

Beyond Fitness

STOP SABOTAGING YOUR DIET!
LOSE WEIGHT FOREVER!
AND GET YOUR POWER BACK!

Beyond --- Fitness

*“Change Your Thinking,
Change Your Body.”*

Aline Hanle

ALINE HANLE AND ANA, INC.

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Nothing written in this book should be viewed as a substitute for competent medical care. Also, you should not undertake any changes in diet or exercise patterns without first consulting your physician.

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Preface

WHO AM I? I cannot give you a final and complete answer to that question yet. I can only tell you who I am not. I am not a physician, a doctor, or a scientist—not even a psychologist or a therapist. However

I am a researcher, in some manner. I have not gone through any formal academic education in biochemistry, medicine, theology or psychiatry. What I know is that I have decided to experience myself as a writer. I know that I have experienced a weight management problem.

So have you. I know that I have experienced the process of seeking answers and solutions. So have you. And I know that I have experienced understanding and revelations. And so *will* you.

You and I are the same, and still so different in our personal adventure. We are so simple and still so complex in our nature. We feel so insecure and still we live in hope for something better. Where does this Faith come from? Where does this willingness for sur-

Light

First let admire the divine subtlety of the language (Light Versus light). Second let's understand that when we finally find Light then we feel light. And finally, let's believe that this is no coincidence...

vival emanate from, despite an apparent unhappy existence? Which more subtle part of my self has lead me to these moments of conflict, struggle, sorrow, neutrality, understanding, curiosity, self-confidence and infinite expansion throughout my first 35 years?

Why didn't I understand why I was struggling? For this exact reason: I was into struggling, setting myself up by putting more emphasis on the troubled situation instead of being intent on finding resolutions. However, after a little step back and an observation of all these years, I realized that my experiences made sense. I had resisted learning from my experiences, for I did not comprehend their purpose, their unfolding patterns, their logic, their functions and their reasons.

I am thankful for my endless curiosity that leads the quest from struggle to brightness, peace, happiness, wealth, health and spiritual awareness.

I must thank those who have chosen the path of science and scientific research, for some of their discoveries have brought me answers from a higher and different understanding.

I bless those who by their unconventional way of thinking made me think differently.

I honor those who were able to bring their metaphysical knowledge to my simple mental development and who let me see my own infinite possibilities.

Finally, I dedicate this book to all of you who have crossed my path and gave a little piece to my own existential puzzle. You, who, with your wisdom and your choice of existence, showed, taught and offered me a vision of myself and allowed me to envision a greater one. You, who help me better to define who I am.

This humble presentation is a modest but true gift to you all who are seeking to get on the road to happiness. Notice that to do so, you have not to be different, chosen, special, exceptional, uncommon or remarkable—you only have to know and feel it through each cell of your being because you truly are all of the above.

Bless the whole, for it is the one who allows us to celebrate our uniqueness and our individuality in its peaceful and loving care.

Introduction

The Situation

According to the Department of Health and Human Resources in a 2003 report:

“During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese. This increase is not limited to adults. The percentage of young people who are overweight has more than tripled since 1980. Among children and teens aged 6–19 years, 16 percent (over 9 million young people) are considered overweight.

These increasing rates raise concern because of their implications for Americans’ health. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease

- *Stroke*
- *Gallbladder disease*
- *Osteoarthritis*
- *Sleep apnea and respiratory problems*
- *Some cancers (endometrial, breast, and colon)*

Although one of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving.”

This report represents the stance of the U.S. government concerning obesity. Indeed, the situation is a real concern for the entire nation, for apparently it does not exclude anyone. There is no distinction in social class or education level, no racial discrimination, not even an age preference. It really is the first major health issue in western society.

A variety of public and private organizations have invested much time and energy, as well as millions of public dollars, to control the phenomenon. Still, every survey shows the inefficiency of these initiatives.

When surfing the Internet for information about diet, Google motor research gives 265,000,000 different sites. When typing exercises, 146,000,000 possibilities pop up on the screen.

According to the International Health, Racquets and Sports Clubs Association (IHRSA), the number of fitness facilities in the U.S. continues to climb, with more than a 40% increase in the number over the past 10 years.

The Food and Drug Administration and the National Institutes of Health co-lead the “Healthy People 2010” project, which is a dietary guideline for Americans that emphasizes the need of a well-balanced nutrition for Growth, Development, Health and Well-being. This work gathers data from 89 different medical organizations.

We now even see the emergence of court cases where parent associations sue big companies for their role in our society’s obesity.

It seems, to me, that enough time, enough energy, and enough money have been spent on useless so-called solutions and failed cures for obesity.

Researchers found a preventative vaccine for polio. Therapists explained complex mental illnesses. Scientists discovered the smallest element constituting our Universe, and still, the major death-related disease is out of control. What is the problem?

What is beyond our brilliant scientific community's understanding and control? Which challenges are we really facing that cannot yet be fully explained? What is the motivation behind the motivation to justify gaining weight and keeping it on? The obvious and easy fact of which people are aware is the following:

From a simple perspective, weight management is a simple relationship between calorie intake and calorie output. A simple mathematical equation:

Calorie intake = calorie output - weight equal
 Calorie intake > calorie output - weight gain
 Calorie intake < calorie output - weight loss.

I am personally not a great scientific mind when it comes to math. However, it seems that these mathematical expressions demonstrate an applicable and reproducible solution. They are scientifically proven. They are easily understood by the masses and are well known. Why, then, is there an objective resistance to simply apply the law? Why do people actively enter into a weight-loss

Teaching

It is understanding that as long as you teach, you are still learning.

program and then give up? What is the motivation behind the self-sabotage of weight management? These questions were actually the source of numerous surveys, studies, conferences, program implementations, and more. So, let's see what reasons the experts give...

Experts and obesity

According a "Health Envelop" article, written in 2005:

"Many experts grapple over the issue of what causes obesity. The fact is, there is no single factor that causes obesity. There are a number of factors

that can contribute to increased body weight. They can be broken down into five major categories: Behavioral, environmental, genetic, metabolic and psychological.

Behavioral: Behavioral issues, such as poor eating habits, consuming large amounts of alcohol, inadequate exercise and a sedentary or inactive Lifestyle can contribute to an unhealthy weight.

Environmental: A person's environment can have a strong influence on eating habits and activity level.

Genetic: Family history of obesity and certain genes that influence appetite and metabolism may predispose a person to obesity. Genes may also play a role in weight distribution. It is important to note that it is the tendency to be obese that is inherited, not obesity itself.

Metabolic: Diseases or conditions such as hypothyroidism, Cushing's syndrome and some neurological problems make it difficult for the body to metabolize fat.

Psychological: Emotions can influence your eating habits. Depression, feelings of sadness, anger and boredom can lead to excessive or binge eating.

It usually takes more than one of these risk factors for someone to become obese. For example, a person who has a family history of obe-

sity will not become obese simply because he or she has an obese family member. A combination of poor eating habits, lack of exercise, etc., along with a family history of the disease will more likely put you at a higher risk.

There are also several factors that contribute to weight problems in kids. Many children and

adolescents spend a great deal of time watching television, using computers and playing video games and less time physically active."

Achievement

It is the difference between "I have tried" and "I am doing". As long as you always put energy to alter your life, then you achieve a great deal of work. Feel the achievement by living the journey more than getting the result.

It seems that even experts cannot come up with a definite answer as to what causes obesity. A few reasons have been suggested, as above; however, they are possibly more of a symptomatic classification than a real explanation for the spreading of the event. All the explanations given above are simply a reiteration of already-known

behaviors and don't constitute a fundamental reason for justifying the need for people to gain weight. This justification is a need, like an addiction that people cannot get away from. When one knows the short- and long-term risks of obesity and one still makes a conscious choice to eat French fries and fatty hamburgers, one could call this specific behavior an addiction and a low-speed suicidal program. Every suicidal candidate has profound reasons to feel as they do. Sometimes the reasons are known, sometimes they lie in the subconscious, but there is always a deep belief system behind a justification for voluntary death. Isn't it interesting to notice that when "experts" fail in finding a cause, it becomes a "*there is no cause for it*"? Moreover, that lack of cause is then described as "a fact"!

While scientists debate the cause, they cannot dispute the realities. According to a four decade study: "American taller, fatter, published on live science website:

Between 1960 and 2002, the average weight jumped from:

- Men—166.3 pounds to 191 pounds
- Women—140.2 to 164.3 pounds
- The average weight of 10-year-olds has increased about 11 pounds in the last 40 years.

These alarming numbers should be enough incentive for researchers to look beyond the fact and truly work at finding real, meaningful and reliable answers. True and concerned researchers would have widened their areas of expertise to bring real solutions to the masses. Where there are effects, there are causes... Seek and seek again, for the answers will heal Humanity.

Let's consider a hypothesis to explain the obesity phenomenon, and perhaps discover an element we all have overlooked to fix the problem.

Perfection

*When you understand than even
imperfection is part of the perfection
then you can let go and enjoy the
perfection in everyone.*

Beyond Appearance

At the beginning of the twentieth century, Mabel E. Todd, a teacher at Columbia University, developed a method of body re-education based on the use of visualization, called “Psychophysical”. In her

Guidance:

No achievement is complete without the help of some kind of guidance. You are already succeeding your weight loss for you have chosen to follow the guidance that lead you to this book.

book *The Thinking Body*, written in 1937, she stated: “We now realize that in the physical economy of the individual the many systems should be working in balance and unison and that thinking is a very important part of their activity.” She went on to say: “The unconscious is

treasure-house and charnel-house of the creative and one of the keys to physiology. The backbone to which we must join new physiological investigations is the study of the unconscious.”

More than 75 years ago, some researchers had already had intuitive feelings about the relation between the unconscious and the physical. Through the years, this approach was studied to alter athletic performance, and visualization became a component of physical training.

However, if the Unconscious has a visible effect upon the body’s performance, then, it is possible to foresee a direct link between the Unconscious and body shape.

Each problem has a source. Therefore the obesity problem has a

Beauty

With the gift of beauty comes an incredible responsibility, the one to let it shine out and give it back.

source. The non-identification of the source does not preclude its existence. The factual aspect of the problem exists because we can observe it, all around us. It is a reality; an objective manifestation. No one can deny

its actuality, since our visual perception reminds us of it. If the cause cannot be determined because it is not obvious at first sight, then it may be sensible to shift our investigation to a more subtle means. Approach the answer from another perspective and enter into a more mysterious dimension: the subconscious.

According to the Oxford American dictionary, subconscious is: of or concerning the part of the mind which is not fully conscious, but influences actions. Therefore, one can agree that while some individual and collective actions happen consciously, others might not be under our complete conscious control. The influential aspect is actually significant. One accepts the understanding that a more subliminal element might influence our actions, but this point has never been brought forth in a weight-loss book.

Nowhere have I read that my subconscious might induce, manipulate, drive or affect in some way my choices and decisions. I have surely collected a binder of diet tricks, weight-loss menus, low-calorie, high-protein/low-carbohydrate recipes and a collection of workout programs, but nothing was mentioned about the unconscious exerting some power over my actions! Here is our first real clue: The subconscious might take part in our objective reality.

The fact that we are constantly reminded of the gravity of the situation by looking around may actually be another clue. One can agree that Humankind has always learned its lessons through living experiences. Obesity is our individual and collective experience. Therefore, we must have something to learn from it. Why does it need to be so obvious to all of us? What do we have to learn from being obese or overweight? Could there be a hidden message behind the dramatic appearance? Why is there an increasing number of overweight people? Why are big people getting bigger? Is there a deeper meaning yet to be discovered?

The magnitude of the event invites us to reflect on a particular matter, pointing to something obvious and fundamental. We are pressed to seek a missing piece, lost information expressed in a subtle way

Self-empowerment

The human being intuitively knows his very nature and the source of his power. But because he forgot, he needs to remember through challenges and obstacles. A weight loss challenge is the beginning step of remembrance. After bringing back power, come beauty, joy, happiness, health and wealth. For each of these qualities are from the same essence. If you get one, you get all...

through this specific experience; information so critical and substantial that this might represent the “Holy Grail” of modern times.

A scientific approach seems to be an objective one in our investigation. First, the questions:

What have we lost during the last century and how differently are we behaving now?

It is a fact that the concern for weight management only appeared in the twentieth century. Therefore what main change did we notice within the last hundred years?

Growth

This is the realization that every gift you gave to yourself is nurturing the body, the heart and the soul.

The last century saw the emergence of science through the industrial revolution. Also, the need arose to refer to scientific discoveries for our great existential questions, since reli-

gion gradually failed to give us enough satisfying answers.

The realm of the invisible led by organized institutions, overusing their powers, did push people to turn towards new horizons. We needed to explain our experiences and purpose through tangible, visible, explainable and reproducible evidence.

We decided as a collective agreement that our personal objective reality would lead our paradigms. Simply put, we only know what we know

Possibility

This is the beginning of every creation. Without the first thought and the first vision, no manifestation will follow. Create the possibility of physical empowerment, healthy lifestyle and body remodeling and keep this vision into focus...

and we only know what we see. We then gave more and more credit to outside appearances and materialistic expressions through belongings. We believe that if we could establish our reality based upon what we see, we therefore could control the whole process of creation. The human being even felt the urge to predict in advance Nature’s cycle with

weather forecasting. Being the Creator became a motivation, for Humankind has always intrinsically known that it was empowered by divine inspiration.

And so, our scientific community expanded the realm of our con-

sciousness on a physical level and brought us the Moon, Mars, and more. We have explored the reaches of our physical realm, from the human genome to the composition of the Milky Way Galaxy. The human being demonstrated his creative power through a multitude of talent, challenging the Universe itself by building intelligent machines or reproducing Life by cloning. The genetic discovery brought him closer and closer to this feeling of control and power. The human being felt as if he had embodied his Creator.

This grandiose achievement did not seem to satisfy him enough though, for he still, to this very day, looks for something else... The existential questions about the motives and the purpose of our Life are still in the air.

Nature is made up of balance, keeping what it needs to sustain itself and removing what becomes useless. Evolution has its rules and this subtle equilibrium is one of them.

Interestingly enough, we—Humankind—have the same operational strategy when it comes to our survival. Steadiness in motion. However, the human being is also a creature of experiences. This means that he has a need to know through living experiences and physical manifestations how far he can go to find this stability, like a child who needs to defy boundaries to really know his own Universe and its possibilities.

Let's consider a historical and behavioral approach.

Thousands of years of religion have made us believers, creatures of faith. Our strength came from the knowledge that we were surrounded by a higher power. When the religion and the way it was interpreted did not match our needs any longer, we—human beings—turned our backs on it and found science. We then tried to meet our incessant needs for answers through science and we did so for over a hundred years. Even-

Curiosity

It is one of the most fundamental life-fullfilling tools. For nothing will happen by standing before the closed door while life waits behind it. If you would only dare...

