

RUDY DELPHINO



-Take the positive turn to become slim and healthy on the pilgrimage road of your life-

-With 7 pillars to lose weight forever and to stay slim forever. Live happy and healthy-

SPIRITUAL VERSION

**-TAKE THE POSITIVE TURN TO BECOME SLIM AND HEALTHY
ON THE PILGRIMAGE ROAD OF YOUR LIFE-**

**-LOSE WEIGHT PHYSICALLY AND SPIRITUALLY,
BECOME SLIM AND HEALTHY-
-STAY SLIM FOREVER – LIVE HEALTHY AND HAPPY-**

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Author does not want to give medical advice and does not want to describe theme's or principles, directly or not directly, as treatment of illness without the consultation of a physician. Author has written this book, with best intentions, to help you lose weight for good, get slim and live in a healthy way. Finally your own weight, figure, your mental and physical health is your own responsibility.

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FOREWORD

With pride and love I dedicate this book to my family, Trudy, Fokko, Catharina, Dorothy, Bill, Cathy, Susan, *Jacky, Yorik, Rosa, Delphi, Consuelo and Amistad.*

*

For the past five years I suffered several health and other problems on my own pilgrimage road. I accepted it for what it was and was able to heal and grow physically, mentally and spiritually. After 5 times of surgery, only in a period of three years, including spine surgery twice, my health is stable again. Therefore I would like to say special thanks to Dr. Bartels and Dr. Shanurkeyl. These two specialists helped me, each in their own expertise, to restore my health. They showed a very professional, but very warm attitude. I'm grateful to be able to move freely again with my body, my home.

*

No words can describe how grateful I am that the Divine Source of Life, the Divine Cosmic Love and Energy, inspired me to write this book. You whispered almost every word into my ears and guided and steered me to this beautiful turn on the pilgrimage road of my life. For me there was no other choice than to take this turn and direction in full confidence. With infinite gratitude I thank You that You not only allowed me to write this book, but already for many years You guide me to let me live by everything written in this book. I'm able to maintain a good weight and health. Once my weight was deadly obese. Through the years I was deadly obese again for a few times. I know that will never happen again. My weight is in good balance with my height. In 1996 I already started to write the first words of this book. Apparently it was necessary that I didn't finish it before 2011, it all feels right. I will continue my own pilgrimage road with the love, positivity, light, intelligence and energy of the Holy Source of Life. With pride I will help to spread love, positivity, joy, light and energy.

*

Finally I dedicate this book with infinite warm, indestructible, loving memory to a few unique, and irreplaceable, sources of inspiration and angels in my life: Helena Petronella van Raaij-Broer, my parents Jo van Raaij and Gerrie van Raaij-Wijnbergen, Jo Pleiter, Peter Rieben, P and Rose. I would like to honor and thank them for all the love they gave me. I do know they help me every day, protect me, and watch over my shoulder. Thank you.

Rudy Delphino

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INTRODUCTORY

You may well give yourself some big compliments. You're reading this book. You found this book, that's wonderful. This also means this book found you. There's no coincidence. You're about to change your consciousness and you're ready to do so. You're going to reprogram your mind about everything concerning your weight. It also means that you're on your way to find back love for yourself. That's a beautiful promise that will take place now. Go on reading this book and take the most positive direction on the spiritual pilgrimage road of your life: the road to a slim and healthy life. Are you reading this because you lost weight and you don't know how to go on to maintain your weight? Go on and work with this book, you will be able to maintain this healthy weight. Do you want to improve your physical and mental health? Then you will also find enough valuable principles to work with. This book will help you to change your attitude towards yourself, your way of thinking, your behavior, food, your figure and your weight. Go on, you took the right way. Believe in yourself unconditionally. You will see results, no matter how much weight you want, or have to lose. Anytime you find a * in the text I offer you the possibility to think about what you just read. After that go on reading. Don't read too much at one time. Anyway, there are no obligations. You have the right to grow and change physically, mentally and spiritually, at your own pace. Learning to think and behave by everything written in this book you will certainly lose weight for good, get more healthy, and you will learn to treat yourself with more love. This book is good for everybody, no matter who you are. It doesn't matter for how long you have had overweight, or how much overweight you carry around. No matter in what situation you're in: you are too valuable and too beautiful to reduce the quality of your life by being overweight. Are you under the age of 18? Please go ahead and communicate well with your parents, or the people that take care of you, about your intentions to lose weight. Communicate about how you think they can help you. You are beloved. You are intelligence and energy. Your body is a miracle and a beautiful internal world filled with positive energy. This is a book to work with and I do wish that you search for further deepening in yourself, on the world wide web, and in other books. Through everything you read you will deepen yourself and search for healthy products in the store more consciously. I will describe certain products and tell you why they are good or no good for you. I hope this will stimulate you to deepen yourself about food. There is too much food in the world to describe. That would mean I have to write a cookery book. The daily menu in this book, in combination with the themes and principles, is the foundation to lose weight for ever and live a healthy life. This foundation will help you to develop your own healthy patterns.

