
Are any of the following statements holding you back?

- I am not allowed to achieve my goals
- I am not allowed to achieve my weight goals
- It is not safe to achieve my weight goal
- If I achieve my goal I will lose _____
- Success for me is not okay
- Success equals death
- I don't believe in my ability to achieve my dreams
- It is not safe for me to heal my weight issues
- I will be punished if I achieve my dreams
- If I achieve all of my life's desires they will be taken from me

- If I achieve all of my life's desires other people will suffer
- If I achieve all of my life's desires other people will be hurt
- If I achieve all of my life's desires I will lose myself

Other People

Sometimes we can allow other people's needs and lives to be more important than our own. Are you living your life for someone else?

- We live life for others
- I live my life for others
- I live my life for _____
- I live other people's lives
- Whose life are you living? _____
- I am living their life because _____

It's All About Me

Moving forward can raise issues of our own ability to achieve what we truly want in our lives. Do you doubt yourself? Are you afraid? Can you allow yourself to live your life fully?

- I don't trust myself
- I am afraid I will make the wrong decision
- I will be punished if I make a wrong decision
- I will be punished if I take a wrong path
- Learning by experience is not okay

- Wrong decisions mean death
- I have to be perfect
- I have to get everything right
- If I am not perfect I cannot connect to the Creator
- If I am not perfect I cannot heal
- If I am not perfect I cannot live my life purpose
- I can never win
- I can never live fully
- I don't like myself
- I am not proud of myself
- It is not okay to sing my praises
- It is a sin to be me
- I will go to hell regardless of what I do or achieve
- I am not good enough for the Creator
- I am not good enough to heal
- I was born a sinner
- I am the original sin
- I can't change this; I can't be healed
- The original sin just is
- I am not loved fully
- I am not loved fully by the Creator
- I am not feeling loved
- I am afraid if I love myself I will remain overweight
- I have to do it alone
- I am shackled
- I am not allowed to be independent
- It is not safe to be independent
- I can't move forward

Are there any conditions placed on moving forward to your Weight Consciousness?

As we get closer to achieving what we want in our lives we can bring up more barriers. Start to become aware of how you do this in your daily life.

To identify potential problem areas complete the following exercise.

Before I move forward I have to _____

I can't move forward because _____

My greatest fear about being the perfect weight for me is _____

I need to have rejection and failure

I need to have rejection and failure because _____

I invite rejection and failure by _____

On any level I do not deserve to be my goal weight

The Bigger Picture

Clearing the issues holding your weight in place creates space for other possibilities to surface in your life and you may be starting to think about the bigger picture of your life.

See if you have any of the following issues rising to the forefront.

- I am not feeling like I play an important role
- I am not achieving my life purpose
- I am not worthy of my life purpose
- I can't feel my life purpose
- I am not great enough to follow my life's purpose
- I don't know enough to follow my life's purpose
- I have to know the outcome before I can move forward in life
- I have to know it is safe
- I doubt the Creator's love
- I doubt my ability to love myself fully
- I doubt my ability to love others fully

Where Is My Weight Issue Right Now?

You may find that once you have cleared a lot of issues the weight dimension can change, so while you may have been focused predominantly on the physical, you now need to check that other areas are also clear. Examine each of the statements below to see if any of them are true for you.

- I am physically overweight
- I am mentally overweight
- I am emotionally overweight
- I am spiritually overweight
- My soul is weighted down
- My soul is weighted down because I am not following my life purpose
- My soul is weighted down because I am not following my life path
- My soul is crying
- My soul is sad
- My sadness comes from my soul
- All of my sadness has a soul connection
- On any level I am overweight
- On all levels I am 'x' weight

Coming Home

Positive Beliefs to Teach

The feeling of coming home to yourself can be an amazing driving force in achieving all that you want from your life. The following beliefs will support your journey.

- The lines of communication with my body are strong
- The lines of communication with my body are perfect
- I am listening to my body
- I am connected to my body always
- I am listening to my heart

- I am following my heart
- I am listening to my soul
- I am following my soul
- I know what hunger feels like
- I know the difference between hunger and thirst
- My mind and body work in unison and clearly know the difference between hunger and thirst signals
- My mind and body work in unison and clearly and correctly hear hunger signals
- My mind and body are connected and communicate effectively
- I know how to nourish myself on all levels
- I appreciate everything that is in my life right now
- I love my life right now
- I know how to embrace my life and make it what I want it to be
- I know what it feels like to connect to my heart of hearts
- It is safe to connect to my heart of hearts
- I know what is in my heart of hearts
- My body protects me always
- My body knows the perfect weight that will keep me safe in any given situation
- My body knows now, today how to adjust my ideal weight as situations change
- My body can do this instantly
- My body knows what it feels like to adjust my weight instantly
- Every cell in my body knows what it feels like to adjust my weight instantly