Worthiness

It is knowing that each cell of our body deserves the best care ever. For unity is the source of every highest self-accomplishment.

tually, science turned itself against its Creator and its use resulted in an abusive situation with a distinguished and intensive exploitation of its planet's resources. Therefore, here we are, again, facing the dilemma of finding another way to our harmony.

By using science as a provider of answers, we slowly fell out of touch with our Faith in the Almighty and found ourselves without a feeling of superior protection.

Science also has come to a crossroads in terms of answering existential questions. More and more people have come to the realization that their late caregiver—science—was not as promising in terms of keeping them safe, secure and happy, as first expected. Therefore our collective consciousness provided the perfect answer to the feeling of insecurity, because that is what it is programmed to do: ensure the survival of the physical realm.

How is it ensured? Well, take a look around. The less Faith there is in a higher power that protects us, the more people become over-

Choice

There are no bad or good choices. There are choices that serve your life purpose and choices that do not...

weight. Is there a correlation? Psychology has already determined that the fat factor is related to a feeling of insecurity and a need for protection. So, why is there not a correlation?

Also, the interpretation of the Truth by the organized religious institutions, looking for a power ownership, has left us with a collective belief of unworthiness. The fact that we feel separated from the All, rather than belonging with the All, is translated today through the reality of the need for an even larger protection. For, not only are we not protected, but also even if such higher power did exist, we feel unworthy of its care! This idea would explain the phenomenon of the size of obese people. It seems that not only the population gets big, but these big people get bigger and bigger.

It seems that every attempt to find answers to the greatest existential questions has not been successful, or at least not fulfilling enough. On one hand, we have explored religion and on the other hand we have looked into science. And the end result is still not satisfying our quest for happiness.

There is no pronouncement of which is right or wrong. These two opposite matters might represent both sides of the paradox we have to acknowledge in order to find the balance we are desperate to obtain. Instead of comparing, choosing or challenging science and religion, the next logical step would be to consider uniting the two. Actually, quantum physics brings just that combination; it is the science of possibilities. It is a science, but it does not exclude the mystical side of our nature.

Therefore, even though the Truth has always been around, we might have missed it by being one-sided and closed-minded. Take the example of electricity. The principle has always

been that Humankind was simply not ready for it. We needed to expand its consciousness and understand the law of electrons and protons before discovering it. Therefore the answers to our happiness—our ultimate purpose—have certainly been around us as well. But our lack of understanding, resulting from our lack of awareness, blinds us from this Truth.

So, our individual and collective subconscious plays its part in the very influential aspect of some of our actions. Obesity is an effect whose cause might lie beyond the traditional understanding of our consciousness. The need for a protected and safe environment is programmed into our nature as a primary need. Science and religion have failed in their individuality to make us feel safe, worthy and infinite, but these two components might be united better to comprehend the subtlety of our Universe.

Diet and exercise are tools to be used by the conscious subject. The overweight subject must peel back the layers of consciousness by observing his/her behaviors as well as his/her subconscious and seeking the underlying cause of his attachment to the illusionary “protection.”

Also, there is a great deal of difference between learning a concept

Power

Here is the real secret we forgot: Power has nothing to do with Force. Power is the energy of onrushing water and expanded radiance. The infinite potential from within. Rediscover it by lifting the curtain of fears that surrounds you and find the light and its unlimited brightness.

and discovering a concept. You may have learned all the diets, all the physical exercise and maybe even some psychological mechanisms. But have you *discovered* them? Do you know them theoretically, or are you a living pioneer of knowledge?

In order to understand a concept, we must do more than grasp its philosophical meaning. We must *live* it. It is the practical experience

Consciousness

The success of a weight loss program is linked to two main elements: the first one is the level of awareness and consciousness you are at the time of your choices. The second is the level of honesty, integrity and responsibility towards these choices.

of the theory that provides the dimension and the big picture of a concept. Therefore what you are about to read is and will stay only a philosophy until you decide to experience it, challenge it and make it part of your Truth.

This book's reflection is founded upon the belief that, indeed, there is an answer to

obesity and weight management. Moreover, this response lies beneath the evidence.

The need for a deeper awareness is an understatement in this quest, and the following material will provide you not only with a theory of this hypothesis but a proof through a living experience and a success story. More than a supposition, this essay is an instructional manual, a how-to-do booklet to weight loss and an owner's manual for self-help to happiness.

Once you understand that the purpose of your Life is not about your body, but that the fundamental purpose for your body is to be a vehicle for the Life within, you can start to treat it as such. It won't be necessary to struggle any longer with weight management, for the harmony and strength within will shape your silhouette to its own reflection.

Everything we think, say or do is an act of self-definition. Therefore, define who you want to become through thoughts, words and choices and contemplate the experience you create.

A long time ago, Buddha said: "There is no way to happiness, happiness is the way."

17 years ago, I said: "What I want is to lose weight!"

Welcome to the paradox of our lives. Journey versus Result. We are living in a goal-oriented world, where we have forgotten the journey itself.

What you are about to read may change your views and perspectives on goals and how to obtain them. Or maybe it will open doors to new frontiers of self-discovery. However, this book will surely challenge everything you have heard or read about weight loss. The motivations behind this creative writing are: a necessity for a real explanation and a need for a true treatment to heal. Actually, the creative part is not really a creation, since what I am about to reveal has been studied, written and shared before. Previous published authors who understood this concept contributed to inspire and stimulate my curiosity enough to make me look beyond the given evidence, beyond the given reality, beyond my known and comfortable Truth and beyond who I was. The revelation it brought was so overwhelming that it actually changed my Life forever. I not only woke up, but I also understood and followed the path that you are about to discover, and uncovered a simple principle through which one can heal and experience Life at its fullest and in its happiest form. For that, I want to share with you my personal story, for leading by example has always been the best feature of leadership skills.

The first “incident” occurred in 1998 when I met a chiropractor. She was to change my Life more than I could have ever imagined.

I was doing a lot of physical activity to keep up with my weight issue. I did not seem to be able to keep it under control. The activity was not the problem, but I was sabotaging its benefit by acting irresponsibly with food. So, I felt that I needed to counterbalance the food with more activity. In June 1996, then June 1997, then June 1998, I sprained my right ankle and decided to forever fix the problem. I did not realize that this decision was going to truly affect not only my physical and intellectual core but also my spiritual journey.

I was introduced to this charming 30-year-old chiropractor through a friend whose “new age” beliefs were, I thought, the result of a desperate quest for happiness he had not yet found. Since I did not know another chiropractor, at this time, I decided to trust him and therefore her as well.

We arrived at her office early and had to sit in the waiting room. As we entered, the subtlety of the Nag Champa incense tickled my nose and I felt a surge of harmony and peace all around. Spiritual posters of Buddhist divinities and statues of praying women were displayed in the little room. At this time, I did not really know what to think about it. However, even though my heart was pounding more strongly than normal, I sensed a calming and fearless feeling of comfort.

I noticed a pile of magazines on the little table right next to the seat I chose. My eyes came to rest on the title of the top one. It said: "What is your belief?"

As thoughts went through my head trying to answer this question, the door of her office opened, to let out the previous client. As she stepped out, she smiled at me and with her hand invited me in. I had prior experience with a traditional chiropractor. I was expecting her to ask me to take my shoe off to take a look at the source of the pain.

Instead, she offered me a seat and asked me the reason for my visit. I answered that I needed to fix my weak ankle, since I had suffered repeated ankle sprains over the past few years.

"When did the first one occur?" she started.

I answered: "I need to think about it." A minute or two later, I said: "In June 1996.

Then, "When did it occur again?" she continued.

"Well, two years ago..." Then I stopped, thought... "...in June! ...and this year..."

Then she interrupted me and stated: "It is June...". She proceeded with her investigation, asking a question that has profoundly changed my perspective on Life since then. She asked: "So, Aline, which significant emotional experience happened in your Life in May 1995?"

My heart accelerated as I searched and dug in my memory for the link between a three-year-old emotional episode and those repeated accidents. A few minutes passed and all of a sudden, without any notice, the cloud fogging my thoughts dissipated and the answer appeared before me: My father's death. My father passed away, at the age of 46 years old, of a sudden stroke in May 1995.

I jumped out of my chair and told her. She then told me with a soft voice: “Then, you have to let him go. This event has nothing to do with you and you are not responsible for his choice and his experience.”

Even though something inside was telling me that what I was hearing was somehow true, my analytic side needed explanations to make sense out of that discovery.

She then explained to me her perspective and I listened:

“The soul that is the closest part of you: It can be defined as the divine energy that carries the vibration of Life, Love and infinite power. Happiness is the ultimate experience you deserve. Your soul’s only assignment is to guide you through this experience. However, you are also a being of free will and free choice. You can decide to ignore the guidance and experience another path. But, know that your soul, because of its unconditional Love for you, will always try to put you back on the road of Happiness. For this, it needs to let you know it in one way or another. If you are oblivious to your inner feelings, your soul will find a way to let you know where to go. For that, it will use the body as a map. Since pain is a physical feeling that attracts your attention, your soul will choose to create a situation that will involve the part of your body that vibrates with the problem you have to work on. In your case, the right ankle is related to the relationship with the father or the father figure.”

The explanation was somehow beyond my belief or my reasoning. However, it did not appear totally unlikely. I guess I simply did not know enough about it to create a new belief. I decided to give it a try, since everything I had attempted before had failed. What did I have to lose?

Then, here I was, leaving the office, with a healing sentence as treatment and a bottle of aromatherapy as medication. The remedy consisted of changing the thought pattern of my guilt feeling, letting go of it, and accepting a new positive one.

I followed these instructions for six weeks and never had a sprained ankle again.

Extraordinary, miraculous, luck, actual fact? It did not really matter. What mattered was the efficiency of it. This brought new questions,

new wonders and new paradigms. If it worked for me and for that specific purpose, could I apply the same logic to my weight issue, and could it work for someone else?

Then I read books and I listened to people, the masters and the beginners. I worked at understanding the concepts and the theories and I applied them over and over again and extracted a Truth that became my Truth. This Truth transformed not only my everyday Life but also, and to a greater extent, the core of my being. Since then,

Perception

Your reality is only a personal perception. Your perception can only be the result of your beliefs and your beliefs can be changed anytime. Therefore, decide to perceive yourself in the greatest vision of you and carry this image always...

my Life has been synonymous with success and completion in terms of Love, happiness, joy, richness, friendship... And oh, by the way... I have lost my weight and kept it off without battling anymore... Everything I wished for came true. What did I understand about myself? What do you have to understand about yourself? This is

the legacy of this book. This is my contribution to humanity. This is my gift for you. For, without sharing this understanding with you, I would not demonstrate who I decided to be: a leader. A leader, as in one whose actions and dedication to others influence people to become leaders themselves. Reveal the leader inside, let it shine, and pass it on. Here is the path to the missing piece, the coded element, the path that will guarantee you much more than your weight-loss success, but more so the success of your Life.

The first part of the book will take you through the comprehension of the Fundamental Matrix. This Matrix is composed of natural, basic and universal laws by which Life becomes meaningful and fulfilling. Misunderstanding or misusing these laws reduce the potential for happiness and realization.

The second part of the book gives more analytical explanations on the subject and a step-by-step description of your weight-loss program.

The last part demonstrates the critical and essential need to forward these understandings to the next generation. For we all deserve to experience happiness and peace.

The twenty-first century. Western civilization. Biggest health threat: Obesity.

In America alone, 60 million people are overweight. This country has more clubs and sports facilities than anywhere else around the world and sells more diet products than any other country in the world. Still, the fastest-growing problem of our time is fighting our weight. After numerous studies, more and more miracle diets emerge and more and more indications of the dangers and the side effects of obesity are given. And still, the problem does not seem to be controllable.

Maybe diets and exercise are not the solution, but only part of the solution. Could it be that something is missing? Is there something we overlooked? Something so fundamental that we forgot? It seems that researchers and scientists alerted us to obesity by showing us a list of related complications, such as high blood pressure, back pain, heart attack, stroke, and even death. And still, that was not enough of a wake-up call.

However, if these physical dysfunctions are a manifestation of the weight gain, could the weight gain be the manifestation of something else? Something more subtle that we have neglected? With diet and exercise, have we been trying

to fix an actual consequence, while missing the *cause*? Could there be a cause for the weight gain that does not depend only on bad diet habits or lack of activity? Could diet and physical

Love

It does not matter how much you love yourself, what matters is how much you love your Self...

activity only be part of the cause? If so, if we try to fix anything but the real cause, we are not truly fixing the problem. Essentially we are hiding it, covering it, but overall, we are cheating ourselves.

Physical, mental and emotional dimensions are three layers of consciousness of the human being. Our behaviors are directly related to patterns stored in those layers. However, because we do have limited awareness, we are not always fully conscious of the patterns we carry in our Life. Therefore, while sometimes we can identify the cause for one particular action, at other times we might not be able to perceive the true reason for a certain behavior. Nonetheless, the cause exists.

Acting upon diet and activity level is acting on the physical level. If the practice of a healthier Lifestyle through better choices in food and exercise does not provide a satisfying answer to weight loss, it is time to explore the other two: the mental and emotional dimensions.

This involves the mental processes of knowledge and understanding, which means that in order to fully integrate a concept, an idea or a notion, it has to make sense for us.

The emotional dimension encloses all feelings and sensations we experience.

The three dimensions are inseparable but the emotional one leads the two others.

Therefore, before anything else, it becomes a priority to assess our emotional state. Fear, anger, unworthiness, low self-esteem, tiredness, etc . . .

This approach—the emotional approach—has not been widely considered. This little consideration might come from its unconventionality or maybe its lack of publicity. Nevertheless, it works. At least, it has worked for me. I am not different from you, other than the fact that I might have understood something you have not yet. It may be time to open up to a new reality and try something different to get a different result. In order to change, you need first to know what has to be changed . . . Succeed with your weight-loss program, and succeed in Life. Not because of your doing, but because of your *being*.

Understanding the Fundamental Matrix: the Living Principle

THE HUMAN BEING has always had the need to create a framework in which he could evolve harmoniously with others. This brings him a sense of security and unity. There are volumes and volumes of law books. If these laws don't work anymore, we create new ones. We change them, we perfect them, we interpret, defend and challenge them, and sometimes we break them. However, when we violate laws, our system relies on agencies that enforce the law and impose consequences—punishments or sanctions. This is the framework we created and, without it, there would be most likely chaos and disharmony. Intuitively, we knew and understood the importance of laws because our entire metaphysical system works the same way. Natural laws such as those dealing with electricity have always existed, but only when understood may they be used. However, we focused so much on setting laws to control our outer world that we forgot about the inner world, our being. The human being is a world in itself and its survival and evolution also obey fundamental and universal principles. Life waits upon man's discovery of natural laws, his discovery of himself, and his discovery of his relationship with the principle of Life.

