

To help you get into the right frame of mind to lose weight...

When we were babies we were given food when we cried. We learnt to put things in our mouths to passify ourselves. Like wrapping ourselves with blankets on a cold day, we eat food and put weight on, to insulate ourselves from emotional pain. Just sit in stillness for a minute and acknowledge how eating when we feel bad is actually an act of self care and our way of reassuring ourselves. This is not a bad thing that we should beat ourselves up over.

What we need to do however is to learn fresh ways of supporting ourselves and listening to what supports us. This will help us become more aware, and interrupt our automatic reach for that chocolate bar or piece of cake. The moment we start to access this feeling of support we begin to feel calmer. Imagining already feeling supported in your life is a really important visualisation to help get you in alignment with achieving your perfect weight.

The following brief meditation will additionally help you feel your inner support and contacting your deeply intuitive and wise inner self.

Prior to starting this meditation you may need to have a pen and paper handy to jot down any feelings that arise.

Now sit down, take a couple of deep breaths and get yourself comfortable. How are you feeling today? Are you feeling angry, lonely, overwhelmed or needing comfort?

Now imagine a beautiful wise old tree. See it's roots connecting deeply to the earth and it's branches reaching for the sun. Know that this tree is your tree of wisdom and that it waits daily for you to leave all of your concerns and worries with it, to be lovingly transformed. Now see yourself having written down all of your troubles and and giving them to this wise old tree. Feel what it is ilke to let those feelings go, knowing they are being dealt with lovingly. Feel how wonderful it is to be free of these burdens and trusting in the forces of nature to deal naturally with your burdens. Now imagine yourself feeling ready and empowered enough to leave this tree and entering an expansive and open space. Where are you now? The ocean or the mountains? Now that you have entered your idealic environment imagine your perfect life partner with you who loves you and thinks you are sexy just the way you are. What does he or she look like? Ask him or her what you can do today to make them happy? What advice does this deep part of you have for you today, to keep you on your path to achieving your ideal weight? It is from this sacred place inside of you that you can ask yourself any question about anything and be guided. This is guidance that has the wisdom and knowledge of your true self in mind. Maybe you might get a sudden urge to put on that red dress that has been gathering cobwebs in your wardrobe or you may see an image of a snake shedding it's skin on that rock in the sun. Whatever images you get or feelings of guidance that arise will be clues from your internal guidance system. These things may not make sense to your analytical left brain but just act on them anyway. eg. get out that red dress and wear it that day to celebrate yourself or imagine yourself shedding the old like the snake to make way for the new by making a list of things in your life you want to shed.



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Start to trust that deep part of you that communicates to you through symbols by this daily 10 minute meditation. It will talk to you if you listen.

It is also really important that you imagine yourself having already achieved your end goal. Write down what your life would like if you were your ideal weight. Get out that photo of yourself looking great. Go to the Oprah Winfrey website and construct your own dreamboard and upload all of your images on to this to remind yourself of where you are heading. Good luck. Have fun. Oh and one more lovely piece of advice from Eckhart Tolle is to deeply realise that the present moment is all there ever is. Focus on loving yourself right now.