

## How to lose weight

By focusing on what-IS, more of what-IS is maintained. This is why it is so difficult for most people to lose weight. They are connected to and fully identified with their bodies and so attention is forced upon overweight on a daily basis. Going on diets only helps temporarily if this continued mental focus on the excess weight continues. |

It is quite impossible to feel overweight and then lose weight. Enjoying movement, sports, dancing, play and lots of water is certainly beneficial – but even then, the inner focus must shift is the results should be worthwhile. This includes the focus on beliefs such as “I am not OK the way I am”. “I do not feel well in the way I look”. “Eating this makes me Fat”. Feeling unwell is not the result of being overweight, but the cause. Most will say “I feel bad because I am overweight”. But the reality of the situation is that they are overweight because they have not allowed themselves to allow joy, inspiration and aspiration to flow through their bodies and have become preoccupied with weight. The preoccupation with weight – only a Billion Dollar industry (including diets, diet-foods, slim-fast-products, vitamins, cosmetics) benefits from it, not you.

You will have to find a way to envision yourself the way you want to look while at the same time loving and accepting yourself the way you are. Sound paradoxical? It is. If you cant do that, then its best you pay less attention to the issue of weight. Reduce its importance. Find something more interesting to ponder on. And at night, before going to sleep, envision and feel yourself as ideal-weight. And when waking up, feel and imagine yourself as-you-want-to-be again. And repeat this many times, until it becomes habitual for you to see yourself as athletic and beautiful. This will change your looks to the positive – for good.

Stop asking stupid questions. “Why am I so fat?” is a stupid question that only produces hundreds of non-helpful thoughts. A better question would be: “How can I lose weight?” But that question is still not good enough because it focuses your attention – again – on the weight. So an even better question to ask yourself is: “How can I lose weight and enjoy myself in the process?” This question may elicit answers such as “Riding the bike” or “Dancing”. And there’s an even better question yet, that focuses you in the direction you want: “How can I see myself as ideal-weight?” Beautiful. And there’s an even better question there, since the “How” may focus you on the pressure of having to work or do something (in reality the body does it all by itself if you let it): “Why do I want to see myself as ideal-weight?” The answers that you list to this question will focus you in the right directions and speed up your recovery.