We are the product of our environment. If we want to see be-

yond these habits and patterns, we need to free ourselves from the constraints of our interpretation system.

Understanding the axioms that surround us is an initial and necessary passage before applying them, because everything we do has to make sense for us. If you don't comprehend the universal principles, then ask for guidance. If the guidance does not help your understanding, then don't believe it. But still seek your own Truth, for this is the right one for you. When you will finally find it, its resonance will vibrate with who you are and harmony will follow.

The incessant quest for happiness is imprinted in our cells and

Inner-strength

No dumbbells and no exercises will make you feel strong. Only the Introspection and the self-discovery will...

every one of us is seeking for it. How am I sure of it? Because every day of our Life we wake up and get out of bed. This is enough of a reason to know that there is a part of us, sometimes hidden, but always

present and alive, that knows. It knows that we do get up in the hope to come across happiness.

The body is not a self-operating machine without your control. The body without the mind is nothing but flesh. The body itself, devoid of mind or intelligence, has no volition. Therefore, the fluctuation of the body's shape can only be the result of something subtler within you. The body is the objective manifestation of a subjective mind and consciousness. Psychology has shown that psychological and subjective disturbances produce physical reactions in the body.

“Behind the objective form of the rose is the idea that projects the rose.”

We have the power to change the course of our lives at any time we decide to do so. However, the occurrence of such metamorphosis will only happen when the usage of the basic universal laws is understood and integrated.

Every one of us is subject to the synergy of four basic universal principles, which are in constant motion. The Matrix does not choose, nor decide, nor even judge. The Matrix only is.

1. “The Core Thought” Principle
2. “The Cause and Effect” Principle
3. “The Common Denominator” Principle
4. “The Impermanency” Principle

“The Core Thought” Principle

Certainly the most important of all four principles, the “Core Thought” Principle is the one we use to make choices. Our entire existence is based on a multitude of choices that define who we are. I call it the Core Thought because every single belief, idea or statement about our reality and us is directly tied to it.

The core is the central or most important part of anything. In physical training, we call the core the group of muscles that are involved in postural and static positioning. The core strength is the body’s foundation. The muscles that are not postural are motion. Without good core strength, the motion is limited. This notion is true with your thoughts. Your thoughts are motion thoughts. They are created in your mind and become our manifestations, our reality. The Core Thought, or master thought, or fundamental thought, underlies each of our thoughts. The Core Thought consists of two opposite emotions: Love and Fear.

Love vibrates with harmony, warmth, affection, abundance, trust, pleasure, enjoyment, empowering feelings, lightness, and tolerance. Love is unconditional, unchanging, and permanent.

Fear vibrates with insecurity, unworthiness, low self-esteem, worry, immobility, heaviness, guilt, arrogance, jealousy, and shame. Fear is limiting, oppressive, and judgmental.

Each choice and decision you have taken and will make is linked to one of these two emotions.

Have you ever asked yourself: Why did I do that? For Love or Fear?

There is a need to be aware of our choices and analyze them by getting down to their very core. By doing so, we can determine the true reason behind our decision.

The conscious Love choice will always manifest a situation vibrating with the same energy and, thus, we will create a reality of expan-

sion. Every situation supported by Fear will give birth to limited actions, and frustrations are most likely to be the emotional result.

Here is a concrete example:

You decide to go on a diet and three weeks into the program you allow yourself an entire pizza for dinner. What do you think has truly motivated your choice? Well, you can find a multitude of reasons. The same you have been using to justify your choices—not enough time, you're tired, or even that it tastes good!

In order for you to define the master thought behind your choice, you need to use the *onion technique*. You need to peel the layers of your intentions. In explanation: You know what to do to lose weight. Everybody knows, but for some “unknown reasons” you choose not to commit long enough to this program. Why? Maybe it may change your Life in a way you are not ready to live? Maybe you don't truly believe you deserve to look better or maybe you don't believe you can achieve anything. Now peel further down into your intentions. Why don't you think you deserve to look better? Maybe you believe you are ugly and insignificant? We are getting there, but not quite yet. Peel again. Why do you believe you are ugly? You might believe you are unworthy of beauty and well-being. If this is the case, you believe that who you are is what you see in the mirror. You define yourself through the objective manifestation you have created from a thought you have also created, based on beliefs.

Now, when your entire existence is based upon Fear, you have to deal with a Fear emotion in every place in your reality. Fear of not having enough, Fear of not being good enough, Fear of limited experiences or Fear of lack of everything. If you decide to change this belief, what would happen? If you decide to look at yourself from a loving perspective, if you decide to believe that there is enough of everything out there, that there is an endless supply of beauty for everyone and that there is uniqueness in what you are—what would happen then?

I assure you that your entire Life would shift into the dream you have always secretly wished for.

This Fear or Love is not a wrong or right emotion. This has nothing to do with rightness and wrongness of a choice. This Fear or Love has to vibrate with what serves and what does not serve you in the way you have decided to define yourself.

When you truly see the beauty you are, you take each necessary step in the care of yourself, for beauty is fragile and needs attention, care and harmony. These are the components that bring Love around and into your Life.

An open-minded attitude has to prevail in order to unveil the Core Thought.

Even if a choice feels right, it does not necessarily mean it was inspired by Love. Indeed, in order to choose, we must match our final action with thought about our reality: What makes our reality right or wrong? Our beliefs. Thus, absolute rightness or wrongness cannot really interfere in this matter. These two notions are subjective and therefore cannot be relevant.

Independence

No accountability other than yours to your self should be considered. For no one, even close, should care about you more than yourself...

Our thought about our own reality will create a subjective rightness. In other words, it makes it right in our own mind. Let's take an example—low self-esteem vibrates with Fear (the Fear of not being good enough, having a low respect for oneself, feeling unworthy of goodness).

When we have a poor self-image, we will seek to match our choice of actions to this specific feeling, for this is our belief about who we are.

Low self-esteem and low self-acceptance have a destructive effect upon one's spirits, as well as mental and physical energy.

Actions have to agree with Core Thought to make our reality right. Therefore, most likely we will choose an action that will end up sabotaging our right to happiness, abundance, and pleasure. We are, then, working to create an environment of suffering and misery and affliction.

By looking at our reality, our image in the mirror, the people that surround us, our job... we can define what type of Core Thought vibrates with our choices.

Thus, being overweight is a choice one makes unconsciously to agree with one's belief about oneself.

Also, if our reality is the objective manifestation of our uncon-

scious thoughts, meaning that if what we create is what we think, our world is a mirror to our thoughts and our deepest beliefs about our self. We can learn a lot from people's actions and reactions. Indeed, an analytical investigation of how we understand and respond to others' behaviors is a clue about our own working. By understanding others, we understand our own inner mechanisms.

Additionally, Love isn't something that is given or taken away by another; it is created from within. This is your ultimate challenge in this pursuit of losing weight: To create Love—or actually to remember Love, for this is our most essential nature—inside instead of trying to find an outside illusion of it. This Love will fulfill you. You won't have to fill yourself up with an unnecessarily high quantity of food. This *Love* is the object of the quest, which you must consider.

A quest to comprehend the world is neither more nor less an exploration of our closest being. The need of the human race for socialization is great, since our interactions are the basis of a better awareness. Awareness is not only the key to evolution, but it is also Humankind's ultimate destination.

Make every choice you wish to make, but let it come from your heart!

Fear: Limitation	Love: Expansion
Choices: Vibrate with Limitation	Choices: Vibrate with Expansion
Physical Consequence: Disharmony	Physical Consequence: Harmony
Emotional Result: Frustration	Emotional Result: Completion

I invite you to consider this thought / action / reaction / emotion template to reflect upon your Life and your choice.

In our western societies, appearance takes a large part in success stories. This does not make it right or wrong, it just is. Therefore, beauty and its standards define our environment. Obesity is the direct result of a feeling of unworthiness and a belief of not being good enough to belong in this society.

Obesity is an unconscious effect of low self-esteem and insecurity. This acknowledgment takes us to the second but nonetheless substantial principle: the "Cause and Effect" Principle.

The “Cause and Effect” Principle

Everything, absolutely every single thing, is an effect and has a cause. It is the action/reaction principle. The reaction is produced to counterbalance the action. Counterbalance means neutralize. If the reaction neutralizes the action, what is left? Balance. This is actually the mechanism by which evolution happens. This is an inevitable and a powerful statement, for it is the foundation of our inner and outer harmony.

The manifestation of our emotion is your action. Our actions, our reality, always match what we believe about the world and how we feel about it. This emotional vibration linked to the belief supports the action. The emotion becomes the cause and the action becomes its effect. A pattern of behavior occurs when the need for the same emotion happens over and over again. This need creates an addiction. Most of the time, this addiction is unconscious and we repeat certain situations.

Awareness is the only variable to use to identify an addiction. Without consciousness, the risk is to create an automatic response to particular stimuli based on Fear. It would be adopted as a inner personality trait. The famous saying: “I cannot change, this is my personality!” is the perfect illustration of it. This automatic response, similar to a reflex, hides in our subconscious. It becomes part of our heritage to share.

Psychology, which is the scientific study of the human mind and its functions, demonstrates the significance of understanding our behaviors.

Choices create actions. Actions create reactions. Actions and reactions are consequences. Desiring another consequence implies choosing differently. Choosing differently implies creating new possibilities of thinking.

Everything is linked through a cause and an effect. An accident does not really happen. An accident is an event for which one cannot find the cause. Your weight is not an accident. Your inner universe, being unbalanced, has created this weight. You are the cause of your reflection in the mirror. As I explained earlier, your weight is the answer of an emotional reaction. Each emotional reaction has its roots within you.

September 2003, there I was, sitting down on a beach, staring at the void of the ocean. Key West is renowned for its unbelievable sunrises and sunshine. I was contemplating the endless smooth breaking of the waves on the sandy beach. It was early enough and the only noise interrupting the wind and the water was the birds flying over my head. Even though the feeling of completion was floating around, I could not sense the full dimension of it within. Something, somewhere, went wrong. I was wondering why my personal relationships went from bad to worst. It seems I was not able to find the soul mate every one of my friend had already found. What went wrong?

Success

When you set a goal, make sure to make it attainable and then you will feel success. Success occurs when available energy, intention and commitment are merging. No success is due to luck. Success implies self-involvement and care.

As my thoughts undulated along the peaceful and warm air current, my vision focused on a very small point, about ten feet away from me. Then, as my eyes tried to make sense of what I was looking at, this inner voice danced in my mind, saying, "What you cannot see clearly, you cannot understand,

and what you cannot understand, you cannot fully experience." The sand was moving. Something was digging underneath to try to get out and surface. At the same time my thoughts were zigzagging in every directions. I was digging down into the subconscious to try to surface, also. What was I looking for in men that could fulfill me? I worked at reconstituting the puzzle of my relationships. Then, I worked at reaching into my memory and grasping each name and face of the men of my Life and their characteristics, in chronological order. The common factor to all of them was so obvious that I could not understand why I had spent so much time ignoring it. I was attracted to them for only one reason: Their appearance. They were filling this part of me I did not like. I was forgetting the other essential dimensions of a strong relationship: trust, tolerance, open-mindedness, caring, communication, listening, support; in short, unconditional Love.

As I was finding clues and putting pieces together, a small crab found its way to the surface of the sand. It then rapidly and without

hesitation moved toward the water like this was the only place that felt secure.

The clarity about my desperate quest for my soul mate made me feel like this little creature—ready to jump into another experience, knowing that I had surfaced from an unconscious full with the feeling of a better understanding about myself and knowledge of which direction to follow.

I understood why I was attracting the same kind of man.

This was the effect, and the belief about myself was the cause.

You always attract the situation you believe you deserve. The level of worthiness you allow yourself to accept is proportional to the fulfillment you experience. Knowing this law is the second most important understanding about the Universe, for it is the principle by which one can witness the Truth of the First Law.

There are two inseparable notions closely linked with the awareness of this Second Law: Responsibility and Accountability. Those strong concepts imply complete liability for one's actions. Therefore, weight gain cannot be attributed to genetic, food, lack of exercise, medication, and stress or lack of time. One has to first acknowledge and admit the weight problem and second claim responsibility for it, before even thinking about losing it. You always have to figure out if what you wish to change is an effect or a cause.

The diet and the exercise are often pointed out as the reason for weight gain. I say it is part of it; however it is not sufficient to explain the phenomenon. If these two components of weight management were the cause, changing one's diet and getting into a routine would be the answer. However, even though millions of people understand the concept of food/activity level, it seems to carry only half of the solution. The reason for this is the following: This is not the cause; this is an effect. Treating the effect won't fix the problem. It may hide it for a while but it will come back in one way or another. This is the explanation for constant yo-yo weight gain and loss.

The cause is the underlying belief about yourself, and that is the only real aspect, which one has to focus on healing and never again go through frustrating dieting and hours at the gym.

The body is always an effect, not a cause. The body is an effect and

is subject to its cause. The belief is always the cause. The belief is the source of the objective effect.

Then, it makes sense that when one's feeling of unworthiness is one's belief about oneself, the consequences will resonate with it. Cause: I am unworthy of beauty and well-being and I am insecurity and failure. Effect: I am not taking care of myself. And if I do, I will make sure to sabotage it at one point or another and in one way or another. It is a self-destructive pattern based upon Fear. Change your feelings of Fear in order to observe a different result.

As mentioned earlier, it is necessary to note the phenomenon of responsibility in our western societies. There is a rampant current of irresponsibility emerging. Class action lawsuit activity is at record levels, with promises of monetary gain. There is a noticeable increase in conflicted situations leading to court cases. The lack of accountability is a problem of society and a result of Fear. Unless you agree to take responsibility for your actions, you cannot change them, since they are not yours.

You have to take charge of the pounds you put on, accept the result of your choices of food and exercise, then decide to take the responsibility to change these choices.

The excuses of genetics, sugar, fat, high-glycemic food, lack of affordability, and many other excuses, become irrelevant.

By trying to find reasons not to do things, you simply forgot to do things. You simply did not want to take responsibility.

The motive behind it? You don't believe you can do it. Your low self-esteem supports your irresponsible actions.

Therefore, it is by adjusting your perspective that you will reach the metamorphosis.

Live through reasons that make you evolve. Stop finding excuses that restrain you from fully experiencing the great gift of Life.

What do patterns of behaviors denounce, demonstrating the irresponsibility factor? Here is a compilation of reasons people have given me for over 18 years as a personal trainer.

I should congratulate these people for their endless imaginations. I have met people who have tried to make me believe that they really could not do what I had personally achieved. Even though, in a way, it made me feel "special," it did not make any sense. My mom taught

me: “Everybody is equal and everyone is special.” And I made it my Truth.

Now, sit back and enjoy...

