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# WEIGHT LESS

HOW TO GIVE UP DIETING,  
GET ON YOUR MISSION  
AND LOSE WEIGHT NATURALLY

A guide to freedom for women with a higher purpose

*By*

*Michael Mackintosh & Arielle Hecht*

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Dedication

For You.

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# ***LOSE WEIGHT AND RETURN TO YOUR NATURAL BEAUTY***

This book is for you if you want to lose weight and return to your natural beauty.

If you've been struggling to release the pounds, and you've tried so many fads and diets you've lost track - this is the last book you'll need.

If you eat nothing but junk food all day, then you probably do need to change your diet.

But this book is for you if you already have a pretty good diet and the stuff others do should work for you too - but it's not.

Maybe you like to be active and have fairly strenuous workouts but still the weight won't budge. Maybe you miss breakfast, fast or try to cut back your calories and it's just not working.

Or perhaps you've tried so many diets you've lost any idea of what you need to eat or what to do now.

You may even have a history of eating disorders, so the starving and binging trap is something you seem to fall into easily.

Whatever is going on for you, this book offers you a way out. A way to be healthy and happy, A new way of living and being.

But we must warn you...

This book is different. It's getting to the real issues, the issues beyond and behind the weight.

This is not your usual diet book, so read on only if you're willing to learn some new ideas and shift the way you think about yourself, your life and your body.

Are you willing to let go of old ideas?

Are you willing to return to your natural weight?

Are you willing to love yourself as you are?

Are you willing to break free from everything that no longer serves you?

Are you willing to learn with an open mind and heart?

If you said YES - then let's get started.

## ***ONE MORE DISCLAIMER...***

It's not an easy thing to read this book. There are sections that may make you feel uncomfortable as you bring light to the shadows haunting you. It wasn't easy for us to write this or to read it ourselves! However, the truth needs to come out one way or another, and there was a divine guidance which prompted us to share this with you.

The greatest power a disease of the human race can have is secrecy - when it's kept 'hush hush' or, not 'socially acceptable'. Such is the case with the body image and weight illness. It's rarely exposed for what it is - but is rather wrapped up nicely with a bow and shown to you again and again in umpteen forms, belief systems and half-truths. It's a hard pill to swallow when we wake up to the truth of what's really going on, however, this is the pill to your freedom.

We want to ask, that you please do not read this book if you are just wanting a magic weight loss solution and not up for a deeper look at why you even want to lose weight?

You can stop reading here if you don't want a read that will make you feel uncomfortable at times, and challenge you to look deeper at things you've taken for granted.

It's not a good idea to read further if you're the type of person who is easily offended. This book is, indeed, for sensitive empathic people who feel a lot, but it's also for someone willing to have it straight, no BS, and to become free from the weight loss war, once and for all.

Ironically, the type of mental and emotional freedom that can be achieved in this book is exactly the ticket to drop the weight anyway. It's just that you'll be going about the weight loss process in a very different way than you expected, or rather, than you've been conditioned to expect.

We're not big on conspiracy theories, expansion on unnecessary topics or negativity. We're spiritual teachers, and most of our work is really about the love, deep spiritual connection that paves the way to becoming a complete and happy human being, thus creating an impact and making a difference in this

world. This book is about that too, however, before the peace and calm of a 'golden age' must come a destruction of the old. This book is that destruction. Take it for what it is, and allow the process to unfold. Amidst the awakening are prayers of healing light to a higher power. If you let it, this book will transform you from the inside out.

It's transformed us writing it, and it's transformed the women who have already read it. Allow the wonders to unfold, and only continue reading if you're honestly up for the cold hard and sweet truth.

# ***IF YOU COULD HAVE DONE IT ON YOUR OWN, YOU WOULD HAVE BY NOW***

If you could have done it on your own, you would have done it by now.

If you could have solved your weight and food issues, all by yourself, you'd have solved them a long time ago.

However, you're not meant to do it alone. Your weight and food issues are a catalyst to bring you to rely on a Higher Power. You have a Higher Purpose, and this 'issue' in between you and your full potential is here for a reason. It's also not something you can 'fix' on your own. Coming to this realization is a pre-requisite for getting the most out of this book. Your weight issue, on a deeper level, is about returning to Love. It's about a healing of your mind, body and soul. It's about coming to know and rely on a Higher Power to guide your life, to guide your every thought. Without the help of the Divine, this complicated and deep-rooted issue cannot be solved. Therefore, it is time to acknowledge how twisted and challenging an

issue this truly is. You're not the only one affected by the disease of weight and food issues, but you are accompanied by millions of others.

In your returning to Love, Truth and Balance, you liberate many others to do the same. Are you ready to take the journey Home?

In this book you will find a series of prayers, these are not religious prayers in the traditional sense. These are personal and spiritual prayers for a returning to your Higher Self, to living in alignment with Truth and in harmony with your life. You can think of these, rather, as your medicine. Your nourishment and true food in a time of spiritual and physical chaos on the planet. This is your saving Grace and your soul's deeper nourishment. Take it in, feel how blessed you are and enjoy this journey of awakening and freedom. You are blessed.

Note: Don't let the word "God" distract you from uniting and connecting with the Higher Presence we are referring to. If you do not like that word for any reason, it's fine, it really doesn't matter. You can call this Being what you like, Higher Power, Eternal Companion, The

Ocean of Love... whatever works. Know that when you use these prayers, you are releasing burden to a Higher Power that can take it for you; that can do for you what you cannot do for yourself.

And so it is.

# ***HOW TO READ THIS BOOK?***

This book is different because it's designed to trigger a response in you so you can look at the underlying causes to your overweight issues or eating problems.

Occasionally we italicize some text to give a sense of what you may be thinking (or what other women we've worked with have said in response to what's written). We also have several prayers of soul nourishment at the end of sections in this book. These prayers are also italicized, and in bold. These are saving graces of Love. Whether you are religious or not, this is soul nourishment. Soul nourishment is essential in healing your relationship to your body and food.

We encourage you to pay special attention to your own reactions as you read this. Notice your thoughts. Notice what beliefs emerge as you read this. And keep reading. Don't just throw the book aside if you get triggered. Break through the resistance by sticking with it.

We don't expect you to agree with everything we're saying, that's not the point.

The important thing is for you to free yourself from the limiting beliefs and unconscious issues that are keeping you fat.

I'm not fat! How could you! At least call it over-weight you insensitive bastard.

So let's move on and have some fun as you drop those pounds and free yourself from the demons in your mind.

# ***YOU ARE LOVELY***

On your journey to real beauty and freedom, we'd like you to remember you are lovely.

Yes, YOU are lovely.

What does this mean? I'm too fat, no one will love me like this.

The truth is you've been brainwashed to think you're never going to be loved or accepted until you look like a model. But it's a lie - and it's ruining your ability to feel good, feel loved and, ironically, lose weight.

Yes, but doesn't society want us to be beautiful? Being "pretty" has gotten me many things. If I am even prettier and thinner, maybe it will get me more love, attention, and opportunity.

Maybe you'll get more attention and people will like you more. But if obsessing about your appearance is making you stressed, defeated and depressed – then you're making it harder to lose weight, and you're also pushing people away from you by feeling bad.

The truth is behind all the negative feelings are happy feelings. They are always there below the surface. But every time you obsess about being fat, you deny those lovely good feelings; you kill a part of yourself and poison your body with stress chemicals that make your body bloated.

So are you willing to stop punishing yourself (even if it's all you know and what you've done for so long)?

Are you willing to stop hating yourself? (even if you have done so many things in your life that you have a hard time forgiving)?

Are you willing to really love yourself (even if you don't even know how)?

Are you willing to love and be loved (even if you don't know if love really exists and you think it's all a lie)?

We all start where we are. And right now, right here is a good place to start.

It doesn't matter how long you've spent hating yourself and your body – today can be the day you choose to see life differently.

Today can be the day you choose to start the process of healing. Today is the first day of the rest of your life.

So are you willing to make a shift?

When?

Are you willing to love and be loved right now?

I want to, but if I can't love myself how can I even think of loving someone else; how could someone else love me like this?

As you take the first step to love, you open the doors to more love. You just need to take this first step.

You ARE lovely, you are a beautiful being. You are a being of love. YOU are the loveliest being you'll ever know. And now is the time you can discover who you really are and learn to love yourself.

You are lovely.

You are.

YES, YOU!



## *Prayer / Soul Nourishment*

*Today I ask that you take away the darkness from my mind. I give my mind to you, entrusting it to You, so that you may set it free. May I realize who I really am and recognize the beauty of my soul. For I am Your child. In the image of Your perfection, is my true self.*

*Thank you for your ever-loving guidance.*

# ***THE GAME YOU CAN NEVER WIN***

In our lives, there are some games we can win, and other games we will lose. The problem is it's not obvious or easy to tell the difference - and we're often pressured to play the games that we will lose - like little kids who are bullied into taking up sports they hate by neurotic perfectionist parents. I hope you didn't have to deal with that growing up...

Let's look at the games you can't win. These are the games that will make you constantly feel like a loser, even if you are technically winning.

## GAME 1: THE SUPER MODEL, SUPER THIN, BIKINI BODY GAME

To win this game you must look identical to the supermodels in the magazines, TV, Social Media and in the movies. The method to know if you are winning this game is as follows:

1. Look at the images on social media, TV, Magazines, movies, billboards etc., of “beautiful, perfect, sexy” women.
2. Hold them firmly in mind and then compare yourself to them. Look in the mirror each day and see how similar (or dissimilar) you are to them.
3. Whatever the difference is between how you look, it’s your job to fix it, one way or another.

But since only about 0.001% of the population naturally looks like these models, you’re probably going to need a lot of help.

But don’t worry! You’re not alone in this terrible problem. Thankfully, there is a multi-billion-dollar cosmetic industry, weight-loss and diet industry and cosmetic surgery industry at your service, ready to help you.

Aren’t you lucky?

So even though you may never actually be a super model, you can at least do your bit to conform by doing the following:

1. Buy plenty of make-up and beauty products and try to imitate the perfect manipulated model images. If you need help – go online and see all the YouTube videos and articles on how to get your make up “just right”. Keep buying more and more beauty products until you’ve cracked the code.

2. Get on a strict weight loss program and try to be the same weight as those super skinny supermodels. Lucky you! There are literally thousands of weight loss options available, from pills to restrictive diets, sugar-free diets, low-carb diets, low-fat diets, juice fasts, raw food and countless other options. Keep jumping from one diet to the other until you’ve finally reached that perfect weight – even if it ruins your life and makes you sick, miserable, frustrated and tired. (Just try not to get too anorexic and actually die).

3. Some things simply can’t be fixed with diets and make up! After all, only a tiny percentage of women

were born looking like a supermodel. If that's the case, don't worry, there are specialists who can (for a price) slice up your face with a scalpel, chop some skin from your ass or leg and then put it all back together with the help of some fillers and chemicals.

Yes, there will be scars and you may not be happy with the outcome, but, hey, at least you're doing your bit to win. Good girl. That will be \$4,000 please.

#### QUICK RECAP :

To win this game, just keep buying more cosmetic products and spend hours each day in front of the mirror. Go on more and more extreme diets to look as skinny as humanly possible. And as needed, keep up your appointments with the cosmetic surgeon until you've finally mimicked the images in those sacred magazines.

## HOW TO KNOW IF YOU'RE WINNING?

You'll know you've finally won this game when you are able to walk around in your bikini making all heads turn and men stare at you with hopeless lust in their eyes.

And remember - how you feel about yourself or what it takes to win isn't important. The only thing that matters in this game is how you look, no matter how much time, money and energy it costs you.

But wait! Before you think you've won, remember being sexy is only part of the picture. Next you must win in Game 2.

## GAME 2: THE POPULAR GIRL GAME

Being sexy isn't enough. Everyone must also like you. To win the popular girl game you need to make sure everyone always likes you, thinks you're successful, respects, admires and fears you. Your own self-esteem is not enough. To be socially successful you must become part of the "in-group" of cool kids (at school) and the

important, powerful, “significant” people (at work). Wherever you go, everyone should acknowledge your greatness and offer you praise and compliments and special privileges.

To join this group and remain part of this group, you need to dress the way others expect you to dress and act according to laws of the group. Even if you have to do things you don’t personally enjoy or make you feel sad, sick or lost, you must, none-the-less, continue to act in the proper way and maintain the appearance of being successful so you can gain power over others. If you fail to conform to the rules of the group – you will be expelled to the sidelines of losers and outcasts.

But since controlling other people’s behavior is extremely difficult to maintain, you’ll have to devise clever ways to sustain your influence. This can include smiling to people’s faces while plotting to manipulate them behind their backs.

Make no mistakes; this is a full time occupation, which you must somehow balance with your dieting, make up, and other work.

Hopefully, if you give this enough attention, you'll perhaps one day be happy...

Let the games continue!

SO, HOW DOES THIS FEEL?  
ARE YOU PLAYING EITHER OF  
THESE GAMES?

The signs you're playing the wrong game are:

1. You constantly feel "not good enough"
2. You're always comparing yourself to others
3. You don't like how you look in the mirror
4. You're not able to eat well and enjoy your food without feeling guilty
5. You obsess about your food
6. You look in the mirror multiple times per day (more than is really needed)
7. You judge others based on their appearance "She's so fat, she needs to stop eating all that cake, I wish I had legs like hers, etc."

# ***THE NEW GAME***

In the new game, winning means being healthy, wealthy and happy in a way that is fun, sustainable and playing to your unique strengths.

The new game is simple. It's being you and loving you. We can call it, "The Weightless Game". Because you'll feel light and free. In this game you are already perfect, just the way you are. You see your inner beauty and live the life you came here to live.

But I don't know who I am?

It's ok if you feel you don't know who you are, by the end of this book, you'll have a much clearer sense.

## THE 10 SIGNS YOU'RE WINNING THIS NEW GAME ARE...

1. You feel excited about life.
2. You don't care what others think about you.
3. You have meaningful, authentic, deep and rewarding relationships.
4. You don't judge your self-worth based on what the scale says. In fact, you don't even need to have a scale.
5. You love your Self (who you really are).
6. You love your body.
7. You feel confident in your body and your clothes.
8. You look in the mirror and smile.
9. You don't judge other people. You have love for everyone.
10. You have compassion for those who are trapped in the old game, and by being true to yourself you give them permission to be themselves too.

## ***THE DIET DILEMMA***

You think you're too fat. You want to lose weight. So you wonder, "which diet should I choose? What's the 'secret' to weight loss? What's the magic pill or special diet that's guaranteed to shed these annoying extra pounds and get me back into my skinny jeans?"

Some people believe that sugar is the root of all evil and swear by the no-sugar diet as the key to weight loss. They deprive themselves of sugar and hope that it will make them thin and beautiful.

Others say eating only fruit is the secret to weight loss. They've dropped the pounds by eating 30 bananas a day and running 8 miles a day. Others say fasting is the way or raw foods or only eating 500 calories per day. Or cutting out starches. Or eating 70% fats and having upgraded coffee. Or taking magic superfoods and special berries, eating Paleo or taking pills with Garcinia Cambogia or exercising 10 hours a day.

Some believe the problem lies in salt. Cut out all salt and your body will stop holding on to water weight. Or the solution is to only eat raw meat. Or to cut out gluten.

What the \_\_\_\_\_ ?

They can't all be right - or wrong - can they?

Let's look at the evidence. Each of these approaches has a list of staunch followers convinced of the promise of losing weight by eating a specific way. And each approach has some success stories. But how can this be so? How can one person lose weight eating only fruit and sugar while another loses weight by removing all sugar and another by only eating raw meat?

# **THE REAL PROBLEM LIES BEHIND THE FOOD**

The real problem isn't the calories or the latest fad. It has to be something deeper - especially if you've tried all the diets and none of them have worked. (Or they only worked a little and made your life hell.)

If you already eat well, the real problem isn't the food. It's the part of you that thinks you have a problem. The part of you that thinks you're no good.

