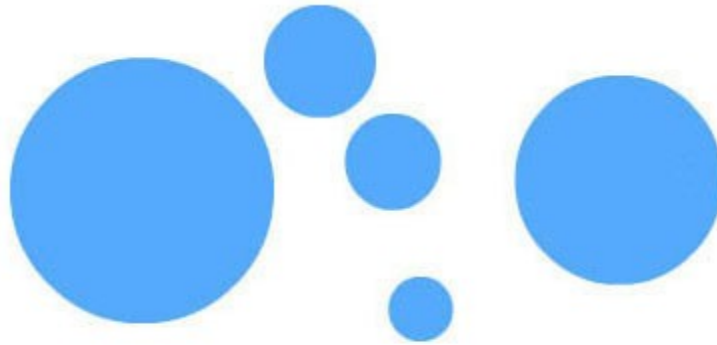


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Foreword

There's no magic bullet that will make you slim down without trying. No particular diet that lets you eat a big amount of food and drop pounds quickly. No ab-machine or exercise bike that you see at three fifteen in the morning on an infomercial is truly going to make that much difference to you.

We all know the secret to slimming down, right? Eat right, exercise more and keep a favorable attitude. Yes, we all know that.

If you ever had a weight issue though, you know it's not truly that simple. Eating right is hard when you're facing steady hunger, when every food that's good for you tastes atrocious and you're racing full speed ahead from the minute you wake up till you hop into bed at night making fast food really tempting. Exercise is time consuming and hard, occasionally it may even be downright terrible! As for that favorable attitude, well that's relatively easy. Once you get past the hunger pangs and the sore muscles, the fact that you have not eaten anything that you like in a week and a half and have worn blisters, in places better not mentioned, on that bike seat.

After that remaining positive is a piece of cake. Well, no, I guess it truly isn't.

The Health Zen

Spiritual Lessons On Losing Weight Without Torturing
Yourself.

Chapter 1:

Behind The Message

Synopsis

Left out in the standard equation, the eat-less-and-exercise- more truism, is the fact that we're not only physical beings but spiritual ones also.

Right now, though, action needs to be taken. People are gaining weight at an alerting rate. From our eldest individuals to our youngest, we're plumping up at levels never seen previously.



The Basics

We have to address 3 main areas if we wish to bring about long-run weightloss: the mental, emotional and physiological facets.

This may be a road even as hard as the strictest diet and as painful as running a marathon. It may be, but it's not. Utilizing a couple of simple strategies, you are able to bolster your self-control, your metabolic rate and your favorable feelings about slimming down. You are able to likewise relieve hunger pains and feelings of angst over your present weight.

You are able to do this yourself, or have a acquaintance or professional help you with them, so don't be concerned that you may not have ever tried anything like this before!

Here are a few basic strategies you are able to utilize to aid in slimming down. While simple they're really powerful. You still have to diet and exercise; these techniques will make that easier to do though.

Start by calming yourself and quieting your mind. Just take a minute to not worry about anything, relax and let go of any distractions.

Bear the thought in your mind that you're already slim. I know that this appears unusual, but if you wish to slim down it helps to convince yourself that it's possible. If your brain rebels and tries to tell you something different simply replace the thought with the idea you're slim and healthy and don't fret about it. It will take a bit of time to train your subconscious

how to be slender. Spend a couple of minutes simply “knowing” that you're slim and trim. You don't even have to picture it. As a matter of fact, to your deeper self it's more helpful if you don't picture it.

Now imagine your day. “See” yourself consuming a healthy breakfast. Set about your day till lunch. Carry the concept of all this time passing without a great deal of hunger. Conceive of enjoying a lunch of healthy foods that you organized in the morning.

Know that strains will occur and you'll let them go. See yourself consuming some exercise and truly enjoying it, is it hard? Certainly, but nothing you can't handle! Run through dinner in this way also. Notice that you're not craving sweets in particular; hunger isn't an issue for you either. Maybe you'll have a small snack before bed? That's up to you.

The crucial thing here is to utilize conceptual thought as much as possible. If you haven't gotten the trick of thinking in ideas as yet, simply do your best. Envisioning your desired day will work too, just not as strongly.