1. I am tired
2. It is too early
3. It is too late
4. It is too expensive
5. It is too far
6. I don't know anything about it
7. I am sick
8. I have a back problem
9. I have a knee problem
10. It is too hard for me
11. My car did not start
12. It is too dark in the morning
13. I don't have enough energy after work
14. I don't have the time
15. I have nobody to look after the kids
16. I am too old to start
17. I am too young
18. I don't know anybody to train with
19. I know I should...
20. I work too much already
21. I don't need to
22. It is too cold now
23. It is too hot now
24. I don't want to look like Schwarzenegger
25. I don't like the atmosphere in a gym
26. I will start next Monday
(My favorite). Heard it a thousand times... and go figure...Monday never comes!...We lost Monday!...Where is Monday?
27. It will be my next New Year's resolution *Ah! The New Year's resolution...It is like Monday... It seems we have lost New Year as well!*
28. Their hours of operation don't match my schedule

29. I don't like running on a treadmill
30. I don't like to sweat
31. I had an appointment, I forgot . . .
32. I am overweight but it is genetic. Working out won't do anything for me . . .
33. I am already too skinny
34. What for?... I am already married!
(I had this one a couple of time). Congratulations. That is the best reason you need to keep in shape. You would not want him to look around in 20 years from now!?
35. My dog cannot stay alone too long
36. My car broke again!
37. I signed up yesterday . . . but I changed my mind
38. Let me think about it . . .
39. I am pregnant
40. My wife is pregnant
41. I lost my car keys
42. I have tried everything to lose my weight, nothing works.
43. There is always too many people
44. I have come for one month and no result, so I gave up
Yes, me too. I tried to learn English in ten minutes for one month and nothing. Go figure!
45. I feel like a hamster in its cage
46. I get bored *Boredom comes from disinterest. Disinterest comes from misunderstanding. Misunderstanding comes from lack of knowledge. And lack of knowledge comes from Fear of change. Fear of change brings boredom . . . Let's think about that one more time!*
47. I have something more important to do now . . .
48. I am moving all the time, so I don't want to commit to a club
49. I have never thought about it *I believe that if more people could really think, this world would be a better place!*
50. It is not for me
51. My job is already very energy consuming.
52. It is only the winter
53. My wife loves me the way I am
54. My Life is already too busy

55. The traffic is too busy at the time I can go
56. 100 years ago, people did not need to exercise, I am no different...
57. A glass of hard liquor relaxes me as much as 1 hour of exercise.
58. Plastic surgery works miracles now...
59. I don't feel good right now to start something new...
60. I have other priorities...
Do you realize that without being in shape, your priorities are non-existent!?
Amazing, huh!
61. I have the equipment at home (but never use it, I don't know how...)
Typical... would you buy a plane without taking flying lesson?
62. What for... anyway?
Here is what people called a mirror... and it is as well... your answer!
63. I cannot find a good reason to go...
Ask your wife if she wants to borrow my mirror!
64. If I start I will have to continue
65. I already eat very healthily
66. I don't like people staring at me
You wish they were... however, as long as you are carrying those extra pounds, believe that they won't...
67. There is a lack of hygiene with all these sweaty people
68. I need too much time to do my hair
69. Working out?... I have responsibility... I am not here to play around!
70. I don't have 3 hours per day like celebrities do...
What about 45 minutes 3 times a week and a little consideration for your body? You should treat yourself like a star, because if you don't, nobody will...
71. Workout?... What's that?...
72. I don't like being sore...

Acceptance

accept everyone. For when you accept everyone then you fully accept your Self. Everyone is as blessed as you are...

73. Why would I hurt myself?
Well... according to what I am seeing, you have already hurt yourself badly enough. So a little bit more...
74. If it was so good for you, more people would do it...
I guess you are right, but then, if cocaine is so bad, why do people do it?...
75. My doctor told me not to...
Change your doctor as soon as possible. He is probably the same one who prescribes you pills to sleep better at night...
76. I ate too much yesterday evening, I feel bloated, maybe tomorrow...
77. I don't like the smell in a club...
78. It is too restrictive...
79. I have nobody to go with
And that's OK, don't be scared, you are 28 years old now... you have got to learn to make a step by yourself...
80. It takes too long to see results...
81. I did it once and when I stopped, I put the weight back on...
So... explain to me... you play lottery and you have not won yet but you still continue to spend 10 bucks a week...? Is there some logic I have missed along the way?
82. It is not fun...
83. I don't care about the way I look, what's important is inside...
Well, I might not want to look at your inside too much because, after all, the outside is supposed to be the reflection of the inside!
84. I should have started younger...
That's right, you should have, but thank God you are not dead yet... it is not too late!
85. It is not for me. Some people are born with it and some people are born without...
So do you think that people who are born without money should give up on making it? Those who will try hard will probably succeed... Pardon?... Oh... you don't have any money either?... I wonder why?...
86. I am not coordinated...
You have enough coordination to put one foot in front of the other one and walk...

87. What I like about it is when it is over, but I don't like doing it...
The reward is worth the work... Ask everyone who practices!
88. It does not stimulate my brain enough...
89. Even two trainers do not agree on how to workout...
Well, even two jurors cannot always agree. Does it mean that the crime was not committed? No, it just means that you try and you measure what works for you and what does not work for you! Simple, huh!?
90. I don't want to become an athlete...
91. People train to prepare for something—I am not planning any race or event...
92. Did someone find my car keys? I really wanted to go to the gym...
93. I think a nap would be more beneficial than a workout session....
94. I used to be in very good shape...
95. The gym is for the winter, during the summer I'd rather go lie on the beach!
96. I smoke too much; it kills me if I train...
So, it is OK to smoke, even if it is truly killing you, but training, no? (Some logic always amazes me!...)
97. I am more a cerebral person than a physical...
I can tell...
98. I don't smoke, I am a vegetarian, I have no stress at work, what more can I do?
99. Fat?...No, I am not fat!
Right... what do you call 36% body fat in only one single body?
100. I smoke, I am overweight, ugly, stressed and broke. No reason to go to the gym...
I am sorry but I don't treat suicidal personalities, because I always say... there is so much I can do to help people!...

The reason we find reasons is simple: We believe that we have to justify our actions to others. The real Truth is, we don't have to justify anything to anybody but ourselves.

Let's continue this journey...

According to the Cause and Effect Principle, there is cause and effect for everything. Then, why did your weight loss program or your diet fail? And who is to blame? Are you really ready to listen to a simple Truth?... Here is a new perspective:

Your weight-loss program has not failed you; you have failed your weight-loss program!

What I am saying here is that by taking away the most important element of your battle, you did not succeed. It is like wanting

Prosperity

Demonstrate the success of your will to change and open your arms to welcome prosperity in your life. Give love and you'll receive it. Give joy, and you'll share it. Give a blessing and you'll experience it...

to build a house. You have the roof and the walls, but you simply forgot to lay the foundation. Therefore, sooner or later, the walls crumble and the roof collapses.

In a society that claims ownership as a fundamental principle, we cannot subtract ourselves from the happiness equation. We

are happiness like the caterpillar is the butterfly. The transformation is necessary. If the old pattern does not work anymore, it is the right time to change and create a new Life. This implies remembering the principles and especially the Common Denominator Principle. The metamorphosis occurs while the principle—Love and Happiness—slowly and gradually takes its place back in our consciousness. But first, you have to agree that this is *your* consciousness.

Let's explore the next law...

The "Common Denominator" Law

The previous compilation shows the extraordinary capability of human beings to find arguments to justify their behavior. Most of the time, indeed, our behaviors match our personal beliefs. This allows us to live in a meaningful world. However, due to the unconscious nature of some of our thoughts, we might not always clearly recognize the ownership of our actions. Thus we can say: "What is it happening to me? What did I do to deserve this or that?" When these questions emerge, we are in victimhood mode. Let's take a closer look.

Every situation, condition and circumstance that is brought to us has at least one common denominator. It is *we*. This specific understanding, alone, supports and reinforces the need to be responsible and accountable for our actions. Otherwise no one else will. We are located at the very center of all situations we live. How does it not make us liable for them? We have to start accepting the fact that things happen to us for the simple and only reason that we have allowed them to happen—consciously or unconsciously.

Food and lack of activity, alone, play a limited role in our weight gain. Nutrition and activity levels are the results of choices. Your choices are the results of your thoughts; your thoughts are the results of your conscious and unconscious beliefs. Therefore, *your* beliefs are your very foundation.

Your weight is yours. You and only you have made choices for your Lifestyle. You and only you will have to make other choices for a different and upgraded Lifestyle.

We have the ability to transcend habits and persistent experiences. However, in order to claim the credit of our change and our success, we first need to admit our involvement in the situation we wish to change.

Accepting your actual physical conditions is the first door to open, for it is the first step toward self-acceptance.

Gandhi said: “We must be the change we wish to see.” The effect is what you see; the cause is how you perceive.

This is a powerful statement. Perception and vision are two different words that are often interchanged. What matters is, who is watching? Who are you identifying behind the vision? Who is watching the world you live in? Hopefully, it is you! What happens to you belongs to you. You are either the unconscious or the conscious creator of your perceptual reality. Nobody can claim this ownership and no one can undo what you have done. So, embrace your creative power and start to make the changes in your Life that will make each of your days a blessing. Let your energy vibrate to higher levels, for it will carry the strength of the infinite goodness, and happiness will be your experience. Be the one who makes the difference in your Life, the one who makes the differ-

ence in other people's lives. Let your example of courage inspire others on the same path. Be this someone who experiences a Life that is free of the burden of misery. This existence that we all deserve is success, and peace will lie within.

Don't be scared! The process of change will make you feel closer to yourself.

Rule your Universe like you are its Queen/King. Maintain the order by knowing you are all-powerful to do so. Consider each cell of your body as your royal subject and make sure to equally and Faithfully care for each one. The free expression of their individuality within the whole allows harmony to flow. The mission of a ruler is to govern in unity, avoid conflict, demonstrate

Commitment

Because it does not belong to the past anymore and because it can never be the future for the future is not here yet, the only commitment you really have is to live here and now...

Faith and trust in his/her own capabilities, and to elevate every single subject's Life conditions.

Three o'clock in the afternoon and I was coming back from the gym. The session was exhausting, with forty-five minutes of cardio and forty more of

weight training. My husband was at home working on his computer. The weather forecast had announced rain for the rest of the day and I did not feel like doing anything. However, for me, cooking was not really doing. It has always been a way to experience and enjoy my creative side. I decided to create a romantic dinner with an Italian touch. Who can separate Italian and romance?

I was feeling peaceful, relaxed and happy. As I started to chop the tomatoes and the garlic, I realized that the state of being I was finding myself in came from the satisfaction I sensed in every place of my Life. I had created a reality I had imagined and dreamed possible. I became aware of turns I had to make, steps, rectifications and moves I chose, to truly experience the Life I believed I deserved. And there I was, living my dream. The effect of my perseverance, my intentions, my focus, my energies, and my choices was my happiness.

I realize the enormous work I have done on myself with the

pain, the suffering, the questions, the lost feelings, the wonders and the revelations; the understanding that changed my perception and the way I was going to conduct my Life. I congratulate myself on having found the courage to believe in a power of which I was not even fully aware. I had dared trying something else and had received the best payback ever. Change was my only option, for I thought I had tried everything else and nothing seemed to work. I did not have anything to lose by trying a new approach to Life. If I only knew the precious gift I was going to discover.

My Life was the product of my own decision to change and my own belief that not only did I deserve a better existence, but also that this existence would be the one I was going to create.

Perhaps some believe that they don't want to change! This is the primary mistake we make. Thinking that we don't want to change places us in the biggest paradox of all time.

Our entire system revolves around impermanency. And this is the last Principle.

The "Impermanency" Law

Life, in its most fundamental form, revolves around motions. Everything is always in constant movement. Our existence as a human race and as individuals is based upon the flow. The concept of flow means that nothing stays the same. Therefore, nothing we have lived yesterday will remain the same today or tomorrow. It is not possible to preserve time, energy or situations in exactly the same state. The advance of time and evolution are inevitable and their courses are moving forward, constantly. On one hand, we are condemned to change and follow the current of evolution. The matter is now to decide *how*.

Divine

Consider, admire and define your body like the divine sparkle that animates it. There is an element more subtle and more beautiful than the flesh...this is what inhabits it...the essence, the source...

On the other hand, since nothing is permanent, we have the possibility to change everything that no longer enables us to evolve. Thus, thoughts, behaviors and patterns that don't serve our Life purposes anymore can be deprogrammed. It is then possible to create truly new paradigms, reinvent our existence and experience the greatness of Life.

The transient nature of Life allows us to migrate from a place of awareness to a higher one. The human being witnessed the perpetual evolution of its species and wrote history books about it. The purpose of these memoirs is to learn from the past and hopefully improve our time on this Earth by avoiding the mistakes and errors our elders experienced. What other purpose would our memories serve? Life, in some ways, repeats itself, as long as the need for understanding remains. But a wider consciousness can lead our hope for happiness to a greater level, by opening doors to a multitude of possibilities we previously feared.

When, in 1543, the astronomer Copernicus came up with a new reality about the place of the Earth in our solar system, it was considered as blasphemy. In 1530, Copernicus completed and gave to the world his great work *De Revolutionibus*, which asserted that the earth rotated on its axis once daily and traveled around the sun once yearly: a fantastic concept for the times. Up to the time of Copernicus the thinkers of the western world had believed in the Ptolemaic theory that the Universe was a closed space bounded by a spherical envelope, beyond which there was nothing. The subtle mix of science and intuition demonstrated the rightness of his statement and the limits of beliefs. Evolution happens when a new discovery brings a new perspective to the world. By bringing a new perspective to our personal world, we could discover that harmony is a possibility, an option and an actual choice.

This first part discussed the four Principles that formed the Matrix. This Matrix is our actual Life in all its dimensions: physical, emotional, spiritual and astral. We create our reality by using the combination of these four principles. Indeed, every single situation in which we live is somehow the result of their usage. These concepts are inevitable, non-negotiable, applicable, systematic and empowering, for their application is the source of each and every creation.

- Our beliefs sustain our reality. Our dogmas are founded upon two master thoughts: Love and Fear. Our choices are directly linked to these master thoughts. Therefore, it is important to define the emotion beyond the belief, beyond the choice, beyond the action.
- Evolution happens because of the cycle of cause and effect or action/reaction. Situations in which we live have a source and are the effect of this source. The primary source—our thoughts—is what we have to observe, analyze, comprehend, explain and eventually change if the outcome of our existence does not fit our experiences.
- We are responsible and accountable for our decisions because we are at the center of the actions they lead to. Claiming the ownership of our actions puts us in control of our existence and empowers us with a sense of worthiness. When worthiness is a priority, happiness and peace follow, for this is the ultimate and supreme quest of our soul.
- The constant motion of our Universe brings the necessity to accept the impermanency of our reality. And so, what we do, we can un-do, what we think, we can un-think, what we create, we can keep, modify or change.