*

By reading this book, and by working at yourself, you will look into the mirror of your own soul. This will mean confrontation with yourself and getting conscious. It's possible you'll get emotional, or even feel hurt, by the words you read. You might get angry or sad, maybe because you recognize patterns. Just let the words go into you without judging them. No matter what the text does to you: regard it as positivity, because it means something is happening inside you. Energy starts to move. Don't reject it but let the text start to live as positive thoughts inside you. That will work very powerful. Trust me to know what you're going through and what you feel. The only reason I was able to write this book with all my heart is because I know what it feels like to live and struggle with overweight. Therefore trust me I approach you with positivity and love. All I want is to help you, I will never have the intention to hurt you. This book is written to help you, just like it helps me to stay

slim and healthy. You're free to start with any theme you want to start with but I would like to give a suggestion to start working at yourself: a plan to deal with your weight problem. This plan gives you the opportunity to start by working through the corresponding themes. Number 1 of this plan is not a theme, but good for you to start with. This will be enough work at first. Please enjoy yourself by working through this plan of approaching your problem. After this plan you can read and work through all the other themes, preferably by using everything you answered to the questionnaire about your eating habits and weight.

*

PLAN TO LOSE WEIGHT, CHANGE YOUR FIGURE AND LIVE HEALTHY

1:

Take time to stand in front of the mirror. This is your personal moment. Look into the mirror. See well how beautiful you are (because you are!) and smile at yourself. Surrender yourself and accept the situation as it is for now. Yesterday, history, is gone. Tomorrow and the future is not here yet. This is the moment you're living, that's priceless. You have every right to be here, you're good enough as it is at this moment.

Smile at yourself and speak out the following words as a good intention (promise) to yourself. (If you please): this is my moment. I'm a beautiful, beloved and valuable human being. Today I will take the most positive and right direction on my own pilgrimage road; I will lose weight for good. I will change my figure. From today on I will live a healthy life.

If you please so you may speak out your own formulated good intention or promise.

*

2:

Read the theme logbook 1.

It's good to write honestly about yourself. It's your own reflection, it will give you a better view towards yourself. Everything you write is personal, you don't have to justify it to anyone. Read your good intention (number 1) again and think about what it means to you. Take your logbook 1 and write down the date of today. Then write down your good intention. (The promise to yourself) It may feel well to speak it out to yourself once more.

Read the theme recognition and acceptance of weight problem.

Go to the theme questionnaire.

Write down your personal answers in your logbook 1. Please keep this personal diary in logbook 1 from today on.

Read the theme everything is present inside you.

*

3:

Write down your length, weight, perimeter of your belly and your BMI.

Read the themes realistic weight reduction, consulting a physician / dietician.

Decide what is a realistic weight for you.

Read the themes perimeter of your belly, BMI, and using a belt.

*

4:

Read the theme scale 1.

*

5:

Read the theme daily menu and start by eating according to this menu and it's suggestions today.

After reading through the daily menu go on by reading the themes aids to help control your appetite, eating moods, drinking water and always eat at the table.

Go on by reading the themes code blue, code orange and code red.

Then read the theme learn to think positive.

*

6:

Start with breathing exercises 1 and 2, and the visualization and consciousness exercise.

*

7:

Start with the theme exercise 1. If you're already living by exercise 1 please go to the theme exercise 2.

Read the themes fat cells, how to burn fat, sports club / gym, and heartbeat percentages fat burning activities.

*

8:

Go on with the theme visualization of desired figure.

Read the themes breathing, meditation and guided relaxation exercise.

*

9:

Then read the themes there is and there will be no finish line, and the theme pilgrimage road.

*

10:

Now you may continue by reading the theme consciousness during the process of losing weight for the first time. You may read that theme again after 3 to 4 weeks.

*

For now there's enough work to do. Make notes in your logbook 1. See to it to create and beware balance in your life. There's no need to rush things, take enough time to walk on this positive direction you took today. There's no need to remember everything at once, or to practice everything at once, you will become more powerful by repeating and rereading (and of course practicing) the themes. Do you think it's strange to compliment yourself about the changes you're making? Living a happy life starts by appreciating yourself and you have all the right to live a happy life. It's ok to compliment yourself daily because you take positive actions. Don't judge yourself hard on a day it doesn't work the way you want it to work. That's life, there's nothing wrong with that. Life is all about falling and getting on your feet again. You will always get on your feet again, you're strong and will get stronger every day. You can use this book as a personal working book, you may write in it. Changing your habits and lifestyle into new ones will take place in small steps only. Probably you desire to lower your weight very fast, that won't function. Be smart, losing weight rapidly will cause more problems and will damage your health. Surrender yourself to the stream of life, work at yourself. In certain themes, sometimes in different words, text may be repeated. Think about learning how to drive or read, it takes time and you only learn by repeating several times. To change your way of life takes time, effort, and repeating. The secret of reprogramming your brain and increasing your metabolism, like reprogramming a computer, takes a long term vision and effort. Whenever you experience difficulties to change working at certain themes the best you can do is repeat these themes. You may speak out parts of the text to yourself as a positive message daily, that works in a healing way. Probably words from the text will bring recognition. This may cause emotions. That's ok and is part of the first steps in changing and healing. If necessary cry some tears or have a laugh about yourself, that means you're letting go. A loving attitude towards yourself and being patient will always be rewarded. Please hold on to these positive thoughts and attitude. There's no doubt you will succeed in changing your weight, figure, health and life, in a very positive way.