*You fat bitch. No-one will ever love you looking like that. You're 30 pounds heavier than you should be, and you barely even eat anything!*

Listen carefully. The part of your mind that tells you 'you are fat' and demands you do more - research more, exercise more, eat less, the nazi inside your head, the food terrorist that hates your body and orders you around - **this is the problem.**

The problem is the part of you that hates you. The problem is the energy of denial, hatred, repression, judgement, anger and frustration that something

is wrong. Something is always wrong. You're never good enough.

As long as you believe you're ugly, fat and not good enough you are poisoning your mind and body with toxic emotions and toxic images.

The mind directly effects the body. If you imagine being chased by a gang of murderers, your heart will begin to beat faster and you'll start feeling the sensations of fear, cold sweats, heightened adrenaline. The body is at the level of effect. The mind is at the level of cause. If you have 'fat' (excess weight) and negative emotions in your mind, your body will respond to this and make itself fat. Your body is a mirror of what's going on inside of your mind and heart. If you want to change your body, you first must change your thoughts and feelings.

If you hold the vision that you are fat, and you're doing something wrong - what message is that giving your body?

If you want to punish your body - how much will it cooperate with you?

If you're always feeling you're missing information, and you just need that one last piece of the puzzle, how will you ever lose weight until you finally find that missing secret (that you'll never find)?

The mind is more powerful than the body. This is not a nice idea. It's a proven fact. The mind effects the body. It calibrates at a higher energy field, and so whatever is held in the mind, the body models.

If you are mentally and emotionally disturbed, with bloated thoughts and distorted emotions, what chance are you giving your body to relax and come into balance?

When you feel distressed, your body releases cortisol (the stress hormone), which creates fat. So all the stressing about your weight is making it impossible for you to lose weight and it makes your life hell because feeling stressed and not good enough isn't fun (or healthy).

**To return to your natural slim state, you need to relax.**

But how can I relax when this is all I have ever known?

Don't worry – you will learn how to relax by reading this book. For now, simply learn what is happening in your body when you get stressed and then you'll learn how to relax. It's easier than you think – and it gets easier and easier the more you try.

SO WHAT HAPPENS WITH ALL  
THESE NEGATIVE FEELINGS?

Tension creates fat. Stress stores fat. Fear sustains fat.

If you don't love yourself and love your body, guess what? You're scaring your body. Your body doesn't trust you. What will it do if it doesn't feel safe? Will it hang on to all its fat stores, or will it let them go?

If someone moved into your home and told you 1000 times a day, "I hate you, and you are wrong, fat, bad and evil... oh and I want you to give me all your food..."

Would you happily hand over all your food?

If you're feeling unsafe and unloved - will you give up what food you have?

No, of course, you won't. And so this is how your body is responding to you. It feels unsafe and, therefore, it is not willing to release the extra fat stores aka "food".

The journey home to your natural ideal body weight is one of trust, relaxation and love.

It's a return to Love. Not a journey of hate.

## HOW DOES THAT FEEL?

Have you ever considered that your journey to weight loss and natural beauty is one of love, of ease, of joy?

Seems pretty crazy perhaps, but as you continue to open your mind and read this book, you'll see how true it really is.

Recognize that the part of yourself you feel is fat has been exiled from a place of love in your heart. The truth is she has a message for you. Ask her what it is. Perhaps you haven't been listening. In truth, this is a return journey to love and wholeness and it's time to listen, acknowledge and love all parts of yourself.

Let's explore where these ideas about being fat and not good enough even come from.



### *Prayer / Soul Nourishment*

*I recognize an illness has come upon my mind and heart. I've forgotten myself, and I've forgotten you. Please help me return to my true state of wellbeing. I surrender my burdens and hardships to you, and trust they will be healed in Your Light. You are a beacon of Truth in a land of falsehood.*

*I thank you for looking after me.*

# ***NOT GOOD ENOUGH!***

**We live in a culture of “not good enough.”**

No matter what you do - there is always something better- and you don't have it. And you need it, or you won't be loved.

From birth, we're shown images of beauty, and as we grow older, we're asked to live up to these images by obsessively dieting or buying products.

But the problem is most of us don't take this seriously enough.

We think, “sure the TV ads are a bit annoying, but they don't affect me! I'm not brainwashed like those other people. I'm into alternative foods and do what I want - not because of some TV ad or media.”

Oh, really?

Do you know how good these companies are? We underestimate the power of images, peer pressure and our need to fit in and conform.

As human beings, we have an innate need to be loved and accepted and if we don't feel that love, we'll do almost anything to get it.

The companies that sell beauty products, pills and almost anything else related to our body-image know this. They create these images and products and are on a mission to make you feel you're lacking something. Their survival is based on you buying more and more stuff from them, and they know that unless you feel inadequate, fearful and needy you won't hand over your hard earned cash to buy their products. That's why they bombard us with impossible images that we can never really achieve. The promise claims we can get closer to it - or even attain it, if we buy their special cream, shampoo or magic weight loss pills.

But despite our naive belief that we can live up to these images of beauty we see everywhere - the truth is we can't.

The truth is we never can live up to these fabricated images - because they are fake. They are not representing the same reality that we all live in. The images we see on

TV and in magazines and on the movie screens are not real. They only exist in another realm. They only exist on the screen, on the page or - most significantly - in our mind. And that's why it's so dangerous and hard to break free. Because as long as your mind believes something, you can convince yourself its real. A child may think there are green monsters living in her closet. She may even see them and hear them when she is all alone, but they only exist in her mind. There are no green monsters and the images in magazines are not real people who you can turn into by applying makeup.

The images of beauty we are shown daily do not exist in the real world where our actual body resides. But, but, but... your mind may argue. There are real super models. There are real people like that!

Maybe, but the images you see every day and have seen your whole life are the creation of an industry that doesn't love you and wants you to feel bad. The supermodels are picked to fit a specific image, then they often starve themselves to make the cut and keep their job. On top of that, the images you see are consciously created. They are the final edit of a long process where

the models are given abnormal attention. First, they are selectively picked from a mass of normal people to meet the desired facade. Next, they are starved to keep them looking super thin.

*See! They are able to even starve themselves. And I'm a fat pig who can't even starve right!* (No, actually most of these models suffer the same lack of confidence, self-hatred, and binge cycles that you are familiar with too.)

Next, they have their makeup, hair and clothes tweaked to perfection. All things that they themselves wouldn't be able to do on a normal day. Next, their images are shot by expert photographers with specific (unnatural, highly controlled) lighting conditions, with specific lenses, composition, backgrounds and other effects. Then... to add a whole new level of manipulation and take the image out of reality completely, the vast majority of shots are discarded - and when the 'perfect' shot is found, the image is distorted, tweaked and refined using Photoshop (or other image manipulation software) to remove all blemishes, spots, or hair. The eyes are often made bigger. The legs are made thinner, the hair is made fuller, the cheekbones are changed along with the neck, lips, and

nose. The breasts are enhanced, the waist is shrunk, and the colors are adjusted to create an image that is no longer a true representation of the model (if there ever was one).

How have you responded to the images you've seen?  
What do you feel when you see other women?

One of our clients told us she was part of the figure and fitness (bodybuilding) industry where people literally starve and exercise themselves to create a perfect image.

In the magazines they look perfect yet on stage she would sit there, looking at these "perfect" bodies and pick them apart. "Look at her cellulite," "What is she doing up there?"

All of these thoughts come from how she thought of herself when she was training.

She told us, "I trained for five different shows and not once did I get on the stage because I was always still too fat or imperfect to walk the stage. What would people

think? They would tear me apart as I have done to them so many times. I would look in the mirror in the best shape of my life and see a fat, imperfect person looking back on me. It ruined my relationships and myself.”

Sound familiar?

You’ve been shown these perfect images a million times over and told you need to look like that (distorted, digital image) otherwise you are fat, ugly, and no one will love you. Many women feel insecure in their relationships because they think that the extra fat they have on their body makes them unattractive – and worse - that extra fat was the reason their relationship ended.

But in truth, it was actually the lack of self-confidence and craziness that was the cause of the break-up, not the fat. Real people know that no one is perfect and will stay with someone no matter what – as long as there is love. But the ego mind madness twists everything and makes it all about the body and only the body.

So we get brainwashed, we feel horrible, hate ourselves and screw up our relationships.

And what's worse is we pay for this!

We're the ones buying all the products, magazines, movies and selling our souls to this shit.

Imagine you bought a cook book full of images of food that went through the same process of image manipulation as we've just mentioned (yes, they do it to food as well). All the food images were tweaked to perfection, so you salivate and feel hungry just looking at them. These succulent images are manipulated on the computer to create a species of food that have never existed on a plate in the real world. If you go into a good photography shoot, you'll find the photographer carefully dripping the minutest amounts of oil or water on the ends of leaves or even replacing real food with plastic foods that look more "real".

Now imagine how you will feel after looking at your failed attempt to make your own foods compared to the perfect image. As your floppy, slightly overcooked, bloated and dull dish starts pondering suicide, will you feel successful or like a failure? Or will you realize it's just a fake image and not worry about it?

## A STORY FROM MICHAEL:

I remember when I was a teenager, I worked in Burger King. I only lasted for three days before I was fired for, as my boss told me, I wasn't a good fit for the job. But in those three days in the kitchen I tried my hand at making some kind of fried chicken burger. In front of my work station was a perfect, manipulated image of what my burgers were meant look like. But try as I might, no matter how much time I took to get the mayo just right and apply the perfect amount of lettuce, I could never get my burgers to look the same as that image. My supervisors soon became angry at me for the extra time I would spend attempting the impossible. At one point the manager stormed over, knocked me out of the way and proceeded to demonstrate how to whip up a burger in 8 seconds flat. He'd already realized that the image was BS, and our job was simply to slap 'em together, wrap 'em up and get 'em out. And we never received any complaints. My guess is people don't see enough images of burgers to obsess about them not being perfect.

But what happens with our bodies? We think it has to be like a computer image, or we are horrible people. If only a few people obsessed about their appearance, they'd be considered the weird ones and be sent off to receive help.

But in our Western culture, since almost everyone is trying in vain to become a copy of a computer image - if we don't try to fit in, we seem weird. Yet we *will never* get anywhere near the images on the screens and on magazine pages simply because it's impossible.

Krishnamurti famously said, "It's no measure of health to be well adjusted to a profoundly sick society." And, it's no measure of beauty to be well adjusted to a profoundly sick society either.

What is beauty? Who dictates the standard of beauty?

The images of beauty we see, as created by the beautiful fashion industry, are of 6 foot, gaunt, anorexic women who wear an aloof, depressed gaze on their highly processed faces.

Do you really want to be a gaunt, anorexic, depressed sex object who exists on a screen? Is that *really* what you are aspiring to become?

*But she is who everyone deems beautiful.*

It's true. She is who (nearly) everyone deems beautiful. But do you *really* want to be an anorexic sex object, who feels sick, tired and depressed just to get some attention? Ask your heart of hearts.

If you tune into it - I doubt you really want to kill yourself for this type of appearance... but that's what the retailers and manufacturers of all of these products want you to aspire to, and they want you to pay for the painful privilege of trying; as well as spend the loads of cash you will have to invest in the products to get close to resembling this mirage.

I'm not sure about you, but I don't feel good about paying faceless companies large amounts of money over many years so I can struggle trying to match their images of beauty and then feel bad about myself for failing.

I see no true pleasure in paying into someone else's dream at my own expense, feeling depressed and blaming myself for it.

It's like working hard to make money. Then paying to join a club where you attempt impossible puzzles, feel defeated and hopeless, then go back to work and beat yourself up all day about how crappy you are - and then go back to the club for more humiliation.

Do you want to give money, time and energy to these people?

Or do you want to feel good, return to your natural beauty and enjoy your life?

# YES, BUT...

Maybe you read that last page and realized you've been horribly brainwashed by evil companies out to make you feel bad and make you pay for it.

But more likely, you thought (in your conscious rational mind) ...

*"Yes, I already know that. I know the images aren't real. I know they are trying to make me feel bad. I know that buying the creams and pills won't turn me into Angelina Jolie..."*

But...

(And the unconscious mind kicks in)

*"But... I need to lose weight."*

*"Look at this fat! I need to know the answer and why don't you just tell me what to eat?!"*

*"Or at least tell me what's making me fat or what exercise I need to do."*

But the problem (you may not like this) isn't the food. It's not the exercise, it's not that you've got it all wrong.

**The real problem is your addiction to the problem.**

The real issue is the part of you that feels you are ugly, fat, and something is wrong. The part of your mind that feels bad about yourself is making you frantically run around chasing the latest fads, looking in the mirror and worrying that you're missing something.

The part of you that's desperate to change how you look, that feels your whole life will get better if only you lose those pounds. Unless you're eating hamburgers and cakes all day long on the couch, the problem isn't your diet.

The part of you that is constantly wanting to change and feels you are bad IS the problem. The endless obsession is the block to your natural weight.

Do you understand?

*"Yes, but I need to lose 30 lbs., and you're not telling me what to eat!"*

Many women will laugh as they read these italics words because they probably have the same thoughts! Many women are always wanting to know what to eat, or what to change when the whole time they hate their body for being fat and ugly.

Meanwhile, the people around you may be telling you how beautiful you are! Yet, every time you hear, "you're beautiful" it makes you feel worse and practically makes you run home and eat, then feel guilty about it... crazy!

Ok - let's move on...

# ***THE WEIGHTLESS SOLUTION***

Your weight loss solution isn't one magic pill. Sorry, it doesn't exist, and you can waste your life searching for it.

You don't really want to waste your life, do you?

You have bigger and better things to do! Right?

The real solution is a combination of little things that all bring you back home to yourself. It's called:

*The Weightless Solution.*

It's not about getting and consuming special stuff. It's also not about purging and stripping things away.

It's about coming home to you. It's about discovering that place within your heart where you will feel good and at peace, where you feel light and easy. As you return to this place, your body is able to heal. As you come home to you, your body is able to align with your good feelings and new self-image. And your body will

feel safe enough to drop the baggage that it's been holding onto. **As your mind rests easy and you let go of the mental program that you are fat and ugly, your body will come back into balance.**

This is the Revolutionary secret that no one talks about.

It's the Big Elephant in the room.

And now, you are waking up to it! It's the secret of all the naturally thin women. It's the only real way out of the whole stress, struggle, and overweight game. You see, it's judgement and shame that are the two heaviest weight bearers. The more these 2 demons live in your mind, the harder it is for your body to drop the weight. It's heavy stuff! To be weightless, we must completely let go of the heavy mind-programs and emotions that have kept us feeling like hippos! However, *how* do we do it?

Even though it might seem impossible, it is *not*. The first step is having the faith that you *can* indeed let go of these heavy feelings. It's being willing to see your situation from a higher perspective, and recognize the mental and emotional heaviness you are carrying and

that is blocking your ability to lose weight. Below you will read the beginning thoughts of our first reader. By letting go of the weight in her mind and heart, she's now lost 20 pounds physically in a just a few short months.

Side note from a contributor:

*Since speaking with Michael about my inner dialogue, I have been working hard to change my thoughts. Even though the scale does not seem to move, (yes I know it shouldn't matter what the scale says - these addictions die hard) as I love myself more and tell myself that I am love, I have been able to look at myself in the mirror and actually believe it.*

*The other day I actually said, "damn girl, you're looking hot!" Now, I still think there's an issue here because I am still on a pursuit to look 'hot' not just be... Because I have always been "pretty" I feel there is an extra pressure to remain that way.*

Since writing this, Rachel has had a radical transformation on all levels. She's down 20 pounds and feeling lighter and happier than ever. It started with her seeing 'outside' of herself and witnessing the many areas of perspective she was obsessive about her

appearance and judgemental. As she let this go, she began to realize the changes she needed to make in her life to drop the weight. And she did.

Are you willing to release yourself from this negative spin, and caring about what others say and think?

Are you willing to stop being extreme?

Are you willing to stop chasing after the magic pill that doesn't exist (just as the images don't exist)?

Are you willing to come back home to peace within?

Are you willing to love and appreciate yourself?

Are you willing to give up your addiction to stress hormones?

Are you willing to let it all go... ? And fly free?