Where does it leave us? It leaves us with an incredible new attitude towards our Life and a new combination of desire and expectation about happiness. There are, out there, an infinite number of possibilities for true inner peace and thrilling Life experiences. Not only are these adventures available, but even more, we are worthy of them.

Every creation in your consciousness is a possibility of reality. A healthier, slimmer, shapelier you is a very possible option, if only you really decide so. Welcome this version of you, as it already exists.

My personal weight-loss experience is not an exception, it is not a miracle, it is not out of the ordinary. This experience is replicable by all of you who are ready to dare to try something new and deeply transforming.

After my sprained ankle episode, I decided to apply the same

logic to my weight. I asked myself questions: Why am I doing something that does not serve me anymore? Who am I? Who do I want to be? What do I have to change? However, no question is worth asking if one does not spend time, energy and reflection to discover its answer, so I entered into a self-discovery quest. I started to wonder about my behaviors, through a question/answer dialogue between me and...me! Some could perceive me as an eccentric or an original. However, this method has been successful before and I was willing to be categorized as "different" if it could cure me! People need therapists to find their weaknesses, their frustrations, their unconscious desires, and to explore their wildest and deepest secrets. The questioner and the answerer. The learner and the teacher. The uncertain and the certain. The child and the parent. The believer and the one he/she believes in. I realize that I needed to implement a dialogue with myself from two different perspectives: one with the wonder, the Fear, the uncertainty, the unknown; and one with the peace, the Love, the Infinite, the knowledge. I predetermined the need to surround this conversation with tolerance, maximum open-mindedness and a non-judgmental attitude. A non-judgmental approach ensures respect and forgiveness.

Every time I have to make a choice, react to something or to someone, I wonder. I wonder about my emotions and the feelings inside. These emotions are the clues about my behaviors. When recognized and identified, the emotions teach us who we are. With this method I stay in touch with my intuitive side. Having this awareness allows me to perfect who I am. I become aware of the patterns I wish to deprogram and those I wish to keep. When the action does not serve my purpose anymore by not giving me a feeling of happiness, I am thankful for the lesson learned, I embrace the lesson, and I release the past. I then can freely move up and forward, for I embrace a better me with a new paradigm that serves my ultimate goal: happiness and peace.

The change that you seek operates from within. This change requires willingness, commitment, focus, intention, and most importantly Faith. This Faith is the energy channel from our thoughts, traveling through us and creating our reality. It is the

power behind the thought. Consider the thought as a direction and faith as the fuel. The Faith in the principle and the conviction of its efficiency produce a powerful treatment. A treatment is a tool we can use to heal. It is an affirmation, it is a prayer, it is visualization, and it is anything that can carry a thought. The more intention we put in the thought, the more efficient is the treatment.

Life within generates safety and balance. These are the components of a healing process. Chaos cannot bring healing, for it does not even perceive it. Only peace can.

The third chapter is going to guide us through a path of understanding: The essential and fundamental basic understandings of our personal spiritual growth. There is a strategy to a weight-loss success. The following plan of action is going to help find the missing piece to your weight-loss program.

The Curse of the Missing Piece

THE BLUEPRINT OF our work involves a scientific approach to our body/mind relationship. There is actually a systematic explanation to our behaviors and it is a matter of biochemistry.

Science, Chemistry and Common Sense

According to scientific discoveries, biological studies, physicists' and biochemists' inquiries, and psychological and theological research, we, human beings, are addicted to emotions; and these emotions actually play a bigger role in our decisional strategy than we think.

The need for protection and the feelings of loneliness and not belonging create a response visible through our bodies. We have a need to feel secure in some way. We have found a multitude of illusionary tricks

to make us appear apparently confident. We surround ourselves with a multitude of materialistic belongings. We get attached to them and value them sometimes more than human Life itself. We have tried

Smile

Here is the simplest recipe for happiness. Does not cost anything. Carries great energies and build gratitude...

to forget about loneliness and lost paths, by using drugs or being “-oholic.” We have hidden the lack of security by gaining weight to feel bigger and more noticeable. We have tried to find physical resolutions to our emotional emptiness and lack of fulfillment. But these solutions belong to the physical realm; they cannot be other than temporary and illusionary.

I actually found out that the more fearful and the more insecure I was feeling, the bigger I became. Conversely, the more I understood my fears and my behaviors and the more aware I grew, the slimmer my shape was. The most amazing realization was that it did not require any real effort.

I believe that the thickness of the body fat layer is an actual measure of the depth of the inner beliefs of unworthiness and lack of belonging. The endless struggle between keeping the weight on and off is the demonstration of these inner conflicts. On one side is the Love feeling, about its infinite goodness and us, and on the other side is the Fear of being alone, not attached to anyone or anything.

The Love inside is actually stronger than the Fear. However, in order for it to operate, it needs to be part of our reality. The Faith in it must be unchallengeable and undeniable. Denying Love limits your possibilities of expansion. You have to truly believe that change is not only possible but also it is already happening.

Haunted by a Fear of separation and singleness, we desperately create a world that reflects this image of Fear. We must and can manifest another reality. The loving characters of your soul must shine out of you through your body.

When a person surrenders to the wholeness of Life, the magic begins and the unfolded path to Happiness finally lies before him/her.

There is a need to transcend the Fear by looking, seeking, digging and reaching for Love. The light within will express the good around and, as the law of attraction activates, good will be attracted to similar vibrations. Haven't you noticed that happy people attract happy people? We need to be conscious of the possibilities we hide deep down. Each new day can be an experience of Happiness. Open hearts allow and invite peace and fulfillment. Peace and fulfillment cannot bring loneliness but a sense of richness through individuality.

The only singular experience we should live is our individuality. It

does not make you feel lonely, but special. Feeling special is knowing your rarity, your significance and your place of importance within your surroundings. You are here, now, and alive because you are part of the picture. Your interactions with yourself and others have as much value and worth as anyone else. Every one of your creations impacts upon others in one way or another. So create with Love. We can all, individually, use our creativity in Faith and through constructive and positive thoughts, contemplate and enjoy all the goodness of the Universe.

In the book and the movie, *What the Bleep Do We Know?* The authors gathered information from brilliant scholars from around the country. I am not myself much of a scientist; however, I felt that if I had accepted the Law of Gravity as universal and real, even though I cannot explain it myself, then I would also have to give credit to this interesting new perspective on the brain and our behaviors.

Our cells are equipped with opiate receptors, allowing a chemical element called peptide to get hooked on them. The hypothalamus manufactures those chemicals in the brain. A particular chemical is linked to certain emotions. Every single emotion has a chemical associated with it. Everything we feel, every emotion, produces a specific chemical that matches up with it. The absorption of these chemicals in the body's cells produces the feelings of the related emotion. Pleasure is the pursuit for the feeling of this rise. The chemical release is a response to a stimulus. In a familiar situation, instead of evaluating it as a new experience from a fresh perspective, the same chemical is released, creating the same high. We, then, create a cumulative emotional history and a pattern of behaviors by being hardwired in our brain.

The repeated use of the same emotion triggers a higher and higher expectation for this specific peptide. Not only an expectation, but a craving as well. This is an addiction.

Emotions are indeed a mode of communication. They are the fundamental means by which relationships are established and maintained. Emotional addictions explain weight gain. These emotional addictions are why we continue to eat and abuse our bodies. There are two elements qualifying emotions: Compulsive and Excessive. A notion of uncontrollability. The only way to manage emotions is

to examine the behavior to which they are attached and understand their nature.

The first step is to admit the pattern of behaviors and its cause. The real addiction is actually not the food itself or the lack of activity, but indeed the addiction to the release of the chemical linked to low self-esteem and unworthiness.

One can determine the presence of addiction if one cannot control one's emotional state.

The method to break an addiction is through continually trying to recreate an initial experience. For that, one needs to consider

Forgiveness

The foundation to your weight loss program. Forgiveness is the first level of Love. It expresses compassion, understanding, non-judgement and open-mind. No self-improvement can happen without this first step. Forgive your old you and embrace the new one...

an identical situation through a completely new perspective. Then, new emotions will emerge; therefore, addiction has a minimal chance to develop.

Dr. Masaru Emoto has demonstrated that water is actually reactive to non-physical stimuli, like music or words on signs. In his experiences, he photographed a molecule of water

after being subjected to a particular thought. When the water was surrounded by a nice thought, the molecule was of a beautiful and harmonious shape and color. When the thought was negative, the water formed ugly and malformed crystals. This appears to prove that water reacts to consciousness.

This discovery opens a door on a revolutionary paradigm! Indeed, the human body is constituted of about 80% water. Therefore, if thoughts can have this effect on water, imagine what they can do to us...

Changing a behavior involves understanding its nature. Awareness is the key element. That means living here and now, taking in real consideration of our environment and observing our Life and its components. Awareness implies an endless wonder and an insatiable curiosity. For example, what are the things we have and who are the people in our Life? Which job do we do and what are our needs? Patterns of behavior will slowly become apparent. Repeated situa-

tions—attractions and repulsions—are clues and can help determine the type of emotion to which we are addicted.

The consistency of repeated events in one's Life is the objective manifestation of a certain addiction. After recognizing these events, we need to wonder about the emotion it involves and extract the master thought behind it: Love or Fear.

So, repeated situations are an indication of an addiction.

Another factor plays a role as well: the localization of the body fat.

The body is a map that the soul uses as a channel of communication to guide us. The pain we feel or the dis-ease we have can show us what the addiction actually is. Renowned self-help author Louise Hay, in her book, *You Can Heal Your Life*, gives an interesting body map with the related diseases and illnesses. How interesting that women and men don't carry their weight in the same way. Indeed, their experiences are different because of their gender difference and the emotions attached to it.

Could there be an answer beyond the traditional medical explanation of genetic and hereditary physiology? Maybe or maybe not! But what do we have to lose only to consider it?

Love is easiness. Fear is resistance. When you encounter resistance, you must understand that, in some ways, you are misusing the Matrix. Resistance is a call for alertness. This is the moment to reflect upon your behaviors. This is the time to unfold the master and face the Fear. And only then can easiness be present again. Life does not have to be a struggle because it simply is not its essential nature. Your weight loss is part of your learning process. As long as the syllabus is not assimilated, then the lesson continues. Understand the Matrix, understand the inner conflict that led to your weight struggle, accept your weight, and work through it with the right tools. Then, release it and replace the weight with the inner strength. This inner strength is the real stability and security, for this is not an illusion. Think Inner-Strength instead of Outside Volume to find your peace and your stability. Think about Inner-Power instead of Outside Force and you will find happiness and safety. Think Love instead of Fear. Fear is the lesson to learn. Love simply... is.

The following sub-chapter is the step-by-step program to your weight-loss success. This syllabus contains neither scientific preten-

sion nor Nobel Prize in Psychology theory. It is only the outline of a personal experience that I have been sharing successfully through my training with numerous clients with great achievement. The purpose of this part is not for you to meet yourself but for you to be reunited with yourself.

I called it the F.A.C.T. Factor Strategy. It stands for Forgiveness, Attitude, Courage and Time.

July 1998. It was a sunny day, I remember, and Life was simple; somehow interesting but not fulfilling. I was taking a piano lesson. My grandmother was a piano teacher and I have always considered that music has a magical aspect: something that touches the heart. The meetings with my piano teacher turned out to be much more than one hour of music per week. He was spiritually initiated and had been for a number of years. He was practicing Japanese sword and its philosophy. He learnt from spiritually advanced beings who made their Life a quest for happiness through a more Eastern religious approach. At the age of 30, Henri, my piano teacher, understood metaphysics and obscure sciences, as he had studied them. He was the one who initiated me in spirituality and new perspectives. Our crossing path has changed my existence, its purpose, its direction, its meaning and its understanding.

After my daily hour of piano, trying to memorize the piece and coordinate my fingers at the same time, I was picking up my purse and put my coat on when my “teacher,” who had gone out of the room for a moment, reappeared holding a book. Without a word, at first, he gave it to me and as I read the title I felt a wave of goosebumps envelop my body. I thanked him, without really understanding the reason why he was giving me this book, and as if he were deciphering my thoughts, he said: “I believe we did not meet for a piano lesson. This was only a way for you to get on the path.” It was like watching a movie and not catching the element that created the mystery. What was he talking about?

I replied, “I don’t really understand. Why are you giving me this book?”

He answered, “Read it and come back next week—I believe you will know.” I simply put the book in my purse, thanked him again, wished him a good week, and left his apartment. It took me three

days to read the book. I could not put it down.

Henri was right. I did not realize then that I would know what he was talking about. The book title was *The Celestine Prophecy*. James Redfield is its author. Revelation after revelation, the story perfectly put words to concepts that I deeply knew, felt or wondered about. It was a refreshing shower of new understandings and, at the same time, a warm sensation of knowingness and remembrance. A mixed feeling of peaceful familiarity and shifting Truth.

Moreover, it felt wonderfully and amazingly real. If a book could make me feel this way, it was for the unique and simple reason that the message it carried was vibrating with a similar energy within myself. I was feeling each cell of my body shaking, like an inner earthquake.

I was on the path to self-discovery and it felt safe and light. For the first time I experienced Happiness from an inner perspective.

For a while, I wondered why this revealing Truth had come into my Life at this very moment and I finally came to the realization that I was simply ready. I had forgiven myself for past mistakes, for they were not mistakes, but lessons. I adopted an open attitude to whatever was presented to me. Curiosity and non-judgmental outlooks were my allies in this journey. I

felt the courage to face and challenge my fears because nothing was to be feared. And, finally, I understood that this was a Lifetime commitment and a never-ending process to reach Peace and Truth.

This was the E.A.C.T. Factor Strategy.

Attitude

Right in the center of you deepest strength lays a simple system. An easy answer to life's obstacles. This is your attitude. Our world's duality gives you the choice between the glass half-empty and half-full. Your perception is forever yours and your attitude is what determines your emotions...your reality...

The F.A.C.T. Factor Strategy

I would suggest a primary reading of this chapter without any obligation to complete the proposed exercises. At the end of the reading and if this method agrees with you, then at your own rhythm, go through it again. This time, get a notebook to keep track of your journey. This notebook, if you choose so, can be the witness of your intentions to change. A precious reminder of your quest for joy, worthiness and success. Written words are a powerful tool. Spoken words will most likely drift away, while written ones will hold the energy of their vibrations. The word Fear vibrates with certain emotions, Love with other ones. My notebook was the place where I asked questions and it served as a reminder of my spiritual and physical progression. It was a valuable ally in the telling of my journey to transformation.

“There is no process of healing but there is generally a process in healing. This power is time and discipline.”