Chapter 2:

Using Several Concepts In A Row

Synopsis

Next we're going to hold several separate concepts in a row. These will in reality be building powerful spiritual fields around you, so make certain you keep the ideas/concepts you're maintaining really clear and as constant as conceivable.



More Steps

1. Hold the thought of energy in your body. Feel the energy flowing through you. Abuzz and exciting your system. This will step-up your metabolic rate. Feel it in each part of your body. Hold this for at least a minute.
2. Hold the thought of warmth. Beginning in the center of your body and warming every part of your being. This will step-up your metabolism even more. Once again maintain for at least a minute.
3. Carry the idea of a lack of hunger. This is so potent that you must utilize care not to strip yourself of hunger all together. This will in reality dampen your sense of physical hunger and appetite. Continue this for a minute.
4. At last, hold the concept of happiness. Everybody ought to practice this irrespective of their want to lose pounds! It will build up your morale enough to stick to your diet and exercise program.

There are a lot of additional things that can be done to help a person slim down utilizing spiritual techniques. For example pain control techniques may make exercise more pleasant, as may simple mood elevation.

Ideas of what sorts of foods are tasty may be altered both internally and from the outside of yourself with a little help. Metabolism may be increased and adipose tissue may be triggered to expel fat instead of conserve it. Sure you'll still have to watch what you eat.

Yes, physical activity is great for you and ought to be part of your daily program. These and additional spiritual healing methods may help to increase the ease and effectiveness of weight loss efforts though, making a definite gain in your quality of life.

If you would like to attempt these techniques but fear you don't have the skill level required, try and enlist an acquaintance to give you a hand.

If that is not a choice you may try getting professional help to make things easier in the short-term. With practice though, you are able to learn to do all of these things and more on your own. That you have the might to control these things is clear.

Now the question is, do you decide to take charge of your weight, or do you keep doing what you have always done?

It's up to you.

Chapter 3:

Our Psychological Immune Scheme

Synopsis

Developing a healthy body is developing a high functioning psychological immune scheme. Truly, developing a high functioning psychological immune scheme is even more crucial to developing a healthy body than even a great many of the physical factors. This is true as our thoughts create our truth. Even if you do every thing right on the physical level and the psychological immune scheme isn't functioning right this will compromise your body. So let us now explore what I mean by developing a healthy psychological immune scheme.



The Brain

This starts with every morning getting up and claiming your personal power and putting on your mental, emotional and spiritual armor, love and attunement. Just as we put on physical apparel each morning we have to likewise put on mental, emotional and spiritual apparel every day. This starts with putting on your personal power, then your semi-permeable bubble of protection, then your unconditional self-love and self-worth.

Then you must put on your overall consciousness which may also be called your positive mental attitude. Some of the other most crucial attitudes to put on are to have preferences rather than attachments, viewing things as lessons, non-judgmentalness, and forgiveness to name simply a few.

The other most crucial attitudes to claim is that you're the cause of your truth by how you think.

Part of this understanding is to totally own that each feeling and emotion you have is caused by how you think and not by any individual or condition outside of self. That your thoughts not only produce your feelings and your emotions but likewise your behavior and what you attract, magnetize and/or repel in your life. It's this attitude of being a cause rather than being an effect, a master instead of a victim, which likewise makes you invulnerable.

When you fully own your mental and emotional invulnerability and that you cause your truth and may demonstrate this in your daily life you have a healthy psychological immune scheme. Through the procedure of self

inquiry this means each time a damaging thought tries to enter your conscious brain you push it out and deny it entrance and rather replace it with a favorable attitude and/or feeling.

If you let the damaging thought form in your mind you'll be mentally and emotionally sick and hence have a weakened psychological immune scheme which won't aid weight loss. If this carries on over time this is the initial cause for actual physical viruses and bacteria and fat to form too. The same principal applies to negativity coming from others. This is why it's essential each morning upon arising to affirm and visualize that you've a semipermeable bubble of light around you that protects you not only from others but likewise gives you a particular degree of detachment and protection from your own subconscious.