YES! I am :-)

That's all it takes, is your Yes.

# **THE SOLUTION: YOU ARE GOOD**

The first thing you need to do is give up the idea that something is wrong. The voice that says something is always wrong is the same voice that causes the problem.

You are here. You are you. This is your life right now.

Yes, you can change it. Yes, things can improve. But if you constantly stress about things being wrong you hold the energy of stress, and you create more problems by acting from that space.

Are you willing to learn to stop trying?

Are you willing to give up the idea you need to “fix it”.

Are you willing to learn to be here - to be here now - not somewhere else, always fighting and feeling you're missing something?

Love yourself. Be here.

*Yes, but I need to lose 30 lbs.*

*All I can think is that yes I am willing to do these things but... I still want to look good!*

Breathe in and see if you can just relax in this moment. See if you can just let it all go... and become 'weightless' - light and free.

The you that is beyond your body is weightless, light and free.

See if you can begin to identify with that part of yourself. Remember, your body will follow suit. Your body will respond to your deep peace and lightness with a releasing of extra weight.

If you can realize that the reason you are holding onto the weight is emotional and stress-triggered, and that if you can relax, your body can relax...

You can liberate yourself from further pain and endless struggle.

Now, of course, this goes along with eating healthy, moving your body and getting enough rest. But you already know these things.

The big breakthrough for you here is to realize that it's the stress and tension of not being good enough that's really causing the weight to creep up.

So how about trying something new?

How about loving yourself, right now, right here.

With this next breath in...

And breathe out.

Letting go.

## **GIVE UP JUDGEMENT!**

Do you realize that despite all your hard work, diets, worries, and obsession - no one *really* cares if you have a few extra pounds?

*Oh, but they do! They all think I'm fat and laugh at me behind my back, I can see them all snickering away and telling everyone else that I should stop eating all that cake - but I never have cake! I hardly eat anything!!! They should see what I eat! How would people actually take me seriously if I am overweight? I am a health professional I need to be perfect!*

Ok, so you think others spend their time gossiping about you. And, to be fair, maybe some people do have a thought about you. But on the whole, 99.99% of their mind and attention is focused squarely on... THEMSELVES!

They are a thousand times more worried about their own lives, their own body and if others think they are fat - then worrying if you are fat. In fact, most people won't even see you because they're so obsessed with their own thoughts.

We think we're all living in the same world. But we're all living in our own little worlds and worrying about what others think about us - not what we think about them.

So despite all your worry and concern, in the end, worrying about whether or not others are thinking about you is the least of your concerns.

However, as long as you judge and condemn yourself and others you are trapped. If your inner self-hate is projected onto others – you may find yourself thinking things like, *“If she lost a little weight she would be so much prettier.”* Or, *“Who does she think she is, look at her body, she's not perfect, why would I listen to her?”*

*I know so BAD - but...*

You must acknowledge that these conflicting parts of you exist, or you'll never be free. You have to be honest with yourself that on one hand you're thinking the above, and on the other hand, you're judging yourself for it and thinking you're such a bad person for thinking that way!

And so here's a strategy to give up this complicated mess of judgements and guilt.

An acronym for it is "NOSE"

**Step 1: Name it:** If you don't acknowledge that you're thinking these things, you can never be free. First, you have to name it.

*Ok, so I'm judging this other woman for being fat, and I'm angry that she's successful and I'm not.*

**Step 2: Own it:** Just by naming it, you've just about owned it. This is where you shine the flashlight on this darkness even brighter, and face it. You see it for what it is. You also acknowledge the other feelings you have around this thought/feeling such as:

*I'm so bad! I can't believe I even think this way!*

One of the main complications that keep us stuck is that we have conflicting parts of ourselves. One part thinks these judgemental thoughts, while the other, more "saintly" aspect thinks the opposite.

So that's why we have to just laugh and...

**Step 3: Surrender it:** At this point, you can simply say:

*Ok, I acknowledge this is here, that I feel this way, and, I'm choosing to surrender it.*

*Or, I'm willing to surrender it.*

By this point, you'll feel a helluva lot lighter! Actually, you might even start laughing at how silly it is to have these conflicting parts of yourself all tied up in nonsense and triggers!

But you can be free now! So the last step is:

**Step 4: Enlighten**

Now, you can literally en-'light'-en yourself and allow yourself to feel lighter about the whole thing. It might come up again, but so what? You just go through the process again.

All it takes is some radical honesty and radical humility - and you can name it, own it, surrender it, and enlighten.

And really, it's about you changing the way you see yourself. *When you can see yourself differently, others will see you differently. You will see others differently*, seeing them for the true beauty and essence they are. That in and of itself is liberating and makes one's mind feel weightless!

(When you're not seeing yourself or others through 'weightless' eyes, then you just go through the 'nose' process and let it go).

So you have to make the choice, do you want to identify with your small self, constantly seeing yourself as bad, ugly, worthless, fat, etc.? Is that really what you want to project out into the world? Is that really the way you want to silently tell others to think about you?

Or, do you wish to identify with your higher self, seeing yourself as beautiful, loving, compassionate and brilliant? Isn't that a beautiful way to share yourself with the world, and to silently tell others to see you this way too?

It can help to remember that the way you see yourself is the way others will see you.

So you may as well change the way you see and feel about yourself.

After all, you are always with you... so you may as well enjoy your company.



## *Prayer / Soul Nourishment*

*I recognize a horrible illness of judgement has fallen upon me. To you, I surrender my judgements and fears. I trust in the healing of my mind, as I surrender these untrue thoughts to You. Thank you for seeing me in the Light of who I am. Dear Lord, for your guidance, I am blessed.*

*Thank you.*

## **"GAVAGE" NOT GOOD ENOUGH UNLESS YOU ARE FAT**

A while back I watched an HBO documentary put together by Vice about force-feeding women to become unnaturally fat, so they look beautiful.

It's bizarre to realize that while the vast majority of women in the Western world are obsessed with denying themselves food and losing weight to fit in and be loved - women in other countries are doing the opposite.

In the West African country, Mauritania, where drought is common, and many are without food, slender, thin women are not viewed as attractive and beautiful. Instead, they are judged as unattractive, poor and unable to afford food.

In Mauritania, supermodels are considered ugly. Thin is ugly.

For these women to find husbands, they must go against nature, which would have them be thin, living in the sweltering sun with little food, and become as fat as possible by any means necessary.

While millions in the west are counting calories and denying themselves food so they can be seen as attractive, these naturally thin women are desperately force feeding themselves to gain weight using a dangerous practice called "Gavage".

The Dictionary definition of Gavage is

1. The administration of food or drugs by force, especially to an animal, typically through a tube leading down the throat to the stomach.

To do Gavage, these women go out into the desert and set up a fat camp where they force-feed themselves enormous quantities of super-creamy camel milk, goat meat and bread crumbs soaked in olive oil until they vomit and they will continue for months or years.

Sound fun?

What a shocking twist of irony. In one corner of the world, women are being encouraged to look thin to be loved and attractive while, in another corner, mothers begin force-feeding their daughters at a young age to make sure they'll look attractive to men by the time they are ready to marry.

Those who are familiar with this tradition of "gavage" sometimes referred to it as torture. There are cases where parents will even crush their daughters' toes with pincers if they resist the excessive food they are forced to consume until they vomit.

What is beautiful?

According to the men in Mauritania, big is beautiful.

'If a woman doesn't have fat legs and isn't fat, then she is not a woman.'

What's going on here?

For some strange reason, almost all of us seem to think that the grass is always greener somewhere else. We can't accept nature and go to extreme lengths to do the opposite of what is natural.

No matter what we have, no matter how blessed we are, as a culture we're never enough.

Many girls born with curly hair want to straighten their hair. Those who are born a brunette want to be a blonde and vice versa.

Once we expose this insane desire to be all we are not, we can turn things around and wake up.

# **STOP ASKING WHY**

Why am I so fat?

Why can't I ever seem to lose the weight?

Why is it that other people are so successful, and I'm not?

Why does nothing ever work for me?

*I have asked myself every single one of these questions over and over again. ... and I wonder why my life is the way it is – eek*

The word why is a trap that curses you and locks you inside of a cage you'll never escape.

Every time you say WHY aren't things working out for me - you are putting an axe to your own feet.

To ask, "Why am I never good enough?" is to open the door to all the endless reasons and excuses that keep you stuck.

The answer to these questions simply re-enforces your prison cell as the victim. Asking why is evoking demons into your home and gives them each room and board. The more you ask why, the more you stoke the fire of

lies and depression that burns you up and eats away at your happiness.

“Why am I never able to get out of this,” is giving yourself a life-sentence to be miserable.

If you simply stop asking why you’re not ok, you solve half the problem without doing anything. You extinguish the fire and evict your demons.

Are you willing to stop asking why and start becoming happy?

Instead of saying why, focus on what you want.

*Focus on feeling good for no reason.*

*Focus on being loving to yourself.*

*Focus on looking after your health and smiling from your soul.*

Instead of asking why - say WONDERFUL.

Wonderful - I’m alive!

Wonderful - I’m here!

Wonderful - It’s another beautiful day!

Wonderful - I’m a beautiful soul!

# **WHERE ARE YOU HOLDING GRUDGES?**

Where are you holding grudges? Where are you not letting go? Where are you refusing to forgive and release energy? Where are you taking too much in? What comes up for you as you're asking these questions...?

If you indeed have extra weight, it can often be a manifestation of both protecting yourself from something, as well as holding onto energy, grudges, resentments - often having internalized an event and then held onto it.

So ask yourself, what do you need to do to be free of this past hurt? Does it mean contacting someone? Being brave and sharing your true hurt? Maybe. Or does it mean forgiving someone in your mind, excusing any of their wrong actions, forgiving yourself, and letting it go...? We are all different in how we need to process things, and it is also a choice. What feels aligned for you? Perhaps you need to consult a confidant, a friend who you trust who will listen to your hurts. Research shows again and again that we are freed, liberated and lightened by sharing our inner hurts and secrets.

So what is it for you? Go ahead and get out your journal or paper and a pen, and write down your past hurts, those things you have not forgiven. One by one, go through them and either let go, or decide what action you need to take to help you let go.

You might even try a prayer, here is an excerpt from the Prayer of St. Francis:

*May I not so much seek to be consoled as to console,  
To be understood, as to understand,  
To be loved, as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we awake to eternal life.*

As you learn to let go of your past hurts, you free yourself of unnecessary baggage and weight. Only you know what needs to be done, and if you need help, rely on your Higher Power.

It's time to let go and be free.

One thing to consider is this, no matter how great a

pain someone has caused you, there is always, always the door of forgiveness. Victor Frankl, a Holocaust survivor, and later author of *Man's Search for Meaning* writes how he forgave the Nazis who were so brutal towards him. This is something he did in his own self. It's not that they came and apologized to him or anything, it's not that he had a chance to tell them how he really felt and how they've hurt him, but rather, he forgave them in his own heart. He accommodated their brutality, and recognized with compassion the terrible situation that they found themselves in, as well. And by forgiving, he set his heart free.

No hurt is too great to be forgiven. No pain is too big to let go.

Where is it time to let go? Where is it time to forgive?

# ***FORGIVENESS***

To release the weight, you need to forgive yourself and forgive others.

It's a healing and liberating process to consciously forgive. To let go. To compassionately, and lovingly, let go of negative feelings.

Forgiveness acts as a warm calm blanket of love. It nurtures us with the healing and release that we so need.

When we are willing to forgive, we have the key to our own freedom.

Here is a great practice to try: It's called Ho opono pono.

It's a practice of radical humility and compassion.

The Ho opono pono saying goes, "I'm sorry, please forgive me, I love you, thank you."

You might be wondering why and who you're saying

sorry to. We're saying sorry for our negative attitude. We're saying sorry for our own delusion of blaming another or blaming our self. We're forgiving our self for having a negative perception toward ourself. We're asking for others' forgiveness for having a negative perception towards them.

It's a radical road to truth, and it's in the truth, that we are set free.

By, acknowledging our own lack of consciousness and respect towards ourself and others, we are freed from the burdens of unconscious guilt and burden.

I'm sorry. Please forgive me. I love you. Thank you.

I'm sorry. Please forgive me. I love you. Thank you.

I'm sorry. Please forgive me. I love you. Thank you.

Start by saying it to your body. Apologizing for the stress and struggle, for the judgement and unkindness.

This will create a healing.

You and your body need to work together, with love.

You're on the same team.

And it all starts with forgiveness.

Use this practice towards yourself and with others.

Feel the lightness that comes with each practice, with each release.

This will liberate toxins stored in your body, and begin your road to greater health and happiness.

*You will love this practice. It's hard at first but as you get into it, you'll really like it. Try it.*

# **BALANCE! STOP BEING SO EXTREME**

Your body doesn't like extremism. It makes it feel unsafe. If one week you are eating all raw, the next week you're trying Ayurveda and eating soups and rice and the following week you do a juice fast followed by a high fat diet... what do you think your body is going to do with it all?

Gentle, gentle, gentle!

Gentle :).

Your body likes consistency. It likes to know that it's going to be fed (not starved) and that there's going to be consistency in what it's being fed.

Shock and too much change is stressful.

And remember, we're trying to reduce stress.

Ease and grace... ease and grace is the way to go about things. Coming to balance is your aim.

## ***I DON'T GIVE A ...***

Sooner or later you'll realize that wasting your life worrying how you look to others who don't care about you isn't worth it. This isn't always easy, especially if you've spent so much of your life worrying about what others think about your looks. It can get to the point where we can't walk by a mirror without looking to see what part we will hate today... or make sure things look ok.

If we're honest, all this obsessing really has been a huge waste of time and has ruined relationships as a result. At the extreme, you may have stayed home from events, holidays or other fun things because you felt too fat. Thinking how could I even think of getting in a bathing suit? ... I need three months to diet before I can even consider that!

One of our clients was asked to be part of a women's empowerment calendar where all the women would be naked (tastefully and not showing their bits) that will accompany an I AM statement. She said, "I agreed thinking I had months to prepare my body... well,

it turns out I didn't have as much time as I thought. Initially, I freaked out thinking there is no way I can be photographed like this. My theme was, "I AM VITALITY," How can I represent that if I am not perfect? Then, as I practiced my relaxation and self-love I just thought, love yourself enough to take care of yourself until the photo shoot and then embrace the experience."

Buying endless products, spinning out, feeling sick, wasting money, feeling constipated and bloated and hating yourself isn't any fun.

And you're doing it all for a world that doesn't care about you and just wants your money - or for people who don't give a damn about you.

So why bother?

Sooner or later you'll say - Fuck IT! (Or screw it, if you don't swear.)

I don't care anymore.

I'm not here to worry and waste my life chasing the

next pill or throwing up in a toilet or hating myself in the mirror.

Fuck it!

I'm going to eat what I love.

*But I can't eat everything. I love milk chocolate, but it will make me fat. And I can't have sugar because it will do the same, and carbs forget it!*

I'm going to live my own life!

*But what if people don't approve. What if I do or say something they don't like?*

I'm going to wear clothes I enjoy!

*But I have to wear the latest trends or spend money (I don't have) on fancy jeans and other things to look good.*

I'm going to do what makes me happy!

What even makes me happy?

*These are thoughts I have had but am now starting to release.*

Fuck it!

Fuck it!

I'm not here for anyone else's pleasure! I'm not an object for others to crave. I don't need that sick attention.

I'm free!

I'm free to be me.



## *Prayer / Soul Nourishment*

*I apologize for any anger that has surfaced as I face these realities. I mourn for the time and energy lost in the sickness of this world. I surrender my hurt feelings to you, and pray for my healing in Your Light. May it be so that I release that which is no longer mine to hold.*

*May it be so that I am free for good.*

# ***ALREADY PERFECT***

You are already perfect. That's what this is really all about. Your struggle with weight is a call to your return journey of remembering who you really are. You're not this body. You're not this weight. You're a brilliantly beautiful soul, a being of light.