- My body knows what food really is
- My body has discernment about food and drink
- My body knows what to eat and drink
- I trust my body to know
- I trust my body
- It is safe to allow my body to be my ideal weight
- It is easy to allow my body to be my ideal weight
- I allow my body to be my ideal weight
- I trust my body to be my ideal weight
- My environment supports my goals
- My friends support my goals
- My family support my goals
- I am impervious to negativity
- I am in a state of allowing my life to be
- Love is all around me
- I see my goals and the path clearly
- Life is amazing
- I know what it feels like to excited about my life
- I know what it feels like to be fully energized and alive

Some Amazing Feelings to Teach

Breathe in these feelings and own them. They will give you the energy to achieve your goals and dreams. Ask the Creator to teach you what it feels like to have these feelings and embody them.

I know and understand what it feels like to...

- Be present fully in this life now
- Be in charge of all aspects of my life
- Take appropriate action for my best and highest good
- Have every cell in my body, my mind, my spirit, my soul (every aspect of me) working in unison and harmony for my best and highest good
- Have every aspect of me working in harmony and unity with the Creator of all that is
- See myself the way the Creator sees me
- See myself with the definition of the Creator of all that is
- Choose to let go of things that no longer serve me
- Forgive myself
- Be loved
- Love myself
- To have financial freedom
- Live my life for me
- Walk my path
- Trust myself
- Know the Creators love
- Love myself
- Know the world is perfect just the way it is

- Make changes to my life safely and easily
- Live the life I desire
- Know I am loved on all levels
- Know I am safe on all levels
- Be loved fully in every moment of every day
- Be excited about my life
- Be thrilled to be living my life
- Achieve my goals
- Have the life of my dreams
- Have the body of my dreams
- To achieve
- To do for myself
- To take care of me first
- To be happy
- To be an important part of this planet at this time
- Give of myself

The Next Step

Check that **all** the positive beliefs and amazing feelings you have downloaded throughout this program have held.

In Closing, Some Additional Beliefs To Embody

- I am conscious of how life impacts my weight
- I am conscious of the lessons all around me
- As issues arise in my daily life, I easily see them for what they are, clear anything that needs clearing and move

forward with ease and grace

- I stand tall and proud of myself
- I have a clear picture of the person I am
- I am love
- I feel loved every second of every day
- I am basking in love.
- I live life for myself
- I am proud of myself
- I am proud of my achievements
- I walk tall
- I step out into life every day with pride, joy and love in my heart
- Every day is a blessing
- Every day is a miracle
- Every cell of my body is filled with love and is blossoming
- I feel love all around me, all of the time
- I embody my Weight Consciousness
- I am fully Weight Conscious

“And when you truly seek the answer and you open your eyes and your heart – you realize that the path was there all along.”

Helen Meader





Maintaining Focus

Maintaining focus is about staying on track in the easiest possible way and making life easy for yourself. What is the easiest way for you to move forward? Where will you get the quickest wins, the easiest success? How will you support yourself daily to achieve your dreams?

As your life changes you will need to keep revisiting what is the right thing for you. As you evolve and change, so do your challenges and issues, so do not take your eye off the ball. Re-focus, re-group and re-develop new foundations - new intentions, decisions, goals and commitments to them.

As you get close to your weight goal be sure to set goals for the next step of maintaining the weight or losing more, whichever this is for you.

Set Another Related Goal

Another key thing to do is to set another physical related goal. This is a goal that is in alignment with your weight goal, but

different. It acts like a supporting goal to keep you on track.

This needs to be a stretch from where you are now, but absolutely achievable within a time frame. The goal must have a set deadline.

Some ideas for additional goals may be:

- Completing the local fun run
- Competing in a dance competition
- Climbing a mountain
- Completing a triathlon
- Entering a competition
- Joining a team sport

About a month before this goal is achieved set another one that goes beyond this one. This will ensure your momentum. You do not want to achieve one goal before setting a new one. Often when people achieve a goal they stop and go, 'Ah, that's done now' and take their eye off the ball.

Plan Pleasure Rewards

Be sure to set yourself rewards along the way and celebrate your success at every stage of your journey. If you have trouble with this, be sure to identify the limiting beliefs and clear them so you can actually enjoy your achievements.