So this protects you from your own subconscious and from others and outside negativity. The bubble is semi-permeable as it allows in positive energy but keeps out any and all negativity. This is the proper balance that's needed to stay psychologically centered which may aid in weight loss. The ideal is to make your mind and emotions reflect this aspect of self instead of being over-identified with the physical vehicle which, really, is the definition of what the negative ego thought system is about.

Chapter 4:

Manifesting

Synopsis

There are times in life when we wish to produce something. Perhaps it's a fresh relationship, car, house, or a special holiday or a slimmer body. Wouldn't it be nice to have a formula which works? A systematic way to produce in life that which we desire. This is not only possible, but I've used this formula many times and it works really well.



Acquire More

Inspiration. Each idea starts with an intuitive hunch. We know we need particular things at particular times in our lives. There's an inner voice which tells us. We encounter omens or coincidences which point to it. Conversations trigger thoughts through synchronicity. There are times when you recognize you want something.

Visualize. Be clear on what it is you wish to produce in your life. The more specific, the better. We teach making lists as a way to clarify what you wish. The world is a reflection of our brain. We attract into our lives a reflection of the thoughts we picture. If you truly want anything, you are able to have it. Producing a crystal clear vision is an important step.

Detail is vitally crucial in this. Collect pictures, draw a plan or diagram, and compose a list of exactly what you want. Take some time. Don't compromise, remember, you get what you ask for! Visualization is about solidifying ideas into a firm and concrete physical object. Once you compose enough details and center on them daily, the vision will come. You begin to see images of what you want. As you scan magazines and books, clothes catalogues and fitness magazines, you begin to see your new body. What does the scene look like? What do you want it to look like?

Action. Don't neglect the visualization process. By spending time getting clear on what you want, you'll recognize it when it shows up! That will provide you with certainty that you've found what you're seeking and give

you the courage to complete the plan to manifestation. Next brainstorm what you are able to do towards manifesting your goal. Find out about weight loss, research different areas. Ask everybody you know if they were aware of great techniques. Don't think about failure. Concentrate your efforts to produce results.

Pull back. After you've done your homework, visualize what you want and taken necessary action, the next step is to withdraw. Be crystal clear on your final result; daily visualize what you want, but release the need to possess it. When we project neediness, we block manifestation. When we don't care, miracles occur. Be confident. Release any damaging thoughts.

Affirm that what you desire is on the way with everybody you meet. Brush aside any thoughts or comments that you can't accomplish what you wish. Be rock solid in your belief in the face of a void. Spirit is testing you to see if you truly intend to manifest your want.

Be patient. By now you've put in place all that's necessary to make your dreams come true. Totally let go and it's a matter of time. I frequently write a series of goals at the beginning of the year. It's amazing how many of these occur, even though I forget about them.

At the end of the year, I get out my list and find most have happened. Once you send out the necessary lucid vision, and get out of the way, it will occur. We live in an infinite universe of total abundance. It's only our limiting beliefs which restrict our experience.

When you find what you're looking for, ask what you have to do to get it. It might require money, help from a friend, education or additional resources. Make a plan which is honest and do what you have to. You see, when I decide in my mind to accomplish a goal, it's a done deal. It is not a question of if, but how.

You might have to sell something to release finances. You might have to borrow money. You might have to join a class. Perhaps you need to visit a different country to get what you want. Maybe you need to get educated, attend a seminar, and join an organization. Whatever it is you have to do, carry it out. Once you have it in your sights, make it occur. 100% commitment leads to results.

Celebrate. Anchor in your belief in your own might to manifest by celebrating your success. The more you do this, the simpler it becomes to find exactly what you want in life. Have a glass of champagne. Go out for a sensible dinner. It's crucial to honor your victories. Again, this step is frequently overlooked.

Whenever life gets serious, stop and view the flowers. Go to the movies, visit the countryside, do whatever it takes to change your mood. Angels tread lightly. You're an angel. Lighten up, have fun with life, and watch your desires come to pass with ever increasing quickness.