As you begin to recognize who you are, the whole weight game begins to feel silly. The more you release the stress and pressure of weight to the Divine, the lighter, free and already perfect you will feel. It's not your fault, and it's no-one else's fault that we've forgotten we are already perfect. However, it's now our responsibility to remember and return to being in the consciousness of who we really are. As you let your light shine, your body will be glowing with radiance. It's the light on the inside that really does count, and you know this deep down. And funny enough, as you continue to let go and surrender your burden to God, the Divine, you will release weight.

As you allow God to be bigger in your life, you can allow your physical self to be smaller.

It's that simple. And you're already perfect.

# ***COPY CAT, COPY CAT***

Most of us are so obsessed with ourselves looking good that we forget to ask, "Why do I care in the first place? Where did I learn that looking and thin and sexy was the most important thing in life? Who got me into all this anyway?"

To find out where all of this really comes from, we need to go on an adventure back into a time where we couldn't even speak... all the way back when we were babies.

Imagine a baby. How does she learn? She can't speak, she doesn't understand any words. So how does she learn?

The main way we learn as babies and small children is by copying. We look at what others are doing, and we copy them and see what happens. The things that seem to keep us safe and get us approval we keep doing and the things that cause pain and make us unsafe, we stop doing - or we suffer.

So what did you see while you were growing up?

Who did you see while you were growing up?

As a general rule, girls copy their mother and boys copy their father. So, assuming your mother was there for you (I hope she was) you would have copied your mother. You would have watched how she acted, and copied her. And when you did things that she liked, she would approve of you. But when you did things she didn't like, she would disapprove of you, even punish you.

So our first exposure and foremost learning about how to be a woman and how to live in this world came from emulating our mothers. On some level, we are our mothers. We literally tried to be the same as our mothers.

This probably is freaking you out right now - and it should because if there is anything you don't like about your mother - guess what? It's in you too.

But it gets worse.

When do we stop this innate tendency to copy? Does it stop when we grow up and can learn to talk?

No! It never stops. We're still learning primarily through looking and copying even as adults. If we didn't still do it, why would companies invest billions of dollars into images of things that we're meant to want? They work because we copy what we see. What is fashion? What are fashion trends? It's a group of people who create a new image that everyone else then copies. To be "fashionable" means you are able to copy others well. To be part of the "in" group, you need to know the difference between the "in group" and the "out group" and then copy the "in group".

Overtime we've seen a movie, a cartoon, a TV ad - and we have on some level registered it and then copied it.

I was just on the beach and, as usual there were plenty of women wearing bikinis. It's the same old thing every time. The "in group" are the women who look like the models and have the "bikini body". Why are they wearing a bikini in the first place and not a full piece suit or something else? Because it's fashionable and since everyone else buys into the idea that having a perfect body is the most important thing, why not show it off to the world?

So there I was seeing the usual display of vanity with the “pretty girls” flaunting their stuff for the camera doing the moves and getting their photo taken to put on Facebook and get all the guys and gals telling them how gorgeous they are. Then there are the older people or, the fatter people who are often a tad more concealed and less excited about having their photos taken and flaunting their stuff.

With a few exceptions, everyone feels insecure and is worrying about what others think of them. Some like the attention and do all they can to get it. Others may look the part, but don't want to be seen so they wear frumpy clothes and avoid going in the water.

Where does all this come from? Is this a conscious choice? We are copy cats, copying other copy cats, who copy other copy cats. We are clones of clones of clones of clones of clones.

Is it at all surprising we feel like frauds? How can we feel authentic joy, freedom and self-esteem when we've invested a large amount of our lives playing someone else's game?

If you want to break free from this trap and truly claim back your life, it's essential you become consciously aware of what you are doing and consciously question whether or not it's truly authentic for you to carry on doing this or not?

In his book, *Hauntings*, James Hollis shares the three main ways we deal with any message we are presented. These messages may come from our mother, television, movies, magazines, friends, family or education.

"In the face of any compelling message we have three tendencies. First we are inclined to serve the message, repeat it, identify with it, and replicate it—the more so as the model operates unconsciously within."

This means we become copy cats and continue the lineage wearing the clothes, trying to look the part, doing the same things as those we saw doing it. He goes on...

"The second most common reaction is to react against the model and its explicit and implicit messages. 'I will be anything but like my mother,' except that one is still being defined by that other rather than by the unfolding possibilities that lie within each of us."

The problem here is by rebelling against the message we are still owned by it and defined by it. 'My mother wore blue, so I will never wear blue' "My mother had an SUV, so I will never have an SUV". When we rebel we are trapped by that which we are trying to avoid, and so it is still owning us.

Hollis continues:

"The third response is to spend one's life trying to "treat" the message. These people live in denial, perhaps generating frenetic activity to distract its thrumming beat upon their souls, or perhaps drugging its interruptive urgencies, or, if truly troubled, they become therapists and try to treat others with similar issues. No matter what strategy one has been driven to elect, one is never free of the power of the model and its message, and never fully freed of its continued invisible work in our lives unless and until it becomes fully conscious. How could one ever choose freely if one is not aware of all of the forces at work in the choices of one's life? This is why Jung suggested that we do not ever "solve" these core problems, but we may outgrow them."

What this basically means is the only way out of this mess is to firstly, own the fact that we've been severely brainwashed and poisoned by these foreign messages and secondly, bring fully into our consciousness where we can see them and examine them (kicking and screaming if needed). Finally, once we're willing to face ourselves, we can choose to embrace our own true path, keep whatever truly serves us and discard the rest as we continue on our unique path through life and into joy.

Are you willing to see how much of who you think you are is really just a clone of someone else?

Are you willing to look at this stuff, shocking as it may be and choose to face it?

Are you willing to discard the things you've been copying that are no longer relevant in your life?

Are you willing to forge your own path and be free?

# **YOUR MOTHER (ALMOST) RUINED YOUR LIFE**

How did you get so fucked up? Where did you get all these crazy ideas?

As children, we copy our parents. They give us the first and most significant reference point from which we see the world. Our mother (or mother figure) is our primary source of truth. We are compelled to rely on her, believe in her and ultimately imitate her if we are to survive in this strange thing we call – the world.

In short, most girls become their mothers. Not because they want to – but because we have no choice.

In his book, *Hauntings*, James Hollis shares how powerfully we are affected by these forces.

“In the life of every girl, the mother remains a huge figure. After all, she is the source, the model, the thing to be emulated, but how, in any particular setting, does this primal ratio play out?”

One woman said to me recently, 'I had to build my model of motherhood alongside of the ruins of the house to which my mother used the wrecking ball of her narcissism.'"

He goes on...

"No influences in our lives, no grinding of the lens by culture, no newly learned experience plays as large a role as that played by parents in the formative life of the individual.

We receive our genetic inheritance from them and with that not only our somatic tendencies, aging patterns, propensity to certain disorders, and lifestyle predilections, but the actual physiological apparatus of our perceiving and processing tools: eyes, ears, brain, et al.

But as obvious as this physical inheritance is, and as pervasive an influence, the psychological influence is even greater. Fundamental percepts of how we see the world and ourselves in it are derived from the internalization of these primal presences, or primal absences, in our lives.

As tiny, vulnerable beings, we are largely at the mercy of the conditions our environment presents to us— economic, social, cultural— which define roles, scripts, ways of seeing, ways of not seeing, values, and so on. The tendencies of a medieval, agrarian Buddhist living in Thailand a thousand years ago will have a quite different lens through which to see and value the world than a young businessperson in Montreal in the twenty-first century.

But even more, we internalize the specific messages, our subjective renderings of messages, and their implicate and explicate models of behaviors which we observe around us as essential teaching devices for the engagement of self and world. Is the world safe? Will it meet us halfway, or more? Is it trustworthy? Is it invasive or abandoning? And if so, how are we to cope with that?

Inevitably, each child internalizes an image of self and world and a set of reflexive adaptive stratagems whose purpose is to manage anxieties and to get one's needs met as well as possible in a limited universe."

What is your mother like? How does she feel about her body? How did she speak about other women? What did she say about your body?

Going further, what is your grandmother like? How does/did she feel about her body? How did she speak about other women? What did she say to your mother about her body?

Was your mother vain? Did she look often into the mirror and worry about what others thought of her?

When confronted with these messages from our mothers, Hollis says we have three main tendencies.

## **1. Becoming our mother**

We internalize what we learned from watching our mother by identifying with it, repeating it and replicating it. We become our mothers and continue copying her seeing our lives through her lens years after we've left home and gotten on with our own lives.

How have you become your mother? In what ways are you copying her? What unconscious beliefs and behaviors

do you express that originate from your mother? You probably can't see them – so ask people who know both you and your mother and you'll see how similar you may be. Be ready for a shock.

## 2. React and resist

The most common response to our programming is to react and resist and rebel from the messages our mother gave us. "I will never be like my mother". The problem here is, to rebel and resist keeps us trapped and caged by our mother. Our sense of self is still in relationship to her – and not to ourselves. As long as we are rebelling and resisting her – we are never free, our lives are dependent on her. Defined by her.

Are you rebelling against your mother?

Are you trying to avoid becoming like her?

Are you pushing her away?

Or are you creating yourself from a place of freedom—defined by no one except your Highest Self and limitless possibilities?

### 3. Become Therapists

If the trauma of our childhood was distressing enough we might attempt to treat the messages from our mother – and join the healing profession. It's no secret that the most messed up people tend to become therapists. The wounded healers trying to heal others. But how can we help others until we've helped ourselves?

Are you trying to heal others before yourself?

Helping is fine. As long as we are willing to do the work on ourselves FIRST and then share the results with others. It only becomes dangerous when we use our clients to heal ourselves.

No matter which method we have adopted to deal with the brainwashing from our mother, father, friends, media, education and cultural expectations – what is important is we *face ourselves*.

How can we break free from unconscious patterns when we don't even know they exist? How can we change when we're sleep walking – yet believe we are fully awakened?

Karl Jung believed we don't really solve our deeper problems, but, by awakening and becoming aware of them we may grow out of them.

Are you ready to awaken and see yourself from a place of freedom?

Are you ready to grow out of your mother's skin?

Are you ready to see where your worries and fears really come from and break free?

Or will you simply become your mother like she became her mother?

You stand at the threshold of profound freedom –  
RIGHT HERE – RIGHT NOW.

You can break the patterns that bind you through generations. You can emancipate yourself and those you love from the slavery of obsession and self-hatred that has consumed the entire Western world.

Will you be the one who breaks the golden chains?

Or will you live out the un-lived life of your parents – a slave to the past. A ghost lost in time – bound by the obsessions and fears of the generations?

Will you wake up and choose what is true for you?

Or will you fall back to sleep and go shopping to please the dead?

Do you really want to repeat the obsessions of those who died miserable, vain lives worrying about the body that simply rotted away and began to smell?

The body is made up of 1 billion cells and has 10 billion bacteria growing inside of it. It's a bag of bugs.

You are an immortal, external spiritual being – a master of your world and a queen of your destiny.

What do you want?

Now is the moment of power to align with who you really are and choose your authentic life.

# ***A NEW KIND OF MOTHER***

You can be a new kind of mother for yourself, and if you have kids, for them too. You are not bound to live out the same patterns that have been playing out for generations. You can bring consciousness and newness to the life you are creating now. You can be a new kind of mother for yourself. You can be a new kind of mother to those around you.

As women, on some level or another, we are always mothering. It's part of our nature. We are constantly playing out the qualities of generosity, nurturing and caring for. It's wired within us. The choice we have to make is what type of mother we'd like to be—One who suffocates her creation, or one who brings love and spaciousness to the lives of our children. Mothering comes into play with our creative projects as well. Do we allow for ease and grace, or do we nervously grasp for control? How do we 'be' with those people and things that we are mothering in our lives?

Though this is a book on weightlessness and releasing weight, the topic of mothering, and releasing the

burden of excess bulge is relevant. For example, are you carrying around extra weight to protect yourself? To protect those around you? Are you perhaps “over-mothering”? Consider the freedom and power of letting go... letting go of over-mothering, extra weight and extra burden. Consider the lightness of letting go, and taking a loving and detached approach to yourself, your life, and the people and things you “mother”.

As you bring more consciousness to this theme in the lives of all women, you will begin to see where you are taking too much control, or where you’re not being responsible enough. Where is there excess vanity and fear? Where is there too much “holding on” to things being a particular way? Can you let go and be a free, nourishing, happy and loving mother?

Consider the qualities of mothering you wish to experience in your life and those you do not. Notice how similar themes surface here, as do for you when considering excess body weight. As you bring consciousness to the areas of misalignment, you begin to free yourself and lighten the load.

You begin to become weightless.

# ***REAL FRIENDS LOVE YOU - THE REST DON'T MATTER***

Here is a big one.

The people who matter most to you couldn't care less about how many pounds you have. And if they only like you for your looks, then it is time to find new friends.

Real friends love you for who you are - not for how you look. The people who only like you looking a certain way don't care about you. So is spending all your time and energy to make them like you worth it?

When you wake up and realize that this whole dieting, vanity game is for people who don't care about you - then it is pretty easy to give it up.

Don't you think?

So consider... who your real friends are? What type of people do you want to surround yourself with? Who lifts you up and is elevating to be around? Who is draining to be around? Ask yourself these questions and ensure you are surrounding yourself with good souls who really care.

# **WHY DO YOU WANT TO LOSE WEIGHT?**

So why do you really want to lose weight?

So people like you? (They won't really like you - and your good friends don't care.)

So you can become like the supermodels in the images? (It's not going to happen unless you were born like that.)

So you can be loved and find your partner? (Your true love is in it for the long run, not for how you look and won't want a psycho weight loss maniac as a partner.)

Write down what you think losing weight is going to do for you. As irrational as the ideas may sound, they are going on. And once you expose those twisted voices you can bring them to the light to let go.

Are you willing to let go?

Are you willing to be free?

So do this practice now...

Get out a piece of paper and a pen, and ask yourself,

Why do I want to lose weight?

*So I look thin and beautiful?*

*So I can fit into my clothes, so I can be sexy and appealing.*

Why do you want to look thin and beautiful?

*So people like me and so I feel good about myself.*

Why do you want people to like you?

*So I feel good. So I can be successful and have everything I dream of.*

Why do you want to feel good?

*So I'm happy. Happy and free.*

Why do you want to be happy?

*So that I feel my life is meaningful. So I can live the life I dream of.*

...

The above is an example.

What is your train of *why's*? What does it *really* come down to? Try doing this exercise.

Get to the bottom of what's *really* driving you.

Once you know the real '*why*,' you can create that for yourself in a direct way rather than beating around the bush with layers of surface whys.

Once you know the real why, in your heart of hearts, you can allow yourself the experience of what you really want (and quit the cheap game of pretending it's all about looking like a model, which never gets you the nourishment of what you really want).

Explore and Enlighten.

# **HEALING YOUR MIND, EXPOSING THE EGO**

*“The curious paradox is that when I accept myself just  
as I am, then I can change.”*

*– Carl Rogers*

*“We don’t see things as they are, we see things how  
we are.”*

*– Egois Nin*

When it comes to healing the mind, we first must acknowledge and accept that we have a mental illness; an unstable mind.

*I don’t have a mental illness. That’s for crazy people. My dad was crazy (schizoid) that’s not me! I just have crazy thoughts.*

Oh really? So you’re totally fine?

To break free – once and for all we need to see how twisted our thinking really is and realize it’s not who we are and not something we want any more.

We need to realize the thoughts running around inside of us are not telling us the truth. It is in first acknowledging and accepting this, that we can change.

So where are the crazy thoughts coming from? What place in your consciousness are they arising from? What is their quality and vibration?

The disillusioned thoughts come from the "ego".

The "ego" is a mechanism conditioned by this world, with an array of negative programming and body-consciousness. The ego is the part of us operating that believes "I am this body. I am this person." There's nothing inherently wrong with having an ego, we all have one. It's necessary to have an ego for survival. It's the extent that the "ego" has become out of control and is running our lives that's the problem. The journey of returning to soul-consciousness, being aware of who you really are, is a long and deep one. (It's necessary if you're serious about becoming free). For now, we will talk about the ego, and how this inner mechanism has been deceiving you. It's important to first understand what you're dealing with so that you can begin to unravel its controlling grip.