Rinse & Repeat

Now that you have got to this stage of the journey, go back to

the beginning of this book and revisit your beliefs. As we clear beliefs others come to the surface for clearing. Be sure to catch these ones too.

Support Yourself

- Daily review your intentions, decisions, goals and your commitment to them. Write them down and read them morning on rising and nightly before you go to sleep.
- Get support for your journey. Support yourself by continuing to be aware of your beliefs, surround yourself with supportive people, and create the physical environment that will support your success.
- Lighten up! Have lots of fun and laugh more. Schedule this into your day.
- Go as far as you can with what you know. You will not always be able to see the path ahead. Set the process and trust that you will achieve your goals.
- Jump and grow your wings on the way down. Go for the ultimate life you desire and see where the journey takes you.

My wish for you is that you recognize all the gifts along your path and that your life journey is filled with love and light.

Love & Healing,

Helen





~Success Actions~

On the following pages you will find a number of actions you can take to increase your rate and level of success enormously. Don't try to do them all at once pick one or two to focus on at any one time and keep with it until it becomes a part of your daily routine, then go on to another one.

These are actions. They are not here just to be read and thought about they are steps for you to actually implement into your life.

If one does not resonate with you simply move on to another one that works for you.

Enjoy!

“It is not how much you do, but how much Love you put into the doing that matters.”

Mother Teresa

Clear the clutter

Clearing and cleaning your house brings a wonderful new energy into your life, this will help you move forward. Clearing out the old makes way for new things to come into your life and makes you feel great.

Are there certain areas of your home that have been accumulating clutter or are there jobs that are being left undone or unfinished?

If so, be honest with yourself and identify why. This will provide you with information to clear and allow you to move on.

If this is really challenging enlist a caring supportive friend to help and make it a day of fun and friendship.

Consciously Create the Energy of Your Home

Everything is energy; we can feel the energy around us. We can feel the energy in the air when there is a thunderstorm, we can feel the energy of a room when we walk into it. Your home too has an energy that you can feel when you walk into it.

If you are not sure what the energy of your home is ask a friend or a child, they will be able to tell you how they feel when they are in your house. How do you feel in your house? Are some rooms different to others?

It is up to you to consciously choose the energy of your home and each room in it. Decide on the energy for each room, stand in the room and see how it feels currently.

Decide how you want to feel when you are in this room. Re-arrange the room until it feels the way you want it to, bring in items that may enhance the energy and take out the things that do not work with the feel you want in there.

Do this for each room and then review the house as a whole unit, does this have the energy you desire, and does it feel right for you?

Give Things Jobs

This may seem strange, yet it is a very rewarding task to do. This is an exercise I got from my Theta Healing teacher Mark Anthony, thanks Mark.

As discussed in the last exercise everything has energy, and we have the ability to direct that energy. When we are attracted to an item or a person on some level we are resonating with their energy. We buy things for our homes based on what it is we see in the item and how it makes us feel.

Often when we bring items into our home we charge them with roles unconsciously, a beautiful lamp might bring you feelings of joy when you look at it, so its role is one of bringing joy into the room. The warrior statues at the front door make you feel protected even though you may not have specifically given them this task.

Go through your home and consciously give your items jobs to do; to keep you warm, to keep you safe, to radiate love, etc. Do not forget the refrigerator, the pantry, the food, your shoes, your clothes; I am sure you get the picture. Be specific and see how you feel once this is done.

Self Esteem and Happiness

Your self esteem and your happiness are barometers of your weight. What are you doing and how are you acting?

How are you holding yourself, are you smiling, how are you speaking, how do you look, how are you dressed, do you take action, etc. What are your criteria for self esteem and happiness?

Identify the items for you and list these below, then rate yourself against each one as to how you are today. This is the benchmark that you can rate your success against in the days and weeks to come.

Weighing In, What's Important?

Personally I think that scales provide more negative input than positive. Just the thought of getting on the scales can be stressful, if so, get rid of them. You need to decide for yourself if 'weighing in' is a motivating process or if it is de-motivating.

When you weigh yourself and you have lost weight what do you say to yourself? Is this supporting your progress? This may not be all positive even if you have lost weight, listen to your inner voice.

When you weigh yourself and you have gone up on the scales, what do you say to yourself?

What you say to yourself in these situations will provide you with information to work with however; you may find that on balance weighing yourself is not the best assessment of success.

If this is the case identify the success criteria for you, list these below.

Those Days

When it all goes pear shaped - get excited!