1. Forgiveness

Forgiveness allows us to let go of our grievances and to move on with our lives. This is maybe the most powerful tool for a metamorphosis. Without forgiveness, criticisms will go on and on.

Shape

Like the artist who perfect his sculpture and sees beauty with the eyes of the creator, be the artist and learn how to see the beauty in any shape because you look beyond the appearances. Shape your body with your emotions, your feelings, your personality and your dreams...

We have demonstrated that low self-esteem and unworthiness of joy, goodness and well-being were the two emotions tied to your weight gain. Therefore, the oppression of your highest expression, Love, is the reason behind your giving up on your health and your shape, over and over again.

Since the feeling that sustained your weight for all this time was Fear, it may be time to try another one. Forgiveness is a feeling of Love. Therefore, it is the beginning of your transformation. Deciding to make a choice based on Love by forgiving yourself is like opening a door to the unknown. You have forgotten how to be kind to yourself and how it feels good. Your soul

urges you to stop forgetting about yourself. It is time to claim your Life back with the dignity you deserve.

Love and guilt cannot coexist, and to accept one is to deny the other.

Do you wish to renounce your old habits (unbalanced diet, lack of activity...)? To renounce is to agree that this experience is no longer yours. This body does not belong to you anymore. Accept that it was, then release it by forgiving yourself for having crossed the limits to your health.

Healing goes through acceptance. In acceptance, one agrees not to find a particular interest in determining right or wrong but rather dedicates energy to resolving issues. Forgiveness brings acceptance. Acceptance means a non-judgmental state of mind. This mental disposition is necessary to create new possibilities and envision a greater self.

This is a step you cannot overlook in your weight loss program; without creating space by letting go of the old you, you won't have any room to accept the new. You cannot overload your mind with a multitude of perspectives. You have to forgive yourself for having allowed negative perspectives in and then release them. You need this room to create new paradigms about yourself.

The compassion you have to show in the beginning of this process is also necessary to allow tolerance, as a new expression to embrace in your new definition. By adding extra pounds to your body, you actually were being hard on it physically (articulations, spines, joints, heart). This objective manifestation of your thoughts is not only dysfunctional for your shape but it tells you how hard you have been on yourself.

Take a deep breath and release the past. Realize that when you gained weight, you simply did not know what was really happening. Unaware of the subtle mechanisms, you felt it was impossible to act upon it. Therefore, the unconscious aspect of your doing represents your reason not to have reacted. And so, it does not take the "responsibility" factor away from you, but the awareness of this responsibility.

Forgive yourself like you would forgive a child because he did not listen to the guidance of his parents. In the same way, you were mute to the guidance of your intuitive part.

And if you need another good reason to forgive yourself, just know that we live in a world of duality. This means that without having experienced black, you cannot truly understand white. Therefore, by experiencing being fat, ugly, unworthy, rejected or lonely, you will know what you are looking for to define your new self. You are about to create the complete opposite of who you used to be. This will ask of you forgiveness and tolerance. It won't be easy to let a new person into your Life, a total stranger.

Now, here is a series of written exercises for you to practice forgiveness.

Exercise #1: Forgiveness

1. Write down a list of 5 thoughts you have about yourself:

Example 1: I am not able to commit to a diet

2. Write down their opposite thoughts relative to the new vision of yourself:

Example 2: I can commit to a diet, for commitment is now part of my Life

Exercise #3: Forgiveness

Now write this affirmation about your weight and Forgiveness:

“I thank the Universe for bringing to me the experience of Forgiveness. I allow myself forgiveness for choosing the path of obesity to understand lack of self-esteem. I understood. Therefore, I now accept to experience its opposite through a healthy Lifestyle. I nurture my body with Love and my soul with awareness.”

Every day, every hour, every minute of your Life, this affirmation should vibrate with your entire being. Then, every choice you will make will fit the profile of this new creation you are evolving into. Healthy food and physical activity will then make sense for you. Effort won't be necessary, for peace and harmony will have replaced Fear and emptiness.

To complete Forgiveness, another element, equally as fundamental, needs to be practiced on a daily basis. At work, at home, on vacation, in a waiting line, with strangers, co-workers or even more with your family and yourself. Your attitude is the first objective manifestation of your subjective thoughts. “*Show me how you act and I can tell you who you are.*” Most of your inner work will shine out through your personality and your attitude towards Life in general. More than a proof that you are progressing in your awareness and your understanding about yourself, this is a way of Life.

Attitude

The etymology of the word “attitude” comes from the Latin “aptitude,” meaning suitability.

Suitability is the quality of having the properties that are right for a specific purpose.

If the deepest belief you have about yourself is negative, unenthusiastic, unconstructive, helpless, downbeat, pessimistic and depressing, you will adopt an attitude that suits your belief.

Low self-esteem occurs when the feeling of unworthiness prevails in your deepest core.

Unworthiness of happiness and success is the direct result of the

thought of task failures and low achievements in your Life. However, have you forgotten your first success? ... Let me remind you ...

From the day of your own conception, you were a chosen one. Among millions of possibilities, you were the one who made it to the finish line. Doesn't it make you a winner? Getting first place at your first race?! At this time, you physically were small, almost insignificant, lost in a crowd of millions of similar racers, as good as you were. And still, you beat the odds and you made it happen. The difference?... You were simply the best.

A winner owns, projects and shines this winning attitude. Allow you to be a winner. Give you permission to own a self-confident attitude. Know that you are part of the infinite Goodness, the infinite Greatness and the infinite Everything. This makes you a winner.

Behaviors reflect attitude. The conscious observation of your doings will map your thought patterns. It is the beginning of the de-programming and the redesigning of your self.

It is necessary to understand that the source of happiness is within oneself. A positive attitude is the expression of this inner power that everyone has, but some have forgotten.

A positive thinking supports a positive attitude. Every single situation has a multitude of perspectives. Finding a positive perspective is the challenge and also the key to your attitude improvement strategy. Don't forget that every situation is linked to a thought that is itself tied to a master thought: Fear or Love. It is important to get back to the original master thought, for this is the foundation of your attitude.

We are attracting or repelling according to our mental attitude. The energy involved in a positive thought will vibrate with an identical positive wave. The manifestation will be shaped along with the same high intensity. Manifestations that lift us up are made out of this high intensity energy.

The method consists of finding the bright side of a situation. Find the emotion that gives you the nicest feeling inside. Choose the situation that vibrates with care and light and safety. This is the one you want to choose to experience. This open-minded look at the situation forces you to consider other points of view. This practice enlarges the vision of you. You may have passed right next to a series of opportunities by being set on one perspective. Closed-mindedness

serves absolutely no purpose. It serves Fear, anger and loneliness. These emotions are responsible for your weight gain or the dark side of your Life. The bright side of your existence is awaiting this Fear and it will bring a box filled with opportunities. Opportunities are favorable chances offered by circumstances. These good fortunes are available to everyone. Attitude is the medium that allows us to recognize them or not.

Also, your body is activated by and channels energies. There is a need to revive this very energy by making it dynamic rather than stagnant. A physical training approach is mostly dynamic; even the use of soft low-impact techniques or even yoga, relaxation is a way to put energy in motion. The more dynamic your energies are, the better your systems run. Therefore this dynamic attitude has to become yours, for its flow is what will shape your physical reality.

Exercise #1: Attitude

Find a positive perspective to those affirmations:

“I think there is 20% chance of failure”

“I don’t think it is possible”

“I am not sure I can do this”

“I don’t believe in myself”

“I am fat and ugly”

“I cannot change”

What you see in the mirror is only a notion of yourself supported by one belief system. Change this system and you will change from the inside.

Create a new you. Challenge yourself and the belief you hold about yourself. Understand truly who you want to become, and then experience fully each step of the transformation.

“Courage implies the willingness to try new things and deal with the changes and challenges of Life.” This courage gives you the capacity to face fears and to grow despite them.

The courage to which I refer is connected to your level of commitment. As you learn to appreciate and be kind to yourself, day after day, you need to be able to start another day with the same or more determination as you had the day before. This courage is like the rushing water and its unstoppable flow of energy. It can infiltrate everywhere and break through every obstacle. You have to face the new day with the courage to promise yourself to commit to one more day to feel better. You have to find the courage to support your decision and your desire to change because you deserve it. You truly deserve it.

You need to find the courage to refuse the outside temptation, only because you know the consequences of it. This is part of the past. This behavior does not belong to you anymore.

The biggest challenge that requires the strongest courage is this daily fight against yourself. The old you, with years of emotional attachments—years of low self-esteem treatment—on one side, and on the other side, this new you, who is a few days old and has to learn to create new emotions, new rules and new paradigms. This is the real adventure: Discovering, exploring, wandering, and daring to recreate yourself by believing in yourself again like the first steps you took alone.

You must surround your self with the belief that you are capable of achieving everything that is brought to you. You can handle your experience without a second thought. The temporary overwhelming feeling that can get into you only exists to alert you that the answer is beyond your comfort zone. But it never means that it is not reachable. This is where your curiosity steps up. Open new doors, climb new stairs, look through different glasses, meet new people and, most essentially, trust that your focus will pay off.

The comfort zone is actually the very reason why you gained weight. In a workout program, the need always to find the edge of the muscles' strength is the key to progress, improvement and change. The soreness is the proof that your muscular fibers are actually repairing themselves in a stronger way. The body adapts under a constant challenge and a constant charge of work. This charge of work constitutes the element that challenges the comfort zone of your body. When you always lift the same weight, your body will know how to do it. It will elevate its level of strength to this particular level and stay there as long as nothing triggers this zone.

Our consciousness functions the same way. If you stop challenging yourself you will get into a comfort zone. It might feel safe at first, but it is an illusion. Our purpose in Life is mostly...to live. Staying in the comfort zone is barely watching your Life passing by. The comfort zone is the manifestation of an emotional Fear. This Fear comes from a belief of lack of protection. This is a mental creation—the product of a misunderstanding of our Universe and how it works.

Surround yourself with the ultimate guidance that emanates from the All and whose purpose is to protect you.

You are stronger than you think you are...if you could only know...

Take your journal and write this affirmation. Then repeat it out loud, staring at yourself in the mirror, in between your eyes (for the morning).

“I thank the Universe for giving me the courage to get through this day by making the right choices for my body and my mind and the courage to support myself and my desire to change. Today, I am succeeding in my weight loss journey!”

Then at night:

“I thank the Universe for allowing me to experience health as well as the experience of the right choice for my body. I feel light, happy and alive.”

The last factor, but not the least, is Time. There are two aspects of this concept: the first is time as the present moment; the second is the indefinite continued progress of existence.

4. Time

Time as the present moment is actual living and the true part of your existence. Past does not exist anymore and future is not here yet. Thus, here and now is the only real dimension you live in, the only reality you are aware of. If the result drives you more than the journey, then you live in a theoretical absolute and not your practical relativity. The theoretical absolute is only an expectation of yourself. It is an abstraction, an illusion. It is only part of the future and the future is not yet. The practical relativity is your actual experience: Your Life in the present moment. You cannot express yourself in an illusion, for this is not reliable. You can only rely on the concrete and present manifestation of your self.

The lack of awareness of being in the here and now is like pretending to be someone else. It is idealism. Idealism is the pursuit of a fantasy away from your own reality. Idealism is a denial of Life.

The power of now is true and essential to your healing process. Now is what you have to put your focus on. Before and after don't matter. Contemplate your personal achievement and persist in looking at the light within, for this is the only reality that exists.

The purpose of setting goals is only to add a sense of direction and meaning to our Life's experience. However, it cannot be the ultimate element to consider. By putting the emphasis on the number of pounds you want to lose, you are not enjoying the journey in between now and the "special number."

The enjoyment of the weight-loss program is actually the path of transformation, and its load of information to improve you. The caring for your self, first, and the enjoyment of the tools to do so (diet, activity, massages, etc) represent the main part of the contract that you sign with yourself. Enjoying the process of change by acknowledging your new reality means that you want to focus on your journey. You want to experience each step of the change. Each change is linked to a new definition of your self. The journey is the reality of your change. The goal is only a future image of you.

Most of my clients set unrealistic goals. By doing so, they are the creators of their own failure. When the goal is not attainable, the journey becomes an obstacle. Nothing enjoyable about it. The path provides so many more treasures than the goal. Time allows you to celebrate the path without a deadline or countdown.

You cannot do anything to obtain a goal. You can only eliminate the distance that separates you from it. That is the journey.

The risk is the feeling of frustration about a deadline. You don't need to create more stress with a timeline. Each day of your program brings you a new view of yourself and its associated understanding. The transformation will occur from the inside out.

Time is there to teach you mental and physical limits. Then, by challenging these limits, you expand yourself.

Your physical evolution is no longer a question of time. You need to invest in the long-term stocks of energy, effort, understanding and curiosity if you have the desire to live fully. These are the reliable resources of personal growth. Time is only a sub-factor in the quest. One does not experience *time*. One does experience *through* time.

There is a need to look for neutrality in the setting of the goal. This means to be relatively unattached to the outcome. This is the beginning of inner confidence. This is the manifestation of a change to a positive and trusting attitude towards Life events. The attitude is to face Life with the peaceful knowledge that whatever happens and whenever this happens, this is part of a bigger picture of which we are not aware yet. Time, therefore, does not matter, for everything that occurs takes place at the right time and the right place.

The F.A.C.T. Factor Strategy is not the way. It only is *a* way. Test it, live it, experience it, challenge it, make it yours, or create yours. Furthermore, don't disregard it, as it might open a door on your weight-loss success.

The next chapter is called "The Modus Operandi of Empowerment." It is a big name for an actual "tool box," with numerous ideas to help you empower yourself. This "tool box" contains suggestions and practical recommendations, as well as a list of books to which you can refer in your quest to awareness.

The Modus Operandi of Empowerment

The energy we use to create our Life cannot be destroyed, but its movement can be redirected. The new direction you are choosing to focus on is this very high vision of yourself. This lighter and more complete version is not only a dream; it is a true possibility where your intention and determination must be directed and where your energies are merging to produce the objective manifestation—your reality. Dream about your growth, then really think about it, and finally observe the unfolding journey of its creation and enjoy each precious moment of its realization.

“Memory constitutes the subjective tendency of the individual Life. This tendency can be changed through constant effort and a determined persistence of purpose.” - Ernest Holmes.

If one takes his images of thought only from his previous experiences, then one continues in the bondage through the addiction, which these previous experiences create. This is the basic reason why we observe a repeated pattern in our behaviors or a consistency in our Life events: The same endless unfulfilling personal relationships, the identical non-rewarding jobs, or the overwhelming and “uncontrollable” weight gain. Each of these situations is actually controllable and avoidable if the principle is used correctly.

The following non-exhaustive list enumerates techniques and methods people have adopted to bring new perspectives and bring their Life to a higher vibration. I used these techniques and I went from being a crawling caterpillar to a flying colorful butterfly. This metamorphosis is not an isolated case defined as a paranormal or supernatural manifestation. These are some of the numerous tools at our disposal. Right here, right now . . .