Ego has been whispering sweet lies into our minds. She distorts the way we see the world and especially how we see our bodies.

No matter how many people tell us we are beautiful - we don't believe them.

*That's true, I especially hate it when men tell me I am beautiful...  
The dichotomy of, "I love the attention but hate it to the point I would  
hear it, then go stuff my face full of food."*

No matter how many times our parents, friends and doctors tell us we're healthy, we don't hear it. We can't see it.

*I have always been in a healthy weight, I have always been quite  
healthy (minus a couple of things), no matter how many times my  
friends and family say I'm beautiful I don't believe them.*

We kind of see it, but we don't really see it.

Ego tells us we're ok, and we should just keep on going anyway.

She promises us that if we just listen to her, we will get everything we want. We'll get total control, a perfect body, and a perfect life.

She tells us if we listen to her, we'll be free; we'll be safe.

But we won't. If we listen to her, we'll be trapped in a prison of self-hatred forever.

To get well, we need to clean up our mind (and it's not easy when our mind is lying to us).



## *Prayer / Soul Nourishment*

*Your Light is my true nourishment.*

*May I open my mind to recognize true knowledge, to understand Your Wisdom. May I release the ego's grip on me, and surrender my mind to You. Every moment I am in need of your guidance, may I realize the need to connect. Thank you for being my Eternal Companion and Friend.*

# ***YOU CAN'T TRUST YOUR EGO***

The voice of your ego in your head is lying to you. She's been draining your life force. And while she promises to make you perfect - she can't give you what you want. She promises you the world but gives you a life of relentless agony instead.

Not a good deal.

And then, as you start feeling helpless, depressed and tired - she makes more and more promises until you can't tell her sickly thoughts from your own.

She's like an evil friend who you secretly like. You know you shouldn't, but part of you wants to sneak out at night and do naughty things with her. No one will know, you think. This is our little secret. But sooner or later, she's not just a voice in your head. Now she has control over you. You've become her slave.

*So true!*

*I have done many self-sabotaging things as a result of listening to my ego. It's ok to eat that — diet will start on Monday, It's ok to go home with him — I'm a grown up, It's ok to sleep in — I can work out tomorrow, I don't need to meditate today — my mind is fine, have another drink — it's fun it won't hurt you. It's ok to do these drugs — no one is making me; I make up my own mind. It's ok to starve myself — because that's what you do to be thin... It's ok to eat too much — I'm not worth it anyway...*

If you're a slave to your ego, your life is not your own anymore.

What started out as fun, has become hell. But she's still there, whispering to you in your mind making more promises. She's got it all under control, she assures you. She can run your life for you now.

You know her voice. We all do. She's attractive, she's believable, she sounds like she cares and is showing us the way to freedom. But she's not.

The voice of the ego in your head is like a virus on a computer or a cancer in the body. It lives off of the life

force and attacks it. It screws everything up. But once you've got a virus, how can you tell the difference between the virus and who you are?

How can you tell your own thoughts from ego's thoughts?

Your ego, the sickness, is reading this book with you, and she's NOT happy about it. She wants to throw this away. She wants you to listen to her, just this once. She wants another chance.

She wants you to stop reading. She wants you to stop eating, stop living, stop dancing and be her slave.

But she will never say what she wants. She always lies. And that's what you have to understand. The ego is a compulsive liar, and she will never change.

She lied to you at the beginning, she's lying to you now, and she will always lie to you.

## YOUR EGO IS NOT YOUR FRIEND

A true friend cares about you. A true friend really loves you AS YOU ARE. A true friend sees beyond your image and accepts you no matter what.

The ego thinks you're horrible, ugly, fat, useless, and disgusting. She turns you away from yourself. She hates you being who you are. She hates you being happy. She wants to take every last piece of you and have it for herself.

She's like a highly addictive drug that's killing you, but that you think you need. You're hooked on it.

You know you are addicted and you know it is sick, but part of you still loves it and wants more and more and more.

The ego has lured you into a trap with her manipulative lies. And now, she's locked you away in a dark room, thrown away the key and taken over your life. She runs your life now. She's got you.

*But if you realize she has you - then - you can free yourself.*

You're in an open cell, you see.

You can come out at any time - but ONLY if you first realize, clearly, how far lost in jail you are.

You're lost in a mental illness that clouds your mind, your thoughts your feelings and the world you see, feel and hear around you.

The ego is not who you are!

# ***"PERFECT" ONLY EXISTS IN THE MIND***

Ego promises you that you'll become perfect if you listen to her. But she's lying. She's a mental illness. She's sick, and the images of perfection she tells you about don't exist. They never did. They're shadows in your mind. They're all imagination, dreams, and fantasies. They will never be part of the world the way you see them in your mind.

You *can* be happy.

You *can* be healthy

You *can* be beautiful.

But not the way you see it in your mind. What you want in your mind doesn't exist in real life.

You can imagine you have a million dollars, but it doesn't mean you have it to spend.

You can imagine flying into the sky, but you can't really fly.

You can imagine being the same as the models in the magazines - but even the models don't look like that.

Body obsession is a mental illness because the ego makes you chase after the gold at the end of the rainbow. There isn't any gold. There is just a rainbow. But the rainbow is beautiful.

Feeling sad to hear this?

Part of you is denying this. Part of you wants to believe perfection is possible, and that you can achieve it. And if you do, if you just lose the last 10 pounds or wear the right make-up, THEN you'll "look the part" and be loved.

But you can be loved now. In fact, now is the only time to be loved and love.

The images you see in the magazines may look perfect - but they are not real. They don't exist in real life. All the pictures you've seen are false. They've been changed using clever enhancements. They don't exist.

Cindy Crawford said: "I wish I looked like Cindy Crawford." She doesn't. The Cindy Crawford we see in magazines only exists in magazines.

The images in your mind are false. The images in the magazines are false.

Part of you doesn't believe this. That part still believes perfection is possible. That's the part of you that invited the ego into play.

And that's why body obsession is a mental illness.

*Once you admit, from your heart that you can't have physical perfection - then you can be free. Until then, you're trapped in a sick cage, and it will keep getting worse.*

The truth is, though, nature is imperfect. You can never really achieve what the images you see suggest you can.

Are you willing to give up your fantasies and be happy?

Or are you going to keep listening to the lies in your mind?

What's more important to you?

A real life of freedom or a fantasy that will kill you?

Whose side are you on?

The ego will tempt you. She will lie to you. She will give you hope in your illusions. But that is all. You'll still be cold, tired, overweight, sad and lost.

Is it worth listening to her?

# **YOUR WEIGHT IS NOT THE REAL PROBLEM**

It may come as a bit of a surprise, but we don't actually believe your weight is your real problem.

And we also don't think the voice of the ego is exclusive to you.

Most people have negative, irrational thoughts in their minds. For some, it is like an annoying background hum. For others, it's a full-blown, up-close and personal attack that's eating them and ruling their entire life.

If we are totally honest, we can see that these thoughts have ruled almost everything we have ever done in our lives.

The specific thoughts you have are just expressions of a bigger illness. Body obsession is just one manifestation of emotional distress. All forms of mental disorder are the result of a loss of self-respect and addiction to obsession.

When we forget who we truly are, we feel insecure. We

feel lost. We lose our self-respect, our self-esteem, self-worth and reason for living. But we can't survive without an identity or purpose. So to fill the void, we latch onto a new identity. We try and become someone.

If you were born 200 years ago, long before there were images of stick-figure supermodels plastered all over the place, you would *not* think you had a weight problem.

But you'd likely still have negative thoughts in your mind.

If you want to overcome the weight struggle, you need to realize "your weight" is not your problem.

This weight issue is a symptom of not knowing who you are, really. Deeper down you know you are more than your body, don't you? Deeper down you know the real "being" you are is not the thing you see in the mirror. Your body will die, but you won't.

And when you get in touch with that deeper part of you, you will relax.

You will realize you are ok. You are loved. You are safe. You are beautiful.

Once you know yourself, you'll remember why you came here into this world. You'll remember your purpose for being alive. You'll remember your natural happiness.

But until you wake up to who you are, you'll still feel empty. And to fill that feeling of sadness, you'll distract yourself with one obsession after another.

Your weight struggle is just an obsession. It's an addiction to obsession. A self-generating obsession that's addicted to itself and gets more addicted each time you listen to the ego and act out.

This vicious cycle gets harder and harder to break the longer you are in it - and the only way out is to:

1. Admit you have a mental illness and need help (we all do).
2. Change your behavior
3. Rediscover who you are, (who are you, *really*?)
4. Create a new, healthy image of yourself.
5. Create a new life, that's aligned with your values and brings you joy!

As you start creating a new life for yourself, you'll probably stop obsessing about food and body image as much. But that doesn't mean the real problem has gone away.

Because the real problem is the addiction to obsession.

# ***ADDICTION TO OBSESSION***

I hope this is the final book you read having to do with food, diet and exercise. Because honestly, the deeper illness behind your weight struggle is endless and builds upon itself. The more you delve into health and nutrition and exercise, the more, like a slippery slope, you get pulled into a new obsession.

How many women have been hurt by being in the health and fitness industry? As a health professional, you are expected to be perfect. To look great, to eat to perfection, to workout hard and when you fall short on this you are made (or you make yourself) feel guilty and not worthy of even being in this profession.

Obsession leads to more obsession and the people promoting it are often the sickest and in need of help – like psychiatrists who need the most therapy.

And the truth is, you already know what to do to be healthy. Eat a balanced diet. Eat plenty of fruits and vegetables, whole fresh food. Eat enough healthy fats and proteins. Exercise moderately. Move your body!

And you will be happy, healthy and mentally stable.

But the moment you start dipping into the latest diet or exercise or cleanse routine - it's bad news. Trust me... I've been there! It's so tempting, and our addicted mindset wants nothing more than to trap us in calorie, carb or fat gram counting - but in the end, it's just a trap.

To heal is to be mentally free. This is the work. This is your mission.

You'll know you're free when you are at peace. When you can relax. When you are happy just to be. Just to sit down and smile. Your body weight is not who you are. You're a soul, and your real healing begins by getting to know the deeper part of you. The deeper healing will happen when you let go of your need to control life - and begin to trust.

And to do this, you need to awaken to your spiritual core and discover who you truly are.

# **WHO ARE YOU?**

In the end, the #1 thing that will snap you out of this pointless struggle is remembering who you are.

So who are you...?

Just take a moment now to pause, take a deep breath in for 5 counts, and on your exhale, let go, relax and release. Soften your shoulders, relax your jaw, and just see how much you can relax into this moment.

Let go of the stories... whatever it is. Take this moment as an opportunity to let go and be free.

Can you feel, in your heart, who you are beyond your body?

Can you feel that you are a soul, a beautiful being?

Often we are so tense and stressed, that we are only aware of our body and all the stress hormones flowing through us.

Yet, when we just take a few moments to breathe and get quiet, we can feel the deeper core of who we are. A being that is watching. A silent, peaceful Witness.

And when we begin to remember... we feel an overwhelming sense of love and compassion. We feel and understand the pain of forgetting, of "the human condition," which is really another way of saying we think we are these bodies. And when we think we are these limited stressed creatures, we feel so tense!

We feel compassion and mercy for ourselves and others. And we remember the true lightness and joy of our true nature, that of an unlimited soul.

As you read these words, see if you can go beyond the heaviness you've been feeling around your body... and tap into the lightness of who you really are.

The peace that is your true nature.

You, the soul, are a Being of peace.

You, the soul, are a Being of love.

You, the soul, are a Being of spiritual power, bliss, lightness, joy.

...

Can you feel it? Can you remember who you are?

...

Deep breath in, deep breath out, letting go... letting go... letting go.

Remembering who you are doesn't involve getting anything or becoming anything. You already are that. You already are a beautiful being of peace.

It's about letting go of what you're not. And part of what you're not is your body. You're also not your ego.

The voice driving you to lose weight and driving yourself crazy is not you. The body that voice is making you be a slave to is also not you.

And so, when remembering who you really are, it all seems quite silly, doesn't it?

But it's ok, you don't have to feel bad. We've all forgotten. It's not just you!

The beauty is that your weight struggle has been the perfect catalyst to bring you to this moment, reading these words... and remembering.

The journey from here, if you so wish to take it, is one of letting go to more and more liberation.

More freedom, lightness, and happiness...

How does that sound?

Remembering who you are is about being Weightless.

**Because who you are, is weightless.**

*Maybe you've been striving to release and let go your whole life.*

*Maybe you hate the self-sabotaging you've done to yourself but now you're learning to let go.*

*It takes conscious effort every day, but you are getting better one step at a time.*

*It's exciting. You will be released from this ego prison once and for all so you can help others do the same simply by being real and sane!*

*Think about all the young women who are trapped in this. What a waste to go through life thinking these thoughts, you can help them too. As a result of these thoughts of unworthiness, you have made poor choices in other areas of your life that you have to forgive. But as you break free, you give permission for others to do the same. If I can help young women, or women, in general, to break free from these chains and prevent the pain I have had to suffer as a result, it would be amazing.*

# **BRINGING CONSCIOUSNESS:**

## THE MIND AND IT'S PROGRAMMING

What does it mean “to become more conscious”?

I’m going to quote a passage from David Hawkin’s book, *Letting go: The Pathway of Surrender*.

“To begin with, becoming more conscious means to **start looking for the truth ourselves**, instead of blindly allowing ourselves to be programmed, whether from without or by an inner voice within the mind, which seeks to diminish and invalidate, focusing on all that is weak and helpless. To get out of it, we have to accept the responsibility that we have bought into the negativity and have been willing to believe it. The way out of this, then, is to start questioning everything. There are many models of the mind. One of the most recent has been that of the computer. We can look at the mind’s concepts, thoughts, and belief systems as programs. **Because they are programs, they can be questioned, cancelled, and reversed; positive programs can replace negative ones if we so**

**choose.** The smaller aspect of ourselves is very willing to accept negative programming."

We basically have a faulty program running that says we are "not good enough," "too fat," "too ugly" etc. These programs, though, are just that - programs. And programs can be cancelled. You don't have to cancel these programs. However, you will have to if you want to break out of the "weight-obsessed" trance.

Here's a new program to run:

"There's nothing wrong with me!" "I'm wonderful and beautiful." "I love and value my health." "I pay attention to my spirituality and surrender burden and worry." "I am a weightless soul."

As you begin to detach from your thoughts being "mine" and let them be what they are - thoughts, you will easily release these faulty programs, and begin creating newer healthier programs.

Try this out for yourself. Witness your thoughts as a detached observer, and let them be what they are.

Besides, even computers need a reboot sometimes!  
Gotta get rid of those viruses.

By bringing more consciousness to your experience,  
you will begin to feel lighter, more weightless and  
more peaceful.

What thoughts and programs do you choose?



### *Prayer / Soul Nourishment*

*May I surrender my false programs to You,  
and be released from the virus in my mind.  
I humbly pray to be an instrument of Thy peace, and  
a beacon of Truth in this world. I choose to live my  
life as an example of Your Love, please guide me in  
this intent. Om shanti. Thank you.*

# **KNOW YOUR BODY TYPE (AND STOP LYING TO YOURSELF)**

Let's get really honest. Everyone's body is different. All bodies don't match the supermodel figure. Not everyone is 6 foot tall and naturally thin.

Each of us has our own genes, our own DNA and our own constitution.

Not everyone has the same bone structure.

Sorry - but not everyone is designed to be thin. And before you freak out and complain and deny it - just get real. Some constitutions are naturally thin. Others are naturally less so. You can argue about it in your head, but you can't change it (much).

What makes up your unique body is a combination of your genes and your lifestyle - your thoughts, words and actions.

Once you realize you are you (and not some imaginary person in a magazine) you can begin to focus on what

you have to work with and make it the best it can be.

*But what if I'm ugly and I'll never be beautiful? What if I'm really just meant to be fat? What if... What if...*

We like to live in the fantasy world of our imagination, and that's why we're suckers for fads, pills and products that are designed to make us "magically" better. We know it's all BS but we buy them anyway because the naive child in us hopes it will get better.