Choose to see your challenges as an indicator, a sign post, a message, something new to consider. You would not be presented with this challenge if you were not ready to overcome it.

Get excited about everything in your life. What are you waiting for? Your life is happening right now, not in the future!

*“We either make ourselves miserable, or we
make ourselves strong.
The amount of work is the same.”*

Carlos Castenadas





Be sure you get all the tools and updates
as they are released.

Simply log on to my website at
www.WeightConsciousness.com

leave your contact details and
I will add you to our notification list.

Additional information available online for those who
register.....

- Teleseminars
- mp3's and CD's of the positive beliefs and feelings
to enhance your progress
- Worksheets
- Interviews
- & much, much more!



~Acknowledgements~

My ThetaHealing™ teacher and friend Mark Anthony and his beautiful wife Theresa for their ongoing support and encouragement with my goals.

Chris who demanded I stop talking about it and get this book written. He helped me set deadlines when I struggled to do so myself.

Valeria Moore author Healer Wisdom: Beliefs by Disease & Trauma for her wonderful support and encouragement and for her contribution to this book.

Georgina Taylor for her suggestions and support with my writing.

Marlene Oulton for her support and fabulous editing - www.BulletProofers.com.

Susan Reed for her lovely cover design and formatting and her personal support through the process.

My fellow Theta Healing Practitioners for their ongoing encouragement to get this book published and available to all.

My childhood friend Emma, who believed in me and listened intently throughout the whole process, even though most of the time she had no idea what I was talking about! She just knew I was on my journey and was happy to support me.

Sue Seymour for introducing me to ThetaHealing™ initially and for being an ongoing source of support and encouragement.

All my other friends whose patience and understanding has helped me write this book.

My family for providing such a rich tapestry for my life.

Vianna Stibal for developing the ThetaHealing™ process and her commitment to taking this work to the world.

And ultimately, The Creator of All That Is for guiding and supporting me on my life journey.



~About The Author~

Hello all,

I am a life long advocate of human potential. I fundamentally believe, and have done so for as long as I can remember, that we human beings have far greater capacity than anyone knows. This book is about exploring that capacity through Weight Consciousness.

I have always known that there is a much greater person living within me and as I evolve and grow there still is a much greater person inside. The potential for growth and development only stops when we choose to depart from this life, not before.



A lot of what you will read in this book has been taken from my own journey.

Looking back I can see that at every point in my life where I had an issue with my weight, there was something other than what I was eating that was driving the outcome.

I actively started my own personal development journey in 1992 and have been a life coach since 2000. Over the years I became increasingly frustrated by the lack of lasting change I saw in people, the number who got stuck along the journey, and how slow the processes were.

I was introduced to the modality of Theta Healing in 2005 and discovered that when a person is ready healing and change can be instant - the only thing getting in the way of this is you and your beliefs.

Ultimately finding and walking my own path, the path that makes my heart sing and brings joy, laughter and love into my life daily is the answer for me.

I work locally and internationally doing Weight Consciousness telephone consultations with clients. If you are interested in learning more please email me at Helen@WeightConsciousness.com.

I wish you well on your journey.

Helen Meader

Sydney, Australia
January 2009



Discover The Secrets To Successful Weight Loss By Changing Your Beliefs

Few people are aware of how powerful their beliefs are when it comes to successful weight loss. By reading (and practicing) the secrets contained in this book, you will learn how to change your beliefs and achieve your ideal weight goals.

What you will gain from reading this book:

- How to **change your thinking** in order to **change your life**
- **Why** you need to be truly committed to making the necessary changes to achieve your ideal weight
- **Identify** the beliefs that are holding your weight in place
- Simply **clear these limiting beliefs** from your mind
- The **positive beliefs and feelings** you need to embody to attain your ideal weight

A Directional Map

"Helen has created a directional map for evaluating the underlying beliefs that stop us from losing weight. Often I have worked with people who have tried every diet and read every diet book thinking that the solution is in a diet book or in foods with special attributes. The solution to permanent weight loss is within."

Valeria Moore, Keizer, Oregon, USA

Author of *Healer Wisdom: Beliefs by Disease and Trauma*

Helen Meader is a Theta Healing Practitioner and Success Coach with over 20 years experience of working with clients who desire to make significant changes to their lives. Helen brings this experience combined with her innate wisdom to support people through their healing journey. Her passion to help others has led her to focus on working with people to achieve their ideal weight which she believes is a magic doorway to connecting with their soul's purpose.

Price: USD \$37 AUS \$47

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