Chapter 5:

Concrete Tips

Synopsis

Slimming down is a process that takes time. Occasionally our perception on how to accomplish our weight loss goals keeps us from sticking with them leaving us defeated and with no success. To slim down and keep it off you have to adopt a fresh, healthy lifestyle that's both manageable and simple to stick with.

Below you'll find tips that can be used to melt pounds off and kept them off! There's no need to count calories, starve yourself, or cut back particular foods. By utilizing the method below you'll lose weight consistently and over time you'll reach your ideal weight.



Some Tips

Alter your mentality. Throw out your "goal weight." Rather than centering on the amount of weight you wish to lose, take that same energy and direct it toward having a healthier life. Center on how good you look on the "inside" rather than how good you look on the outside. Long-lived weight loss comes about when your internal organs are clean, functioning properly, and are well taken care of. Make certain you "look good" on the inside.

Eat as "organically" as imaginable. A lot of the foods consumed these days are the precise reasons why most weight loss prayers go unrequited. Conventional foods are full of pesticides, chemicals, and hormones that go directly into our system. Think about it, if the beef you eat is cut from a cow that has been shot with hormones in order to make it grow faster and larger, it's inevitable that those hormones will have the same impact on you.

Add a fruit or veggie to each meal. Even if you're eating something truly unhealthy adding fruits and vegetables will help fill you up quicker and give you healthy nutrients that you don't commonly get. This helps your body "look great" inside and out.

Begin eating at home more. It takes at least thirty-five minutes to drive, order, pick-up and take home food from restaurants. So why not take those thirty-five minutes to fix the same meal at home? It's healthier as you

control the ingredients and portion sizes and you're less prone to germs and other disgusting things that weirdo's do to people's food in public places.

Get physical each day for at least half-hour - 2 of those days ought to be low impact. It's simple. Walk to the grocery store rather than driving. Go outside to play with your kids for half-hour or go out dancing. Look at exercise as a part of life, not chore. It's merely the art of moving your body! Make it a way of life. Find a physical exercise plan that works for you and stick to it.

Eat when you're hungry. Not doing so will only make you pig out in the long run. Just make sure that when you eat you manage your portion sizes and "treat" yourself to something tasty every once in a while so you don't feel punished or deprived.

If you're not hungry do not eat! I know that sounds like horse sense, but you won't believe how much we do it. It's simple for us to "snack" even when we're not hungry. This action is pure sabotage to your weigh loss goals. Avoid it at all costs.

Maintain a positive mentality about your current body. Stop yourself every time you think or say something negative about your weight, eating habits, and body. If you happen to trip up, counteract that negative thought or statement with a positive one (out loud). We have to love our current body in order to reach our goals.

Wrapping Up

One final point...

Regardless what you've gone through thus far in your quest to slim down, believe right now that this is true.

The secret is to kick your cravings by keeping your body fulfilled. The best way to do this is to front load your calories by consuming a healthy and hearty breakfast that's packed with protein.

This will not only jump start your metabolism, which will turn your body into a fat-burning machine throughout the day, but it will likewise help you avoid those cravings that lead to foul eating habits.

Beginning your day with a healthy breakfast not only helps to boost your metabolism and keep you burning off calories throughout the day, but it kicks you into a favorable mindset that begins your day in the life of a "dieter" strong!

Here's why breakfast is critical. When you first wake up in the morning, your body is prepared to hunt for food! Your metabolism is all fired up and your levels of cortisol and adrenaline are at their greatest.

If you don't provide your body with the energy it requires right away, your brain triggers your body to go in search of a different fuel source. So, it

steals power from muscle, destroying your precious and beautiful muscle tissue.

If that's not bad enough, when you eat again later, your body and brain, which are still in starving mode, store the energy you feed it in the form of fat! By consuming a big hearty breakfast, you give your body exactly what it requires when it requires it and slowly smashes that addictive cycle of craving.

As well, remember:

1. Thoughts are things.
2. Words have power.
3. Feelings, emotions, are the juice, the electricity that powers the creation of your desires.
4. Action, lined up with thoughts and words, have more power than just pushing ahead without first putting thoughts, words and feelings in line ahead of those actions.

I hope .this book has given you a great starting point in your weight loss endeavor.