But it won't.

So before you toss this book and start signing up for your next gym membership - stop for a moment.

You've been lied to. You don't have to look a certain way to be loved. You don't have to look a certain way to have fun, be happy, be creative and be awesome. For most of your life you have thought that you would be successful, happy or loved when you look perfect. When every ounce of fat is gone and you have lean muscles, 6 pack abs, rock hard glutes... until then it's not going to happen. (Can you see why your life is in chaos?)

You may have even looked at other, successful people

who may be overweight (what you consider to be overweight) and judge them thinking, "But they are overweight, how can they be successful and I'm not?"

*Yes, I know, so bad! But it's true!*

But it's all bullshit.

The truth is your whole life is about to get better than ever before - as soon as you stop wasting (so much) energy on this whole image nonsense.

You can still be thin and beautiful in your own form, being a radiant version of yourself, as you are in your own unique expression.

This book is not about all the details of body types - but if you want to know more about your constitution you can look into Ayurveda and discover if you have a Vata, Pitta or Kapha constitution (or a combination).

Vata people tend to be thinner, but can have variations in their weight, as vata is the constitution of change.

Pitta people tend to be medium sized and have a medium build.

Kapha people tend to have big eyes, big hair and bigger bones. Kapha constitution tends toward carrying more weight. Interestingly enough, many models have a Kapha constitution - and they could easily become overweight if they stopped exercising and hit hard on the cakes and chocolates.

Once you know your constitution you can know what you're working with. But don't get carried away. If you just jump into an Ayurveda binge and ignore the rest of this book you'll still be trapped in, *"I must find the magic solution" and stress.*

Because the answer isn't in Ayurveda, just like it isn't in any field of knowledge or practice you've tried.

The answer is in you.

It always was. It always has been.

This is about returning to yourself, knowing yourself and respecting yourself.

The wisdom of Ayurveda will give you more insight into the 'car' you drive (as in your body as a vehicle for

you, the soul). It will not, though, give you the knowing you are really grasping for, and that is knowing yourself. When you know yourself, really, you easily let go of the whole weight game. You realize how small it is, as if you're spending all your time trying to make sure your car looks good, instead of cruising and riding through the wonder of life with the joy of your spiritual energy! It's useful of course to know how to keep your car (body) in balance, functioning well with optimal fuel, however, you don't want to take it too far and give it more significance than it needs.

This is a great test to take to find out your Ayurvedic constitution and any imbalances (there are many tests you can take; we just happen to like this one):

<http://tridosha.com/self-test>

Know your body type, understand how to care for your body, but don't let the topic absorb your entire life!

# **LAUGH!!!**

As long as you feel you are bad, and the world doesn't love you, you'll stay fat and depressed.

But, when you realize how mad this whole thing is - you can laugh. Why not!

You're an eternal being!

You are not your body!

No one cares about how you look. You don't even care.

When you can start to wake up to how silly the whole thing is, you'll really be making progress forward, and, you'll probably find yourself laughing... often!

We all have to laugh at how silly things can be, at how heavy we can feel and make our lives.

Laughing is an immediate exercise to weightlessness.

When we're laughing, we're light. We're weightless.

Try it!

# **HAPPINESS IS BEAUTIFUL**

The most beautiful people are happy people. Sadness, addiction, and obsession all make us ugly. If you are happy, you are glowing, and you will attract the right people into your life with your joy. If you attract people into your life with your "sex appeal", they'll just want to get into your pants - but not into your heart.

Who do you want in your life? Lusty, selfish men? Men who want to just get in your pants? Or genuine, happy, awakened, successful, caring, respectful people....

*But how in the world can I expect to have these people in my life if I am not like this?*

As you take the honest journey to become the type of person you want more of in your life, you will begin to attract these genuine, loving people who love you for you. It starts with YOU loving you for you. It starts with choosing happiness.

Happiness is beautiful. Happiness is magical. Happiness is what makes life worth living.

Would you rather be happy and enjoy life (and probably lose weight without trying)?

Or would you prefer to live a miserable existence counting calories, feeling overwhelmed, depressed, ashamed and constantly running around?

Happiness is better! Right?

A little story from Arielle:

I personally totally get it! I've been in the weight struggle game, and I know it's no fun. Most of my younger years I was severely thin and anorexic. There were times when I even had the "ideal figure" - but I wasn't happy.

After recovering, I struggled with extra weight that wouldn't budge and a mind that was highly critical. It was so hard! However, after about 4 years of resisting the surrender to just be happy, and trying every diet and program possible, only to find that the 30 pounds or so of extra weight wasn't budging ... I let go! I decided to be happy.

I remember going out that evening for a meditation, and many of the people there were commenting on “how pretty” I was. I knew in that moment it was my JOY and HAPPINESS that was magnetic and beautiful, not at all my weight.

That moment was a huge turning point for me, as I then decided to drop the notion all together that there was something wrong with me.

I feel better than ever, and I’m really not concerned about my weight.

And funny enough, this method works because the excess weight has fallen away.

Try it! Try happy.

Try measuring happiness as the “new beautiful”.

See what happens...

I remember a saying that, “Happy looks good on everyone!”

And it looks fantastic on you. So aim for happy. Aim for healthy. And you can't go wrong. Forget about the weight, and the weight will forget about you too.

## **BE LIGHT! MOVE LIGHT!**

It is fun and healthy to move your body. However, when we're talking about moving your body, we're not talking about abusing your body!

For exercise, think gentle, fun and uplifting - like a long brisk walk with a friend, or a yoga class.

*I love yoga! But there were many times I would deny myself from doing yoga because I thought I had to kick ass in the gym instead. I felt that yoga wouldn't burn calories, fat or build enough muscle. But I guess that's the ego whispering sweet lies into my mind.*

Once you have been doing yoga every day and staying away from the gym and the pain, you'll feel so much better. Be loving to yourself. Give yourself peace.

This isn't about forcing and putting your body through pain and forcing yourself through intense workouts.

It's about moving for the joy of moving, for the joy of living!

So consider adding brisk walks and yoga into your routine.

Let go of exercise that is painful or stressful. Stress chemicals will only tell your body to hold onto fat.

You want to go for gentle.

## ***PITY THE SUPER BEAUTIFUL***

Can you be too beautiful? It's hardly a problem most of us consider.

Looking attractive by the world's standards may have some benefits. But it's not without its challenges. Aside from all the drama involved in trying to maintain a perfect appearance - there are other side effects that you may not know about.

According to studies, when treating people for pain, doctors tend to take less care over the more attractive people.

The bubble of beauty can be a somewhat lonely place. One study in 1975 found that people tend to move further away from a beautiful woman on the pathway, making interaction more distant.

You may have heard that people were intimidated by you because you are beautiful or well put together... it's crazy because we have always thought the opposite – yet it happens all the time. The most attractive people

in the world can be the most isolated, insecure and lost of all.

There are downsides to everything.

So before you start thinking:

“If my face were just more beautiful,” or “My thighs were just thinner,” “Then, I’d be happy ...”

Think again...

## ***AFRAID OF BEING BEAUTIFUL***

This one might sound a little strange to you, but you might, like myself, find it to be true.

The funny thing is, we think that we're doing everything we can to be beautiful, to be liked. And yet, deep down, if we get quiet and really tune in, we might just find that we're actually afraid - terrified - of being beautiful.

It's dangerous. Possibly lonely. Not safe. Not good. Not spiritual.

There may have been times when you have not dressed up like you wanted to, or didn't do yourself up as much as you would have liked because of what people might think.

"I don't want to get hit on today, I don't want people to be intimidated by me. Maybe if I just wear a turtle neck or a baggy sweater, it would be better. If I wear that sexy bathing suit, I will draw in negative attention that I don't want... yet, I want to be beautiful and sexy... jeez... how confusing!"

And on and on it goes... The endless conflict and confusion that drives us crazy.

A fear of being beautiful may not be conscious for you, but it's real.

Beautiful could be sexy. And sexy, is definitely not safe in this world.

As you're reading this, do you feel a little squeamish?

Like I said, this may not be a conscious block or fear, but, it definitely could be leading you to keep extra weight on, and worrying about it all the time.

For me, looking deep inside, it was almost as if I thought that being beautiful and thin was equivalent to selling my soul to the devil. (This could also be because when I was "beautiful and thin" I had the accompanied experience of darkness and emptiness with a case of anorexia.) For one reason or another, we can be pairing the lightness of body we want, with something negative, and therefore, blocking ourselves from receiving it.

We fear releasing weight, for fear of spiritual bankruptcy.

I think a lot of us have this subconscious belief system - especially if we are spiritually minded people. And even more so, especially if we had an experience of beauty and thinness paired with emptiness and darkness previously.

If we're still pairing these two together in our mind, there's going to be a block. So how do we repair?

First we need to be conscious of how we are pairing things. Then we can ask ourselves, is it really true that thin and beautiful always goes with darkness and evil?

Or can it be true that thin and beautiful can go with godliness and love?

We begin to recognize the compartmentalization our ego mind likes to use. This goes with this, and, therefore, means this. That goes with that and, therefore, means that.

How about this, you are free to choose and create as you wish.

You can be thin, beautiful, free, happy, deeply at peace, connected to Spirit soul conscious.

You can also choose an array of opposites. You can pair realities and experiences as you wish.

The main thing is the context from which you are experiencing the experience and the extent you are willing to let go of irrational compartmentalizing.

Do you want love, peace, and joy? Deep connection to Divinity?

I suspect you might.

Ok, so now you can pair that with the physical experience you want.

Perhaps lightness, freedom, joy, beauty and grace?

Fill in the experience you want.

Let go of the black and white prison walls in your mind.

They don't really exist.

Knock 'em down and open to the Infinite, to the limitless beautiful possibilities you are capable of experiencing.

Dump the 'inner' nazi and embrace limitless peace.

Be willing to release judgments and preconceived ideas of "this means this" and 'that means that'. They're not true. You are free to be thin, light and beautiful, spiritually-minded and free.

It's really ok. You have permission to be free, and to experience and create as you wish.



## *Prayer / Soul Nourishment*

*I release my fear of beauty and natural health,  
created in the image of Your Perfection. I surrender  
my fears and trepidations of being physically thin  
and beautiful to You. I bravely walk this Earth as an  
instrument of your Love and truth. Please guide me in  
Your Way of Love. To Thee O Lord, I owe my life.*

# ***THE TUG OF WAR***

This is maybe the most important section in this book.

It's something that, when you get it, will help you make the changes you've been wanting to physically.

So here's the thing:

Part of you wants to lose weight. You're very familiar with this part.

And...

Part of you does NOT want to lose weight. Part of you is terrified of losing the weight. And this part of you, you must know, is very strong.

It's essentially your conscious vs. your subconscious minds.

And so, no matter how you consciously "try" and lose weight, it's as if you have this huge mountain sized resistance saying, "No!" and stopping you.

That's the real reason why you're not getting anywhere. This may come as a shock, or maybe there's a part of you that knows it's true.

So here's what you need to ask yourself...

"Why am I scared to lose the weight?"

*If I no longer obsess with my weight will I let myself go? Will I still be attractive? Will I be too attractive? What will I focus on if I don't focus on this? Will people even like the real me? Who is the real me?*

See what comes to mind...

Often, it can be for protection, because, as we discussed, it can be very scary to be seen as attractive or beautiful.

Or maybe it's because it keeps you constantly focused on your weight, rather than your true purpose (very common).

See what comes up for you.

And remember, it's easy to be angry with yourself, but don't...

Allow yourself to very lovingly explore this with yourself. What's the resistance?

Remember, you are on your own team. And so this journey is about you coming to wholeness and bringing all parts of yourself lovingly on board.

It's about loving and letting go.

Not about hating, and disconnecting.

So lovingly dive into this topic, and see if you can create a mutual harmony and agreement on how you'd like to move forward.

Ask yourself if you'd be willing to be seen as attractive. If you'd be willing to let go. If you'd be willing to feel protected in a deeper way, by being aware of who you really are, rather than having excess padding.

*I wonder - who are the kinds of people I will attract? Will they be slime balls; will they only want one thing as usual?*

Are you willing to consciously be and attract loving people into your life, interested in lovingness?

Ask yourself if you'd be willing to release arrogance and judgment? Even if you do have a thin and beautiful body, can you be humble and remain conscious of yourself as a spiritual being, rather than a body?

These are important questions to ask yourself, to explore, to set yourself free with. So gently, with compassion, dive into the root causes of the tug of war, and see if you can make it a cooperative act of love, instead.

You do need to give up the obsession with wanting to lose weight, and you also will have an easier journey toward happiness and health if you're not resisting yourself, and you're willing to be at your ideal weight.

(Keeping in mind that your ego doesn't know what your ideal weight is, your body does. So let go of this idea too).

You don't have to be afraid of being thin and beautiful.  
It's really ok. Remember, no more black and white walls.  
No need to be at a tug of war with yourself either. Peace  
and harmony are acceptable. It's ok to release the  
struggle. You are safe.

# ***GIVE UP TRYING TO LOSE WEIGHT***

Ok, so here's the main message:

Stop trying to lose weight.

As long as you're trying to lose weight you'll always feel you're not there yet. There will always be a struggle.

As long as you think the magic secret is "out there" in another book another fruit, another diet, you'll waste your life searching and craving.

And if you think your body is evil, and you need to detox, detox, detox, because of all that sick, dirty stuff inside of you, then you'll be trapped in those feelings. If you continue to hold this "dirty, fat energy" in your consciousness, what will your body respond to?

The secret to weight loss and a happy life is to GIVE UP THE STRUGGLE!

Are you willing to give up losing weight?

Are you willing to abandon the struggle and enjoy your life?

Are you willing to focus on health and not on your appearance?

*YES! I am ready! I am tired of the struggle, and I really want to see who the person under all of this crap really is? Although it's scary, will I like her? (of course, don't be silly... I am in here and want to be set free)  
When I set her free, I will have everything I desire.*

Give it up. Free yourself. Awaken your joy and notice what happens by itself.

If you have the choice between a life of obsession, craving, self-hatred, restrictive diets, and worries - or a life of ease and grace - what do you prefer?

And if you have a few extra pounds while you're blissfully enjoying your life, who cares?

It's irrelevant.

# ***THE WESTERN CULTURE IS DELUDED***

Stop buying into it. Consciously abandon the madness of the images.

You've been brainwashed. You've been injected with a drug. It's not helping you. Detox the culture. Stop it all. Free yourself.

Say you don't give a shit about it.

You need to break free, or you're just a pawn for the big corporations. Did you know the beauty industry is designed to make YOU feel bad? They are actively and consciously playing on your insecurity to get your cash and make you a slave!

Are you happy about this?

Are you happy you're being manipulated by marketing experts and companies, to ruin your life, destroy your happiness and have YOU pay for it? Are you happy to pay for some hot shot's excessive salary so you can be miserable and waste your life?

*Don't you get a little pissed off at food companies who lie to people about what healthy really is, all the while making people sick?*

*But, at the same time, we may also succumb to the beauty and fitness industry who tell us how we should look or act. It's fucked up.*

You're feeding into a beast that doesn't care about you and wants you to pay for staying miserable. Are you happy about that? Sometimes the truth bites, but we want to make sure it really goes in deep as you read this.

Take a stand for your freedom.

Take a stand for your life.

To give you some perspective here is something Julia Roberts appears to have recently posted on social media. Whether she really wrote this or not, it says a lot about our culture and the twisted illness we are all exposed to:

"Perfection is a disease of a nation. We overlay our faces with tons of make-up. We get Botox and even starve ourselves to become that perfect size. We try to fix something, but you can't fix what you can't see.

It's the soul that needs the surgery. It's time that we take a stand. How can you expect someone else to love you if you don't love yourself? You have to be happy with yourself. It doesn't matter what you look like on the outside, it's what's on the inside that counts. Today, I want to put up a makeup-free photo. I know I have wrinkles on my skin but today I want you to see beyond that. I want to embrace the real me and I want you to embrace who you are, the way you are, and love yourself just the way you are."