Faith:

Complete trust or confidence. Firm belief, especially without logical proof. This is the ultimate implement you can use to get through your Life’s experiences. Faith in you, Faith in goodness, Faith in possibilities, Faith in success, Faith in positive achievements . . . We need to trust without expectations that whatever you ask for is actually

being answered. Fear is the actual negative use of Faith. Bring Faith within and follow Love as the Light. Let Fear out, for it misguides us.

Faith is knowing with joyous and enthusiastic expectancy that one's prayers are automatically answered.

In order to have Faith, we must have a conviction that all is well. In order to keep Faith, we must allow nothing to enter our thoughts that will weaken this conviction. Faith is built from beliefs, acceptance and trust. Faith is the substance of things hoped for and the evidence of things not seen.

According to Friendship with God: *"If you have Faith that all your needs will always be met, then, technically, you have no needs at all. And this is the Truth, of course, and it will become your experience, and so your Faith will be justified. Yet, all you will have done is change your perception."* - Neale Donald Walsh.

According David R. Hawkins: *"The Universe is man's consciousness. It requires a comprehension beyond intellect."*

Don't live in the hope that you might lose your weight or change your Life. Live in Faith that it will happen without a doubt, for hope expresses a probability of occurrence where Faith expresses an absolute certainty of occurrence.

Hope is the mid-point on the road between despair and Faith but it cannot be the destination.

Know instead of wishing. State instead of dreaming. Accept instead of hoping and believe it has already happened instead of expecting that it is going to. That is the fundamental, essential and elemental mastery of the believer.

Visualizations:

Pictures visible to the mind but not visible to the eyes.

Images created by the mind actually seem real... According to the book and movie *What The Bleep Do We Know?:* *"Scientists have found that if they measure the electrical output of a person's brain while they are looking at an object, and then again while they are imagining the same object, in both cases the same areas of the brain are activated. Closing the eyes and visualizing the object produces the same brain patterns as actually looking at the object. Not only does the brain not distinguish*

between what it sees in its environment and what it imagines, it also does not seem to know the difference between an action performed and the same action visualized. . . . This information has been put to good use by competitive athletes around the world.”

This is a powerful statement. It means that by imagining what you wish for, your brain analyzes and accepts it as a part of your reality. Therefore, it is possible to deprogram an addiction to a certain emotion and install a new one, without actually living the situation, but by simply creating it through your imagination.

Mindfulness is the key to perfect the practice of visualization. Paying more attention to details and taking more interest in visual experiences can help the development of visualization. Observe the world and keep the beauty of it in mind.

Be imaginative, creative and inventive, using these engraved pictures from your memories. Design a new you by visualizing a grander vision of you. Expand your personal database of what you already know about yourself and slowly observe the transformation from the old to the new version of your entire existence.

Too often, overweight people get into the habit of thinking of their body by matching the thought to the visual. Now, change the perspective and visualize yourself slimmer again.

Affirmations:

The act or process of stating as a fact.

This method is used in the F.A.C.T. Factor exercises section. It consists of “convincing” the mind of a statement about yourself. However, every one of these declarations has to be supported by a deep core belief about their Truth. Therefore, no affirmation is actually worth anything without Faith.

This is a great way to learn how to believe and build up Faith. As you can imagine, the practice of this technique makes it better. So, get your notebook and every day affirm something about yourself, bring a new Truth to your Life and observe the clues showing you that it is happening.

This method tends to replace one’s old paradigms through the consistent and conscious affirmations of new ones. The belief has to become part of one’s nature.

“Merely to abstain from wrong thinking is not enough. There must be active right thinking” - Ernest Holmes

Repetitions:

The act of saying or doing over again.

In French, we called that technique *“la Methode Coue;”* Mister Coue observed that by repeating an action or a saying, it would become a belief. Since actions match thoughts, echoing a new affirmation about yourself will make it part of you.

It is through the same technique that you convinced yourself that you were not worthy of well-being or happiness. The awareness you will use to practice these methods will bring even more power to their vibrations.

Prayers:

A solemn request or Thanksgiving to God or an object of worship.

“Ask and you shall receive” is an actual Truth. However you need to really be aware of the demand, for it will be answered. This means that accuracy is the key to receiving what you ask for. Here is an example:

“I thank God for allowing me to experience being a published writer and allowing me to experience Happiness, spiritual awareness, wealth, health and abundance through the selling of my book Beyond Fitness in 2006.”

This was my prayer. I put a purpose, an intention, and a focus on it and more than anything I knew it was happening. Guess what you are reading... and guess what my Life is about!

Spiritual work, like other intensive pursuits, can be arduous and frequently requires an extremely focused intent and an unflinching concentration. An open-minded and willingness to improve are necessary prerequisites to progress.

Synchronicity/Coincidence:

A remarkable concurrence of events or circumstances without apparent causal connections.

We know that one of the universal laws is the “Cause and Effect”

Principle. Therefore every objective manifestation has a cause and is an effect of its cause. The invisibility aspect of an event does not make it non-existent.

Coincidences are actually signs and answers to prayers. They are responses to repeated questions and affirmations you have declared earlier. This shows the importance of practicing your affirmations or your visualizations with a conscious intention. You will notice the signs when you know where to look for them. If you are aware of the questions, the signs will make sense. These signs will provide you with answers. If you don't have any awareness of your wishes and demands, how would you recognize the signs?

The book I would recommend that you read to understand more about coincidences is *The Celestine Prophecy* by James Redfield. This is the book that first changed my perspective and educated me about another way of living... by intuition. Synchronicity surrounds us everywhere and at all times.

Curiosity:

An eager desire to know.

Curiosity is empowering because it implies a need to let go of Fear by opening new doors, pushing limits, overcoming established paradigms, asking questions and, therefore, wishing to expand oneself.

When Love takes place within, so does Power, so does Infinite, so does Wisdom and so does Peace.

Curiosity means to be tolerant and open-minded enough to accept another perspective without critique or comparison. The more perspectives you gather, the more possibilities you are aware of and so the easier it is to define yourself. You can know what enables you to evolve and what does not. You can truly choose who you want to be and live the Life that allows this particular existence.

Meditation:

The art of balancing mental powers and directing them onto a point of peace and tranquility.

It is a way to free the mind and attain the light within. Its practice tends to get rid of inner conflicts by centering the focus of Life on Love.

Meditation helps to train thoughts, refocus attention and align with wholeness.

The development of Love-related qualities is what meditation's practice seeks to develop. Thus, compassion, tolerance, peacefulness, kindness, patience and understanding towards others and ourselves represent the actual components of one's quest for a better Life.

Meditation, done consistently and with commitment, can be a Life-changing and Life-expanding practice.

☯ Sponsor/Mentor: An experienced and trusted advisor.

According to Dr David R. Hawkins: *"In sport, great coaches are sought after because their influence inspires maximum effort. A devotee can abet his own progress by merely focusing on an advanced teacher and thereby aligning with that teacher's energy field. In our testing, it was repeatedly shown that holding the image of an advanced spiritual teacher in mind made every subject go strong, regardless of his or her beliefs."*

This is illustrative of the instrumentation where the newcomer from a lesser level of awareness, who places himself in the influence of a higher awareness, is transformed 'by osmosis'."

Find yourself someone who inspires you to the highest and keeping this icon in mind for his/her energy will elevate yours. A mentor who inspires another carries Love within: The Love that emanates from the heart. A sponsor's motive is pure.

☯ Relaxation:

The act of becoming less rigid.

Relaxation is synonymous with recreation, rest, leisure, amusement, entertainment, fun and pleasure. It allows you to take some time away from frustrations and practice an activity that relaxes you. By relaxing the mind, the body can detoxify and cleanse itself of trapped toxins. Energy can easily flow and bring a sensation of well-being.

☯ Discipline:

Bring under control by training in obedience.

Each step of your program requires motivation, commitment, focus and determination. These qualities are intrinsic qualities of a winner. Discipline the mind and you will discipline the body.

Water Intake:

Dr. Masaru Emoto demonstrated through stunning photographs that water responded to expressions of consciousness. Our body is comprised of about 80% water. Thoughts, then, might affect our physical dimension. Position a sticker on your glass or bottle of water and write a word you wish to vibrate with. For example, Happiness, Love, and Forgiveness... The water will be programmed with this thought.

Breathing:

We are breathing creatures, first. Not breathing means death. Therefore, cardio-training is important to ensure the correct function of your body's basic system. Consider oxygen as energy. By reducing its supply, its assimilation, its process, we waste energy and we fatigue the "vehicle." Consider 3 to 4 sessions of cardio per week:

Muscles:

Muscle tissue constitutes 40–50% of the total body weight. Through contraction, muscles perform 3 basic functions: motion, maintenance of posture, and heat production. Maintaining a healthy muscular system allows us to be independent and free from neediness.

Flexibility:

Flexibility is the first quality of a muscle. Without it, not only would contraction be restrained, but also there would be little possibility for strength gain. A flexible body reflects an open mind. What is rigid becomes a point of vulnerability, for what does not bend is liable to break.

Food Intake:

Food is the fuel of the body. When you consider your body as a creative temple and a vehicle to the guide within, it does not make any sense to destroy it by feeding it with an unbalanced diet. A sensible diet should be a balanced diet with an awareness of the choice of food. By observing your choice, you are able to detect an emotional addiction. The new perspective of yourself should bring a new perspective on your feeding behaviors.

 Books:

- ✓ *The Celestine Prophecy* - James Redfield
- ✓ *Conversation With God Book 1* - Neale Donald Walsch
- ✓ *What The Bleep Do We Know?* - William Arntz / Betsy Chasse / Mark Vicente
- ✓ *The Message Of Water* - Masaru Emoto
- ✓ *You Can Heal Your Life* - Louise L. Hay
- ✓ *The Servant* - James C. Hunter
- ✓ *The Course Of Miracle* – Foundation for inner Peace
- ✓ *Science of Mind* - Ernest Holmes
- ✓ *365 Science Of Mind* - Ernest Holmes
- ✓ *Power Versus Force* - David R. Hawkins
- ✓ *Way Of The Peaceful Warrior* - Dan Millman

The Power of Words

Emotions are triggered by your thoughts. Words express emotions. However, a word by itself cannot set in motion an emotional reaction—it is the understanding of the word that gives its emotional effect. Therefore, understanding generates emotions. We know, now, that understanding of a situation is a dependent variable of belief. The belief beneath the word is what triggers the emotion. Therefore it becomes essential in the pursuit of intercommunication, to value the accuracy of our words. A word vibrates with the emotion it carries. Choosing the right words to express one's own perspective to another is an *art*. Communication is a very delicate subject. Everyone uses identical language without taking into consideration the belief behind the word. There is a necessity to define key words in a conversation in order to ensure a synchronicity of the matter through personal interpretations.

Diplomacy is adroitness in personal relations. This is a tool everyone should use when there is an obvious conflict or opposition. It is very easy to be passionate about a subject and realize that the two encounters are actually not referring to the same notion.

Also, emotions are automatic responses to previous values of judgment. This demonstrates the need to enlarge our conscious-

ness and break the previous paradigms of ourselves. By doing so, we give ourselves the possibility to welcome a situation with a new perspective and therefore create a completely different reality.

There is a reason why it is important for you, who wants to change the perspective about yourself, to use the right words.

Words are one possibility for you to accept and embrace a new version of yourself, by expressing your desire to love yourself. What is the meaning beyond the four-letter word 'Love'? Decide to deprogram the Fear spread within. What do you understand by Fear?

The power of a word is generated by our thoughts and therefore is as creative as its generator. Release the energy through your thoughts and your words by understanding them down to their core and discover the healing power of their vibrations.

Surround yourself with warm, loving, caring and positive thoughts about yourself and your world. Write them down and say them out loud. The word is a powerful concept. It is the concept by which not only one creates his own reality but rather one integrates his reality with a multitude of other realities. Words are bridges that allow harmony between two or more realities. Misusing or misinterpreting or even misunderstanding them could create chaos and unbalance.

Words are the earthy side of our thoughts. The power they carry are shaping the reality you are manifesting. However, words are objective manifestations of our thoughts as well. We think first and then we express these thoughts via words. Therefore, they are a reflection of the inner vision of our Universe.

Words used in a day-to-day conversation are a representation of our self-image. Words create emotions. The impact of the emotions in others is the same as inside our own mind. And so, the way we communicate with one another demonstrates, primarily, our own mental concepts about Life and, secondly, exerts the patterns of behavior we accepted as survival principles.

The awareness of the vocabulary we have chosen to express ourselves individually and experience ourselves collectively is a key in the quest of self-discovery. The deliberate choice of

words that vibrate with a Love wavelength—energy level vibrating when the word Love is pronounced—is crucial in our healing process. These healing words are the precursors of the change itself. These are linked to our very vision of ourselves. Decide to ban words from your verbal expressions that don't bring peace and tranquility. Take into consideration the ones that lift you up, resonate with a more airy wavelength, and light up the dark side that you have been holding onto. Believe in the healing power of words, for their combination forms prayers, affirmations and blessings with which you must vibrate in order to cure yourself of Fear. Understand the deeper, and more vibrant, motion that lies beyond the letters because words are, before everything, carriers of concepts. These concepts are the very center of our preoccupation and our emotional addictions. A vibration is always subtle in its form, but its effects have great emotional repercussions.

In our communication, because words are our preferred tool, we need to be vigilant in the choice of the terms, and understand the messages, notions, images, and essence they transport. Our personal verbal expression affects others and us. It is by paying attention to our vocabulary that we can truly transform our personal inner vision. We can create a new paradigm with respect and integrity for others and ourselves. This respect becomes the first milestone in our personal growth.

Creation and Limitation

The concept of creating our own reality is somehow overwhelming, even though it is attractive. Our human mind is challenged in this very matter by our personal limitations. Notice that these limitations represent the underground of our beliefs. Our creative potential is proportionally linked to our possibility of expansion. Therefore, the limitations in which we believe become the borders of our Universe. However, if we consciously stretch these boundaries towards infinity, we give ourselves room for growth and fulfillment.

When you think about a healthier and slimmer you, you should visualize the Life that goes with this healthier self: What you would

do, how you interact with others. Enlarge your scope, open up your vision field to a broader space, and think about the possibilities rather than the impossibilities. Miracles are not exceptional. They belong to the ones for whom creativity and imagination are endless, the ones who make possible the impossible and who understand that Infinity is a reachable goal.

Your reality is a direct translation of your limited beliefs. Limited beliefs, limited creations. The energy behind your beliefs is limited and its vibrations shorten. Amplify these vibrations, broaden the perspectives, magnify your personal perception, re-imagine yourself and reinvent the path you walk on.

