

The way to weight loss...



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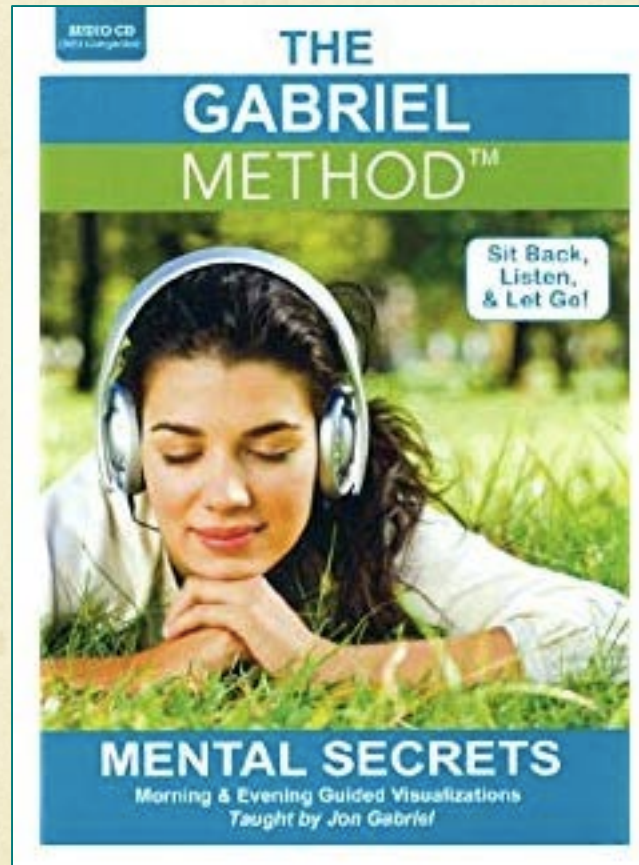
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The way to weight loss is freedom

This is what you'll learn;

- how a request for punishment might be blocking your progress
- how to create awareness so you may choose differently
- how to step away from 'being wrong' and step into a state of 'gratitude, peace and harmony' instead

But first this!



Visualising/meditation is such a powerful tool!

What lies beneath...

On a subconscious level we have all sorts of programs running. Often we are not aware of the things we continuously respond to and which cause us and our body great stress.

When you / the body is under constant stress it is near impossible to lose weight.

The hormones that are active dealing with stress can not work simultaneously with the hormones that burn fat for energy.

Let's look at one of the programs that block our progress and leave us in perpetual state of stress.

Request for punishment




When you are seemingly unsuccessful in losing weight it might be due to a request for punishment.


Sounds far fetched?

It will make sense once you hear the theory behind this statement.

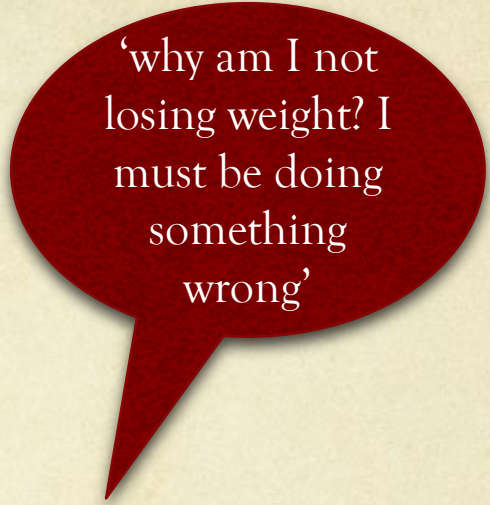
The judicial system



'I've been bad, I had some chocolate yesterday'



'I haven't done nearly as much as I should have'



'why am I not losing weight? I must be doing something wrong'

Do you judge yourself?

If you are wrong or bad you should be punished. It is our law. Even on a subconscious level, when you make yourself wrong inadvertently you are sending out a request for retribution for being wrong; a request for punishment.

Discipline = punishment

'I need to have the discipline to follow the basic GM steps'

discipline 



NOUN

- 1 *[mass noun]* The practice of training people to obey rules or a code of behaviour, using punishment to correct disobedience.

Awareness leads to choice

- Notice the occasions where you are judging yourself or others
- choose to stop making yourself wrong
- choose to step away from guilt and punishment
- focus on inner peace, joy and harmony

Excerpt from 'the joy book'

by Prem Raja Baba

'Besides being a conscious habit that we use daily (rewarding and condemning all we see), this learned judgement has become a subconscious mechanism that has drained us of our heritage of joy. As most people go around judging everything and everyone in their life, they remain unaware of that subconscious judger that is doing the same to them; every judgment bringing either a reward or a punishment.'

*Allow inner peace, joy and
harmony*



*Allow inner peace, joy and
harmony*

These visualisations will help you;

- Inner peace and tranquillity
- Gratitude
- Living Goddess

Allow inner peace, joy and harmony

Practice mindfulness;

- Sit down daily and think through 5 to 10 things you are grateful for.
- Picture them in your mind and sit with that feeling of gratitude in your body.

Doing this every day will rewire your brain to be naturally more grateful and you'll start feeling happier each time you do this.

Allow inner peace, joy and harmony

Use Ho'oponopono; you take full responsibility for everything that shows up in your life. When you feel negativity of sorts say the mantra;

The words mean;

**I'm sorry
Forgive me
Thank you
I love you**
(repeat until you
feel it is enough)

I'm sorry that this is showing up in my life
forgive me for allowing this energy in my life
thank you that you always forgive me
I love you (universal love)
The words are addressed to Self

You may want to add this mantra;
**Please convert all shared memories to zero
Please replace all toxic energy with the love of itself**
(repeat until you feel it is enough)