# ***A STORY: THE RELIGION OF THIN AND BEAUTIFUL & COMING HOME TO LOVE***

To start with, let's consider the past experience and what "thin and beautiful" may have taught us.

I remember having the physical appearance of the "ideal". I was obsessed with physical, beauty perfection, so much so, that it became my religion that I worshipped. I actually, on some level, made the "Thin and Beautiful" ideal my religion. And so, in this case, in many ways, I did indeed sell my soul. I think at this time I did find a sense of safety burying myself in the obsession.

But not real safety.

Then, years later, when I came to find my happiness from spiritual truth, I reclaimed my soul; I found such great peace, such bliss, such security that I went the other direction, and put on a lot of weight (not even eating much). It was as if something switched in me to trigger adding padding to protect myself from the world... and really... to protect myself from myself.

I didn't want to worship thin and beautiful anymore. I wanted to be in touch with who I am, the soul, and with God.

I had just overcome anorexia, and though at the time I found safety in "too thin," I now was horrified to go back there.

It's taken me a long time to even come to this conscious understanding of what's happened. And so, this is why I wanted to share it with you.

And so what's the way out, the solution to balance, spiritually and physically?

Being conscious that something like this could be operating in you is the first step.

Then, being the witness - begin to observe and watch your deeper feelings about things. Notice, how, when it comes down to it, you are actually terrified of losing the weight, because it's keeping you safe.

*If I am too beautiful will I attract the wrong attention? I don't like all that attention, yet I don't like being ignored.*

Feel into this and see if it's true.

Next, (and you do need to bring love and patience to this process), begin to retrain your thoughts and feelings, begin to be comfortable being in your spiritual happiness, and allowing yourself to shine as physically beautiful. Affirm to yourself that you are safe, that it is safe to be beautiful, it is safe to be slim and healthy, it is safe to be happy.

You can have it all.

And promise yourself that you won't lose yourself in the beauty/weight obsession. When you find yourself slipping too far in, come back to center, come back to who you are, come back to your eternal, bodiless form.

Come back to your original religion of peace.

And simply allow yourself to feel safe and comfortable. Allow yourself to be seen as beautiful, inside and out.

Allow yourself to be here fully.

It's worth spending some time inquiring within yourself where your fears of being thin lie. What situation and or person have you been protecting yourself from? What scares you? Explore the possible deeper reasons for your subconsciously keeping any extra padding on. Try journaling about this, with the company and love of your eternal companion, of God, and inquire from deep in your heart:

Why am I holding onto this extra weight?

What or Who am I protecting myself from?

Am I willing to let this go, forgive and let myself be held and protected by God?

Can I forgive myself with compassion, and let go?

... Allow your own words to come, and allow the answers to come too. The more you spend intimate, real, genuine, loving time with yourself, the more the truth will reveal itself to you.

The answers to the deepest mysteries are inside of you, right now.

You no longer have to look outside, for you can look within.

Begin to find comfort from looking within, and be ready for a deep healing of love for self.

## ***WHO'S IT ALL FOR ANYWAY?***

Who's it for? The make-up, the clothing, the exercise...  
who's it for? Are you doing it all for you? Or is it for  
someone else? This is an important question to ask  
yourself. If you're doing it for other people, who's  
winning? Are you winning? Are they winning?

Or, is everyone losing?

Begin to question what you're doing and who you're  
doing it for.

Consider if it's worth it to you.

Consider if the other person/people even care or notice.

Get in touch with who it's all for.

And then, and only then, decide if it's really worth it.

Who are you here to please? Who are you here for?

# ***GET ON YOUR MISSION***

You know what this dieting BS is really all about?

**It's a distraction** from the fact that you're not living your purpose.

It's a lot easier for you to worry about being fat and waste your life feeling sorry for yourself and chasing fads, and doing research on google and buying special superfoods and fasting ... than it is for you to get on with your life!

Who would you be without this weight loss addiction?

Who would you be without this problem?

Who would you be if you had better things to do?

You may think you know this already - but you don't have time to get on your mission because the food addict, obsessed nazi has stolen most of your energy.

And I bet that food nazi in your head is telling you something along the lines of, "I can't *really* live my purpose until I lose the last x pounds."

You may have thought, "How can I be that person at the front of the room teaching others if I am carrying extra weight or I am not perfect in my own life?" I have always thought, "When I am \_\_\_ pounds I can get on with life...."

But it's just a sham. It's an excuse to play small and hide from your greatness.

You're scared to death of discovering yourself. You're petrified of dealing with your own emotions and embodying your power, so you'd rather obsess over how many calories are in an avocado or worry about whether butter is good for you or whatever the latest superfood is.

Are you willing to stop avoiding yourself and get on with your mission?

It's easier to obsess about how many calories you just ate than to be daring and shine brightly and tell the world who you really are and what you really think.

The world needs you to be raw, honest and alive. No one needs another woman who hates herself and holds back out of fear.

You are good enough. Right now. You don't need to lose 30 lbs. before you share your unique gifts. You don't need to do another cleanse or special diet before you get in front of the camera.

If you buy into this bullshit, you may avoid getting those professional photos you have been avoiding because you feel you're too fat right now. Or you may also avoid doing videos for your business because you don't look good enough yet. But what is good enough? When will it stop? People need your help right now!

The only way you're going to feel happy is by living in alignment with who you are. Do you want to be happy? Or do you want to waste your precious life worrying about what others (who don't even care) will think about your dress or hair cut?

When was the last time you jumped out of bed with joy?

When you're living your life on purpose, you can't wait to get up and live your life. When you're being fully you, you don't have any time to worry about if your bum is too big. You're absorbed in the magic of life. You are present with what is. Hero actors focus on themselves and change lives. They don't have time to worry about what other people think about them.

Everyone else is too obsessed with themselves to notice your new shoes or if your skin is a little dry today. But they will notice when you're ablaze with life.

Want to know the real secret to beauty?

Live in alignment with your soul.

When you're bright and shining, you'll attract the right people to your light. They won't even notice your body. They'll be magnetized to your joy.

If you want to be happy, beautiful and in love with life - fall in love with your mission. Fall in love with being you. Fall in love with serving others from your heart.

Sooner or later your body will grow old and die. Your body that you're so worried about will be eaten by bacteria and begin to rot and stink.

Do you want to look back on your life from beyond the grave and feel you left a legacy and made others happy? Or do you want to have nothing but a rotten corpse to show for yourself?

Living your purpose makes you immortal and keeps you smiling long after your body is gone. But if you're worried about getting old and ugly, every day will be worse than the last.

Get on with your mission. Become naturally beautiful and awaken. Now is your moment of power. Now is the time of wonder. It doesn't matter how old you are! Now is the moment of power!

What is your life all about?

What is your mission?

Who are you meant to become?

Why are you here?

What's it all about?

Think about these questions and everything else will fade away as your natural beauty glows into forever.

And if you need help figuring it out, seek help! Let in the support here for you. There are people in your life who love you and want to help you, and we're happy to help you!

We'll even give you a free session with one of our team members, free of charge, to help you tune into what your true mission is. And if you need more help, that just call, we're here for you!

This is your life we're talking about!

Just email [info@awakenedacademy.com](mailto:info@awakenedacademy.com), subject line: Free Session from Already Perfect Book, and we'll make sure one of our team members gets on the phone with you.

Your mission is your true Heart. It's the expression of your genius. It's the real healing and breakthrough behind the weight.



## *Prayer / Soul Nourishment*

To You, I surrender my fears,  
I surrender my resistance to living my True Purpose.  
I open myself to know and realize what my True  
Purpose is. Please guide me in understanding what  
You would have me do. I open myself to the guidance  
you give, in the forms You give it. I accept the  
support that is here for me. May I recognize Your  
Direction. May my journey Home to Truth and True  
Purpose, be blessed.

# ***THE DIET***

As you've probably realized by now, the diet you eat is only a small factor in the equation. And even if you get the 'perfect diet' - which is an idea in your head, not a reality - you still won't get successful results if you are emotionally and mentally distressed.

Your body is like a pet. Let it enjoy the basics. Don't sit too much, walk around. Drink enough water. Get the amount of rest you need. Eat the amount of calories your body needs. You want the secret diet, but it doesn't exist. No one agrees on anything.

If you do what your mother said and have 3 meals a day and eat your veggies, you'll be ok. And if you relax, get enough sleep, and eat organic food you'll be ok.

Eat right for your VALUES.

Every health terrorist will tell you that what you're doing is wrong. If you are vegan, the paleo people will tell you you're going to get sick. If you eat only meat, the vegans will tell you you're a cruel bastard who should

be ashamed. But you need to know yourself and align your diet with your values - not the latest fad.

If you jump from here to there following others, you'll always feel unsettled and out of alignment with yourself. What will your body do if you feel unsettled and out of alignment? Will it cooperate?

Try eating vegetable soup. Soup is warming and comforting, grounding and relaxing. Make soup homemade. Get yourself a crockpot, and warm your mind and body with warm soup. It's something you can always turn to, and will help you feel relaxed. A good aim with food is to feel relaxed.

Vegetables are perhaps the only food group that everyone agrees on. If you want the 1% 'secret'... it's eat vegetables. For example, we have an electric steamer. Everyday, we cut up a large amount of vegetables (cauliflower, zucchini, broccoli, cabbage... etc.) and steam them! It's so easy because all we do is cut them up and press "on"... and we have nourishing, warm, healthy food easily accessible all day long. Our steamer even has a 'warm' setting where it will keep

the vegetables warm all day. When we're ready to eat, rather than reaching for chocolate or chips, we can easily serve ourselves a big bowl of vegetables. If you've ever tried eating a lot of vegetables, you'll find you don't have room in your tummy for much more! They fill you up, nourish you and help you make good choices with food the rest of the day.

Truth is simple, falsity ever complex. Eat your vegetables. Steam them or blend them into soup. Enjoy the colorful nutrition of nature's bounty. Fill your belly with the good stuff. Fill your mind with love, compassion, lightness and freedom. It will all fall into place and you will feel more and more weightless on all levels of your experience.

# ***BALANCE AND BEAUTY***

There's something to be said for balance. Though diet can change and is not dependent on the latest "fad" or "weight loss technique," it still remains an eternal truth that balance brings happiness. When approaching your diet, keep balance in mind. Keep equanimity in mind. Extremes aren't healthy in any context. It's also worth noting that easiness comes with keeping your blood sugar balanced. This comes naturally when you eat a balanced diet. When blood sugar is stable, the energy needed for you to function optimally is easily humming away with grace.

We all know to steer clear of refined carbohydrates and processed sugar. And though this book is definitely not about telling you what to eat, it is still wise to keep awareness on your blood sugar, and eating food regularly and in a way that keeps your energy sustainable and stable. Play around and see what works for you. Rather than looking at fat and carb grams, pay attention to what actually makes you feel good and gives you sustainable energy. Choose your food from there and you'll feel great.

# ***EATING ENOUGH***

The seemingly obvious thing to do when you are fat is to stop eating. That way you'll just burn the fat.

And if you stopped eating today, in a month you'd be a lot thinner than you are now. And in a couple of months you'd probably be dead.

But that is not the solution. Starving yourself slows your metabolism. So if you do a 30-day juice cleanse you may feel the pounds falling off. But once you start eating again, back it all comes! And then some!

So fasting simply doesn't work. Nor does anorexia.

To lose weight, you need to get your metabolism working. If you don't eat enough, you slow down your digestion so you can't burn food, which makes you fat, even if you don't eat much.

Ironically, to lose weight you need to eat more. Eat a lot more and let your digestion start to build fire and capacity.

As much as we know this - it's hard for us to grasp. Yet, when we follow this principle it works.

Because food has always been "the enemy," you probably want to keep away from it, for fear of it. When you do get close to food, you may eat too much (or binge) and then you feel guilty about it.

Then what happens? You probably starve yourself the next day because you didn't feel you deserved to eat. You may have even denied invites to lunch or dinner because you felt you didn't deserve to eat that day.

But this isn't about starving yourself. It's about enjoying yourself and feeling relaxed and peaceful.

If you haven't noticed, it's pretty hard to feel relaxed and peaceful when you're starving!

It's perfectly well and good for you to eat and nourish your body. In fact, it's the only way you'll find a happy relationship with your body. And it's the only way your body will feel safe enough to let go of the weight.

You see, you either spend your time in suffering, suppressing, resisting and stress... (all leading to more and more fat).

Or you spend your time in nourishment, relaxation, acceptance and love (all leading to less and less fat).

Which sounds like a better place to hang out?

True weight loss and health is connected to pleasure. To enjoying yourself, what you eat, and how you live. It's even more important to pay attention to how you feel and what you're thinking, than what you eat or how much you exercise.

This is where your biggest breakthroughs will happen.

So see what works for you. What do you enjoy eating? What are you intuitively drawn to?

What would make you feel relaxed?

Again, it's not about the food, but it's also not about avoiding the food.

Pay more attention to stress chemicals harming your body, than any food.

... And go from there!

Pay attention to finding balance and eating consistently throughout the day.

Like a lot of women we work with, there is the common theme of suppressing and resisting food all day, and then at night, all hell breaks loose and there's a huge binge! This is then followed by a horrible despair, depression and upset, continuing onto the next morning and day in which food is avoided all together and forced starvation becomes the way! Only until one comes home and gorges on everything she can find, and then some! ... And the cycle repeats.

A young girl once approached Arielle for counseling sessions. Quietly and nervously she said, "I think I have a food addiction." Arielle said, ok, well let's look at this, can you tell me what you eat in a day?

“Well, I wake up, have some coffee, a green juice, then wait several hours, and have a smoothie, followed by a small salad. Sometimes I have a small piece of chocolate, too. But when I get home, I find I just eat so much! It’s horrible!”

Arielle, pausing for a moment, said, has it occurred to you that perhaps you’re just, well, hungry?

A coffee, green juice, small smoothie and salad is probably about 600 calories combined. When you get home from a long day, of course you want to eat! It’s not a food addiction, it’s called hunger!

We can’t tell you the number of times we’ve had this same conversation with people! We’ve been so brainwashed about how much to eat (or not to eat) and what is an appropriate amount of food. So many women who think they have “food addiction” or “binge problems” is merely a symptom of not eating enough calories during the day time. The body then becomes stressed, and starving + stressed = desire to eat, sometimes a lot! So before you go ahead diagnosing yourself and feeling the despair of being so “messed up,” consider if you’re actually eating enough during the

day in the first place! It's worth a try, to actually consume a sufficient amount of fuel (that means breakfast, lunch and snack) and THEN see if you can come home and eat a balanced dinner, and stop after that. It's likely, with a few days of eating regularly during the day, the night time bingeing with merely disappear.

It's worth a try, and worth considering if your body might just be screaming for food for a reason. As you give your body what it needs throughout the day, you will feel more relaxed, emotionally and mentally balanced and ready to approach your evening meal with calm, centeredness and ease (rather than going crazy from starvation).

# ***DROP THE DRAMA, SEE THE SYSTEM***

There's a little saying I came up with recently, for weight loss, or business, or whatever it is you're wanting to succeed in.

It goes like this:

Drop the drama, See the System, Get on with it.

Here's what I mean:

99% of the time, we're not getting the results we want because we are trapped in drama. In stories, in emotions, and in triggers.

When we're in this complicated place, everything seems really hard and impossible, overwhelming and scary. Right? Have you been there? I know I have.

But when you just drop the drama, meaning the emotions and the story around it all, the "system" for success is actually quite straightforward and simple.

The drama and complication we put around things makes it impossible to see what we need to do and do it. Make sense?

So the first step is to just drop the drama and let go. That's essentially what we've been teaching you to do in this book. Let go of all the stories and complications in your mind. When you don't have any emotional triggers about your weight anymore, you can very easily, and in a straightforward manner, take the right action.

But the thing is until you make the choice in consciousness, and let go of all the baggage and drama around the whole thing, you can't see it.

I'll give you an example.

After I recovered from anorexia for the second time, I was carrying about 20-30 pounds more weight than I needed to be. It was extremely frustrating and devastating for me, someone who had prized the cult of being super thin.