The word “creation” does vibrate with infinite possibilities. Limitation, on the contrary, expresses the notion of suppression, restriction and un-imagination. Therefore these two concepts cannot be associated, for their very nature is opposed. This means that in order to express maximum creation, one must become unlimited and Infinite.

Our dualistic physical world teaches us the very notion of limitation. The understanding of limitation makes possible the experience of the creation. Without knowing black, one cannot experience white.

Now that you know by experience who you don't want to be, because it does not serve you anymore, change your perspective and become another. Fully express your self by being free of limited paradigms and limited perceptions. The beauty of our reality lies in its impermanency and its endless possibilities. Reveal the limitless resources within by setting its boundaries out of sight. Empower your very center and build your body like a cathedral. Be your own architect and design the temple you foresee. Enjoy the journey. This building is not made out of walls and cement. This very creation is made out of thoughts of never-ending knowledge, eternal beauty and everlasting peace. This is the revelation you will seek, for it represents the ending of the struggles. You are entitled to this perfection, for you are the perfection. Our limitations asphyxiate us. Our creation empowers us.

We all have the potential of infinite creation; however we need to transcend individual and collective limitations. These indi-

vidual and collective limitations are the collection of thoughts, assumptions, judgments, prejudices, laws, morality, values, attitudes, ideals, and emotions of a fraternity. The culture, background and geographic influences are all parameters of belief systems. Transcending these elements is challenging, for we have to find a subtle harmony between expressing our individuality and social acceptance. This balance allows us to peacefully interact in our world without giving up on the purpose of our personal Life. The journey teaches us the way to be Faithful to our self. It does so by allowing us to look outside of the box and acting within the realm of awakening.

The Intuitive/ Physical Reference

The following material explains the possible subconscious cause to a particular physical condition. Never forget that this is not the Truth. This is *a* Truth. It is mine. Examine it and draw your personal conclusions. However, never stop seeking the cause by listening to your intuition.

Weight gain: This is a feeling of insecurity and lack of protection. The fat is stored in different locales as a shield. There is a feeling of insignificance and low self-esteem attached to the weight gain. Becoming bigger allows us to be noticed. However, this creates an addiction to the emotions of low self-esteem.

Fat Storage Localization:

Thighs: The thighs are the symbols of movement and directions and represent the grounded side of us. It is the male vibration. Stability and decisiveness. If you have the tendency to store fat around your thighs, you might want to consider letting go of the male energy. This male energy most likely leads your way of thinking and acting. There is a need to integrate the female energy of your self. This female energy involves the intuition, the nurturing, the relational and the air element more than the earth element.

Abdomen/Hips: In spirituality, the hips and abdomen areas harbor the first three seals. Seals correspond to levels of consciousness.

These three specific seals represent sexuality, pain, suffering, and controlling power. These seals are commonly at play in all of the complexities of the human drama.

This particular region of the body is therefore the most susceptible to storing fat. These Life dramas and their very emotional addictions have to be understood to allow the expansion of consciousness.

Arms: They express the “doing” part of our Life. They indicate the unsatisfying feeling about our Life experiences in work. They alert us about the feeling of limitations in our experiences and the way we define our self.

Back: The back ensures the support and stability of the upper body and carries the entire posture. A feeling of lack of support in all our Life experiences tends to create a fat storage on the back area, for example, a Fear of lack of money, a lack of forgiveness about the past, a lack of emotional support.

Water Retention: Water is a fluid. This is the substance we were in for nine months. The mother’s womb is a secure, safe environment. It provides nutrients and necessary elements for growth and development. Water retention is a survival mode created by the body.

A specific uncomfortable or scary situation creates a need to find safety and balance because the generated stress is unbearable. Water is the element of unconditional Love. By surrounding yourself with water, you diffuse the stressed energy through the neutrality of the water.

People with a need to add salt are unconsciously creating this survival option. The sodium in salt makes kidneys retain water instead of excreting it. Sugar as well. Too much sugar raises the levels of the hormone insulin. High insulin levels make it hard for you to excrete sodium.

Cellulite is a form of fat with retained water. Women have a common tendency towards cellulite around the thighs. This area vibrates with the feelings of security and protection, which are the characteristics of masculine energy.

Interestingly, protein is the most important nutrient to prevent water retention. The main role of proteins is building and regenerating cells.

According to Louise L. Hay, in her book *You Can Heal Your Life*, an unbalanced in the lymphatic system is a warning that the mind needs to be re-centered on the essentials of Life, Love and Joy.

The lymphatic system plays an important role in the immune system and in absorbing fats from the intestines. The lymphatic vessels transport excess fluid to the end vessels without the assistance of a pumping action. It drains excess fluids and proteins so that tissue doesn't swell up.

The opposites of Love and Joy are Fear and Sadness. These two emotions are commonly observed in people with weight problems and water retention.

Thickness of Fat Layer: The thickness of the body fat layer express the depth of emotional stress as well as the urgency to treat the issue.

Ignoring these symptoms is being irresponsible in your duty to care for your body and can be translated as a will to give up on Life. This slow suicidal action is based upon your beliefs.

The book you have chosen to read is not just a coincidence. It is a sign that your soul is sending. It is the right time for you to succeed where you have previously failed because you were simply not ready, too busy, or too scared. You have passed these stages of deep Fear, victimization, and being overwhelmed. You arrived in front of the door. This is your chance to open it and discover broader understandings and a wider consciousness that lie beyond the appearance, beyond your basic vision, beyond the known. The time has finally come for you to seek and find your weight-loss success beyond fitness.

Your well-being is reachable, for its maximal potentiality has never left you. You have simply forgotten where it lay. Read the map, get on the road, rest when needed, but never stop walking the path and never stop learning the directions. The destination is Infinite, Peace and Love. This, my friend, you deserve as much as anyone else.

This sense of understanding and purpose in my Life gives me a certain confidence. This quest and the constant amazement of its teaching are taking me on an unbelievable journey of self-discovery, where goodness, happiness, joy, and peace prevail. I lost my weight and succeeded in every aspect of my Life.

Recently I got pregnant and gave birth to a wonderful little boy. That particular experience enlarged my vision even more. Now I fully comprehend the need to teach the next generation that happiness is not a myth. It is not unattainable. It is here and now if we decide so.

The next chapter highlights our responsibility to give our children a better understanding of Life purpose and Life itself.

It also explains that it is through our example that they will be providing an even better place for their next generation. Therefore, it is our individual duty to make sure we empower them and lead them onto the road of success and realization.

The Next Generation

ONE CANNOT GIVE what one does not preach. One cannot preach what one does not know. One cannot know what one does not fully understand.

This quote expresses the exact reason why, we, as parents, have a moral obligation to expand our awareness and heal ourselves first. The increase in childhood obesity demonstrates the lack of healing of our generation. We have given our kids the responsibilities we did not know how to handle. By not taking care of ourselves, by living in Fear more than Love and by being irresponsible about it, we have created a generation of identical humans that must deal with the same dis-ease (discomfort). They have to battle the same dragon because of our incompetence and our lack of consciousness about our emotional patterns.

The low self-esteem and the unworthiness felt by the caregiver are passed on to the child by example. Unless understanding the concept, there is no possibility to fix the real cause.

Children who are overweight, now, have to be surrounded by more Love and more kindness than ever. The same is true for the caregiver, who, by forgetting about him/her self, forgot about the younger one. The impact of a learning process through model and replication is proven today with a number of surveys showing

the gravity of the situation. If there is one time to react, it is here and now. And you, my friend, are the center of the solution. Allow your child to evolve because you, yourself, decided to do so. Show them the path. Lead by example. Be the ideal and excellence that your child is looking for. You have the task to save them by saving yourself first. Our children should not have to pay for our “mistakes.” They should learn from them. They will do so if you understand the lessons and their messages.

Understand that your children cannot save you. You must do the work first, and then give them the same empowerment you have found. Then they will seek a greater empowerment, for this is the law of evolution.

Tell your children that obesity is a choice—an unconscious one, maybe, but a choice, surely. Stop forwarding the irresponsible messages—the excuses of genetics, the lack of money, the easiness of fast food and other nonsense justifications. These excuses are the result of your *personal* emotional imbalance, not theirs. This was your unconscious choice.

They have other experiences to live. Give them the chance to live these experiences fully by freeing them from your own private decision.

Understand that they are watching your every single move and reaction. They assimilate them as true and “right,” for you are their Mentor, their Truth, their unique relation to the outside world. You became a teacher the moment you decided to conceive this new Life. Parenthood is the biggest and greatest experience of all, for this is the one sustaining the evolution of the human race. Could you ask for a bigger responsibility?

Your children are looking to learn respect in harmony. How are you supposed to teach them this concept when you chose not to experience it in your own universe?

If you want them to be a winner, then *be* a winner. If you want them to be a leader, then *be* a leader. If you want them to be their best, then *be* your best. Don't settle for less than what you deserve. You deserve Love; Infinite and unconditional Love. If you seek this Love, therefore, they will learn never to settle for anything but infinite and unconditional Love.

Allow them to be curious and allow them to always wonder about the unknown. For there is no reason to fear it.

A child is the physical sum of both parents. He is also the product of their emotions. When your emotional legacy is unworthiness and low self-esteem, this child first needs to overcome your own obstacles before even facing his. Don't you see the unfairness in this situation?

A psychology study demonstrated that parents unconsciously consider their children as the continuation of their own lives. This implies that these innocent creatures have the responsibility to carry out successes where their parents have failed. It obviously does not work that way. Evolution does not operate that way.

Without awareness of our own reality, we are setting up our children for the same existence. Are you truly happy in your Life? What would you change? Is your Life the best you would choose to give as a legacy to your little ones? Maybe there is something more, and maybe they can achieve better, because their consciousness is wider and deeper.

In order to heal unconscious Fear, evolve in consciousness, and understand Life and its sole purpose, one needs balance and safety. As a parent, it is your duty to ensure that your child's Life has balance and safety as its very foundation. This substructure is the solid cement where theoretical knowledge and practical experiences pile up to create a purposeful existence filled with meaningful and growing experiences.

Your children's weight management issues are the direct manifestations of your own incapacity to heal yourself first. Your personal blindness shifted, by osmosis, into your child's unconscious. The example you set became your child's to follow, for your Truth is his Truth.

Guilt is not the answer, though. It is not too late, for you are empowered with the great dynamic energy of change and improvement.

There is only one strategy for you. This strategy is self-discovery, self-empowerment and self-healing. These three elements constitute the basis of your teaching instruments. We, human beings, give more credit to our vision than our feeling. Therefore,

show, demonstrate, and prove by example that your child's health is under control, because yours is under control.

Your children are under your protection. You must teach them independence, strength and safety. They trust you first before a doctor, a teacher, a coach or a friend, because they see you as their guide.

You are a provider, and as such, your child seeks your providence and your protective care.

Help them discover what you have forgotten and together walk the path, for you all deserve Peace, Love and the Infinite.

Conclusion

THE SUCCESS OF the book *Beyond Fitness* is not tied to luck. It was born from a true vision of helping everyone who experiences weight-loss difficulties. It was created with the real belief that its explanations, solutions, and answers give a new perspective to the problem and therefore a new wave of hope to control the phenomenon. It was written in simple words and easy analogies for everyone to understand the concepts it presents. Its work was elaborated through divine inspiration, for what can touch the heart stays in the mind. It is based upon real Life experience, making its message a living proof of authenticity. For what can be done once can be replicated. A miracle stays a miracle as long as no one else duplicates it, truly, faithfully, intentionally and lovingly.

The true nature of this book is Love. It has no purpose other than giving a message, ensuring the well-being of each of its readers, bringing Faith and Truth into the world, and finally, sharing a great adventure. This is also about sharing different beliefs, a few revelations, some time, and a lot of loving and caring energy. My dear friend Angela Peregoff, Science of Mind Minister, has blessed this book. The power of her blessing and the energy it carried are now yours. This book has been brought to all of you, by my hands

and mind, but through the divine consciousness, with which I nurture myself in every moment and at every place. This book is the objective manifestation of intentional and focused thoughts. The method I use to create my writing reality is the same idea, for it is the real and successful technique that treats the cause of weight issues, rather than only the symptoms. You can heal your body by working on healing your self first.

There are already seminars and conferences set up in the back of my mind as I am writing the book. Therefore, you get the chance to meet, explore and truly experience the full message. I feel alive and I am an energy creator. I personally explain to you the path to intuitive physical success, as the light that animates me carries you higher than ever. This light vibrates with the one buried within you and then the miracle takes place.

I already thank you for helping me create these meetings. I am curious to meet with you. I also thank you for having been the ones to encourage me to sustain my motivation for expanding my creativity through writing. Without you I would not have been able to experience how to be a writer and a motivational speaker. I feel I have found my path and you all have my deepest gratitude for becoming the last piece of the chain to help me create my reality.

We are an endless circle of energy and we exchange this substance to create our Life. I had the dream and desire to become a writer with a spiritual message. This dear vision became a reality by interacting with your deep wish to heal your body. No message is worth giving if no one wishes to receive it. I thank all of you for allowing yourself to receive a new kind of message, helping this French immigrant to become a voice from and for the heart in this incredibly loving country. Realize that because of who you are, you made me believe, because your way of Life makes a dream a reality. And trust that if I made it here, every one of you has within what it takes to achieve. Achieve success and achieve prosperity. Use your infinite potential to create possibilities, then experience your infinite possibilities to create choices, then choose your happiness. We harbor happiness within our potential. This potential needs to be more than a capacity for development. It needs to be

the resources available to achieve or fulfill your existence.

The following blessing is the very reason I have changed and evolved into a more balanced human being, because here, what I believe I am...

Blessing for the Lost Soul:

“Who am I?”

I am this being of light lying within the physical experience of (your name). I am unconditional Love and Infinite. I am the source and as such, I am all-powerful, eternal and safe everywhere, anywhere and at anytime.

My energy is identical to everyone’s energy and everything’s energy. I am the source of my reality, for my energy creates what my mind can envision.

I am the divine guidance who knows and connects with the whole. I am the subtle voice who leads the experience. I am the beginning and the end of the circle of Eternity. I am the one who contemplates itself through this objective manifestation of physical reality.

I am protection and security, for I know the unknown. I am the basic principle of ying and yang, of male and female, of darkness and light, of black and white, for I am the Everything, everywhere and at all times.

I am part of and still whole.

My energy vibrates with Love, for this is the very nature I embrace. I am peace and tranquility. No thing or no one can ever hurt me.

I am what lies beyond the visible, behind the obvious, underneath the tangible, over the noticeable. I rest in Faith, trust, confidence, certainty and conviction. I am joy, happiness, bliss and radiance. And so it is.”

May this belief about your self bring you serenity, peace and Love. For not only do you deserve it, but more so, *you are it.*

Bless you all, for the gift you gave me, and now start living... truly...

Namaste, Aline Hanle