Anyway, for about 3 years, I was spinning in drama and emotional turmoil, on some level or another. It wasn't

until I just dropped the drama, let go of the whole thing, and felt pretty neutral emotionally, that I was able to see clearly what I needed to do.

And once I came from that place of dropping the drama, new insights and inspirations started coming to be for movement and diet. (I'd tell you, but I don't want you to get caught up in this as "the magic answer"! Because it's not - it's just the unique formula that came through for me. It could be totally different for you because really, we all have a different body constitution and situation.)

The point is - it's actually quite simple, it's just that we can't see what is best for us when we're caught up in drama and inner conflict such as...

"I want to lose weight." "I don't want to lose weight!"  
"I want to be thin." "I'm terrified of being thin!" "I hate being fat." "I love being fat!"

And so on and so on...

These conflicting ideas keep us trapped. It's a constant tug of war, and that's why we don't ever get anywhere (except seriously frustrated and exhausted!)

So here's where we need to use the "NOSE" method...

We need to drop the drama by:

Naming it. *"I want to lose weight." "I don't want to lose weight!"  
"I want to be thin." "I'm terrified of being thin!" "I hate being fat." "I  
love being fat!"*

Owning it. *OK, so I admit and fully acknowledge that I have all of  
these crazy conflicting beliefs and feelings going on...*

Surrendering it. *AND, I'm now willing and choosing to surrender  
it all!*

Enlightening! *Whew! I feel way better now! And actually, I find it  
all quite funny!*

We need to drop the drama before we can see the system.

And, the icing on the cake is that the weight can finally  
be released!

If you're giving your body, all these mixed conflicting  
messages... well... what do you expect?

It's so simple! Just drop the drama and use the Nose method to get there.

This book has taught you how to let go, and you just need to keep on letting go. Come to a centered, neutral place, and get on with your magical life. You can't just try an exercise or diet system before dropping the drama. It won't work. I had tried TONS of diet and exercise plans prior to just dropping the drama... and nothing worked!

Like we said earlier, all of those stress chemicals of emotional upset don't allow the body to release the weight anyway. You really have to just totally let go before anything will work.

And it will work.

So re-read this book again if you have to, drop the drama, and you'll see your system, and get to your healthiest weight.

# ***THE SHIFT IN CONSCIOUSNESS COMES FIRST, THE REST FOLLOWS***

This book is helping you with the first step - and that's a shift in consciousness. You can't achieve the results you want without changing your mind. We're not saying that you can just lose weight without doing anything differently. What we're saying is that once you shift your consciousness and give up your addiction to the weight game/body image obsession, you'll have new eyes.

And these new eyes will give you a new perspective, and as you open to just letting the whole thing go, new ideas, insights and awareness will settle in. This new awareness will quite possibly include the type of diet, and exercise and lifestyle choices you may want to make that will shift things further. However, this Awakened Awareness doesn't come in until you shift your mindset first.

The shift in consciousness comes first, the rest follows.

New insights, knowing what to do, how to be, what to

eat and when, how to exercise, how to design your day... it will all come into your awareness, once you let go of needing it.

When you relinquish attachment and obsession, it all becomes very straightforward and easy. So keep letting go, shifting your awareness from "fat" fears to FREEDOM.

And the rest will follow.

# ***ALLOW, ALLOW, ALLOW***

Allow your life to unfold with grace. Allow your life to be a fluid and open dance of the magnificent. You may have had the urge to try to control things, put a “cap” on things. However, it hasn’t *really* been working for you, has it?

If you can let go and release the need to “stop” the flow of life, and allow life to unfold for you, you will signal to your body that it is ok and safe to be here. There is no need to provide fire wall protection, or keep extra padding layers. You are safe. Life is safe.

A mantra you might like to use is: I am safe in the Mind of God. Or, I am safe in the Mind of the Divine.

Because you are safe in the Mind of Love, in the arms of truth.

You don’t have to try and figure out “why” you’ve put a cap on life and packed on extra layers of protection, the point is to recognize where you are not allowing life to unfold... and begin to let resistance go.

Of course, it's not that you could ever actually "stop" or "cap" the flow of life. It's impossible. However, the part of you that is trying to, is wasting a lot more energy than is necessary and causing you to spin your wheels in a hopeless cause.

Allow life to unfold as it does, and release the heaviness of trying to control it.

# ***ARE YOU WILLING?***

Are you willing to give it all up?

Are you willing to be sane?

Are you willing to live your purpose?



## ***Prayer / Soul Nourishment***

*May I be willing to see the Light.  
I surrender my mind, again and again, To You. May it  
be so that I release all negativity, all falsehood, all  
suffering to You. Make me Light again.*

# ***IF YOU COULD HAVE SOLVED THIS ON YOUR OWN ALREADY, YOU WOULD HAVE...***

At the core of your struggle, is the belief that you can handle this whole weight situation and mental complication on your own.

The truth is, if you could handle it on your own, you would have by now. You would have solved it by now, job done.

It's time to let a Higher Power help you become free of the mental heaviness, that is ultimately causing the physical heaviness. It's time to return to a light state of being, a weightless state of being.

Are you ready? To let go and become free?

We're shared a lot with you in the book about what's really going on and why you're even thinking the way you are. We hope you've realized that it's really not your fault, and that you will have compassion for yourself. This is a hard pill to swallow to realize the harsh truth, but it's an essential one for your liberation.

So now come to deep healing, the real solution to your problem. Step one is becoming aware of the mental disease affecting millions of people in the world. Step two is acknowledging that if you could have solved this one on your own, you would have already done it. Now you're ready for Step Three.

# ***THE GIFT***

There is a gift in this warlike disaster of body image trauma, obsession and madness. There is a gift that can come out of all the pain, all the sorrow. There is a gift that is being given to you right in this moment.

The gift is the permission to give your struggle to a Higher Power.

You do not have to do this alone, and, again, if you could have solved this issue yourself, you would have a long time ago.

The invitation now is to let go.

To let go in your mind, in your heart of hearts, and allow a Higher Power to come into your life and support you in discerning truth from falsehood, in becoming free from the madness.

Are you ready to do that? Whether you're a religious or spiritual person or not, it makes no difference. This is about surrendering your small brainwashed

self to the higher Self. To acknowledging with humility what a mess this whole thing is, and letting it go into bigger Hands.

You're not alone, and you don't have to do this alone.

You are held in the arms of Love, in the arms of the Divine. It's a gift to realize this, and understand that it's not your fault, it never was, and it never will be.

You are a beloved soul with greatness to share and be in the world. You were not born here to play small and suffer in body image struggles. It's just not true. Now is the moment of power to reclaim your life and begin trusting in letting go, and trusting in breaking free of the whole trap.

It might feel awkward at first, as it would for a caged chicken to finally be let free. You can imagine the first steps out in the wide-open world are scary and a bit intimidating. However, as you step outside the horrific body image madness cage, you will find your footing and begin to feel the joy. You are free. You are whole. You are sacred.

You are a brilliant being with much to share in this world, and it is time to embrace this truth.

We have a lot of other work we can share with you on letting go, and letting a Higher Power help, and with this book, we're gifting you a free course called the "Ascension Toolkit" which will literally help you ascend beyond the struggle and give it all to a Higher Power.

Sign up here: <http://attaineverything.com>

Continue letting go, keep remembering how silly the whole thing is (really), keep laughing, keep smiling, keep sharing your light.

You are beautiful, just as you are.

You are already perfect.

# ***THERE'S NO UGLY WOMAN***

We wish to close with this:

There is no ugly woman

There is no ugly woman. It's a lie.

Every woman, every embodied soul is beautiful  
and unique.

You are beautiful and unique.

You are Loved.

Michael Mackintosh and Arielle Hecht  
2015



## *Prayer / Soul Nourishment*

*I live my life for You. I surrender my burdens, this eating disorder, this weight issue, I surrender the entire thing, to You. Please take away my suffering, And show me the way of Love, Your Way of Truth. It is with True Dharma, That I wish to align.*

*Please show me the way. I am here.*

*Show me the Way of Love, once again.*

## ***A CALL TO GREATER LOVE***

As you've discovered in this book, you are already perfect. The core of who you are is beautiful, whole and emanating love. However, the fat stores and places of untruth are locks of fear. Returning to Love is the spiritual journey we are all on (whether we opt-in or not). To support you in this journey, we have a guided meditation for you on Self-Compassion and Worthiness. It's a beautiful guided journey into reconnecting with your true self and love. Listening to this will support your return to love and releasing of all that is untrue, including weight, physically, mentally and spiritually.

Receive this special gift (and more essential guided meditations, videos, audios and articles) here:

<http://awakenedacademy/already-perfect>

## **DID YOU LOVE THIS BOOK?**

Please leave us a review.

Here is a comment from one of the women who we shared this with. We'd love to hear your thoughts. Please let us know. We love you.

*WOW! Great book! This is a wake-up call for any woman who has struggled with these issues. I greatly admire you both for writing this book, I have wanted to write something like this that will help other women break this cycle for a long time; however, I know that I need to break free before I can help.*

*I admire you, Arielle, for breaking free from your prison of body image obsession. I know the harm it does to us both physically and mentally.*

*Since you, Michael, asked me to keep a journal of my inner dialogue and just making an effort to show some true compassion and caring I have realized that it is time to take care of myself. I have known this for a long time now but have been avoiding it.*

*I liked the part where you spoke about this. What are you avoiding by continuing to obsess about your body? I know for me I have avoided*

*being the person I know I can be. I have been playing small because I have been too scared to step up, take control of my own life. However, my playing small is not helping the people I want to help. I say I want to help others get healthy, yet I have not been taking care of myself to be at the best health. I say I want to be successful, but I have been wasting time obsessing about my body and not doing videos or talking to people for fear of what I look like. I say I want to have a happy awakened relationship yet I continue to obsess about stupid things, have a pity party and hate myself; that won't attract the type of people I want in my life.*

*I hope that my comments have helped you. I have been working hard to get out of this head space over the last few weeks and have made great progress so I may not have been as explicit as I would have been a while ago; however, I commented how I would typically react to a comment or situation.*

*:-) Xo.*

# **CREDITS**

*Special thank you to Rachel Joy Olsen and Dodee J. Schmitt, for contributing your love and insights to this book.*

*Immeasurable thanks to God for inspiring this book to be written and supporting us in uncovering the lies and deception holding too many souls hostage. To Your Great Light, we are humbled.*

*May you be blessed to know you are Already Perfect.*

*May it be so.*



## *Prayer / Soul Nourishment*

*Today I ask that you take away the darkness from my mind. I give my mind to You, to entrust to You, so that you may set it free. May I realize who I really am and recognize the beauty of my soul. For I am Your child. In the image of Your perfection, is my true self. Thank you for Your ever-loving guidance.*



*I recognize an illness has come upon my mind and heart. I've forgotten myself, and I've forgotten you. Please help me return to my true state of wellbeing. I surrender my burdens and hardships to you, and trust of their healing in Your Light. You are a beacon of Truth in a land of falsehood. I thank you for looking after me. Amen.*



*I recognize a horrible illness of judgment has fallen upon  
me. To you, I surrender my judgements and fears.  
I trust in the healing of my mind, as I surrender these untrue  
thoughts to You. Thank you for seeing me in the Light of  
who I am. Dear Lord, for your guidance, I am blessed.  
Thank you.*



*I apologize for any anger that has surfaced as I face  
these realities. I mourn for the time and energy lost  
in the sickness of this world. I surrender my hurt  
feelings to you, and pray for my healing in Your Light.  
Make it be so that I release that which is no longer  
mine to hold. May it be so that I am free for good.*



*Your Light is my true nourishment.*

*May I open my mind to recognize true knowledge, to understand Your Wisdom. May I release the ego's grip on me, and surrender my mind to You. Every moment I am in need of your guidance, may I realize the need to connect. Thank you for being my Eternal Companion and Friend.*



*May I surrender my false programs to You,  
and be released from the virus in my mind.*

*I humbly pray to be an instrument of Thy peace,  
and a beacon of Truth in this world. I choose to live my  
life as an example of Your Love, please guide me in this  
intent. Om shanti. Thank you.*



*I release my fear of beauty and natural health,  
created in the image of Your Perfection.*

*I surrender my fears and trepidations of being  
physically thin and beautiful to You. I bravely walk this  
Earth as an instrument of your Love and Truth. Please  
guide me in Your Way of Love.*

*To Thee O Lord, I owe my life.*



*To You, I surrender my fears,  
I surrender my resistance to living my True Purpose.  
I open myself to know and realize what my True  
Purpose is. Please guide me in understanding what  
You would have me do. I open myself to the guidance  
You give, in the forms You give it. I accept the support  
that is here for me. May I recognize Your Direction.  
May my journey Home to Truth and True Purpose,  
be blessed.*



*May I be willing to see the Light.  
I surrender my mind, again and again, to You.  
May it be so that I release all negativity,  
all falsehood, all suffering, to You.  
Make me Light again.*



*I live my life for You.  
I surrender my burdens, this eating disorder, this  
weight issue, I surrender the entire thing, to You.  
Please take away my suffering, And show me the way  
of Love, Your Way of Truth. It is with True Dharma,  
That I wish to align. Please show me the way.  
I am here. Show me the Way of Love, once again.*

## ***ABOUT THE AUTHORS***

Michael Mackintosh is known as the divine creativity mentor for spiritual entrepreneurs. He helps entrepreneurs re-awaken their visions, unlock their genius and systematically transform ideas into tangible income, impact and freedom – without stress, worry or confusion.

Michael is an international best selling author, spiritual teacher and success mentor to next generation evolutionary leaders.

He has co-founded multiple successful companies including Superhero Training, Ombar Chocolate, Awakened Academy and Liberated Life Productions.

At age 18 years, he had a profound spiritual awakening that completely transformed his life and propelled him into a higher state of consciousness. This awakened his awareness of what life is really about and gave him profound insights into the nature of Reality.

He abandoned the normal world and went on a deep spiritual adventure into higher states of consciousness

for over 7 years travelling frequently to India to spend time with some of the world's most powerful spiritual teachers and discovering the highest states of peace, freedom and deep contentment.

Emerging from his spiritual practice with visions and a passion to serve, he co-founded multiple successful companies serving millions of millions of people all over the globe: including Awakened Academy, Superhero Training and OmBar Enlightened Chocolate company among others.

Michael is known for his unique and refreshing clarity that simplifies complex and often intangible ideas into clear, tangible insights empowering thousands to awaken to who they truly are, free themselves from limiting beliefs and embrace their true dharma - without selling out or getting trapped.

His rare and refreshing approach to awakening gracefully marries the transcendent, spiritual, abstract aspects of life - with the grounded, tangible, systems-based, step-by-step how-to approach to life - allowing those who listen to experience true, lasting transformation in both their inner and outer worlds.

To connect with Arielle further visit the links below:

<http://michaelmackintosh.com>

<http://awakenedacademy.com>

Arielle Hecht is an author, spiritual teacher and mentor. She lives in the beautiful mountains of Sedona, AZ with her partner Michael. Together, they are co-founders of Awakened Academy, an Awakened Leadership and Sacred Business

Certification and Training for Empathic Women, and Atma Publishing, a soul-based publishing company that offers books, courses and guided meditations for spiritual awakening.

Arielle helps you to find your authentic spirituality.

She is most inspired and dedicated to encouraging our human family to awaken spiritually, serve graciously and love unconditionally. Arielle believes this is an important time in the world cycle of life and that practicing 'The Pulse' will provide you with the peace of mind, ease of heart, and constant flow of support needed in these changing and evolving times.

May you always rest in the Heart of Presence.

To connect with Arielle further visit the links below:

<http://ariellehecht.com/>

<http://awakenedacademy.com>

*Other books by Michael Mackintosh & Arielle Hecht*

Into the Silent Realm

How To Know God

YOU Are Not A Person

Do Nothing, Achieve Everything

The Golden Life

Overcoming Ego & Connecting to Your True Self

Why The Law Of Attraction Doesn't Work For Most People

3 Seconds To Being Your Higher Self

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