RUDY DELPHINO

PART A: PHYSICAL AND MENTAL ISSUES OF KNOWLEDGE ABOUT LOSING WEIGHT AND GOOD HEALTH;

Themes about knowledge are described in this part. It might be possible you recognize issues or become conscious about what you read again. Also there is no doubt you will read text you have no knowledge or consciousness about, they will help you to increase understanding yourself. That will help you to improve the functioning of your body, mind, and your health patterns.

ALCOHOL

Alcohol can taste good and can be pleasant to drink now and then. Science even tells you it's healthy to drink a glass of red wine now and then, because red wine contains anti-oxidants. Since you investigate how you react to all kinds of food and drinks you probably can confess you gain weight very fast if you drink alcoholic beverages. Alcoholic beverages contain loads of calories, lots of sugar, and alcohol is easily turned into body fat. Drinking alcohol makes you feel tired fast and slows down your capability to make fast reactions. It's simply not done to drink alcohol daily if you want to lose weight, want to stay slim, want to get healthy and stay healthy. You can make a good start not to drink alcoholic beverages during weekdays. Too much alcohol is toxic for your throat, esophagus, stomach, blood vessels, liver, pancreas, brain and your total health. There's only one person who's responsible for your health and that's you. Write down in your logbook 1 how much alcohol, and how often, you are used to drink until now. By stopping with drinking alcoholic beverages today you might experience withdrawal symptoms, if you are used to drink alcohol daily. Symptoms like a bad temper, being touchy, trembling, perspiration, not feeling well, may occur.

*

Make a serious agreement with yourself to observe yourself well during weekends, and to listen to your body. Do you really need alcohol or do you want to drink alcohol simply because you were used to do so in the weekends? Is drinking alcohol the way to have fun with people? You can make fun and laugh without drinking alcohol or eating unhealthy food. There's no harm in drinking an alcoholic beverage once in a while, but not every day. This time you know for real you're going to reach your realistic desired weight and figure, no doubt about it. Be careful, stay careful in the future, with alcohol. That's not only good to maintain your, through hard work, reached weight and figure, but it's also better to maintain your total health.

*

AIDS TO HELP CONTROL YOUR APPETITE / YOUR STOMACH

How pleasant to learn there are simple and cheap aids that will help you get satisfied more easily. These are also aids that will reduce your appetite. These aids will help to shrink back your stomach to normal proportions. You can find lemon and lime juice in any supermarket. Adding a little bit to the water you drink before a meal will reduce your appetite. Add a little bit of lemon or lime juice to the bottle of drinking water you take with you to work or the gym. You're learning to eat several meals a day to prevent you from getting hungry. By eating like this you're preventing yourself from falling back into moods where you will eat way too much. (Eating moods) With aids like lemon and lime juice, and fiber tablets, it's more easy to maintain healthy eating patterns. In time your stomach will reduce in size, you will get less appetite. It will get more easy to eat smaller meals day by day. In time, by your own efforts, your craving for and thinking about food will reduce to normal. Of course it tastes much better to mix lemon or lime juice with water then to eat a lemon or a lime. Lemon and lime belong to citrus fruit, just like oranges and grapefruits. A grapefruit also has a strong appetite reducing function. You can vary daily by alternating a little bit of grapefruit juice to your drinking water one day and lemon or lime juice the other day. This way you're using natural appetite reducing products. They also contain vitamin C. After drinking or eating citrus fruit it's necessary to wash your mouth with clean water. You'll have to wait at least one hour before brushing your teeth, to protect your enamel. Be conscious about maintaining to drink water with lemon, lime, or grapefruit juice after you reach your normal weight and figure. These are aids to help you maintain your normal weight and figure.

*

FIBER TABLETS

Eating less, but healthy food is pleasant and not boring. Drink 2 glasses of water before every meal and take a few fiber tablets. By doing so you see to it you drink enough water every day also. Read the prescription on the packing. By taking fiber tablets you prevent yourself from getting hungry, you get more and better satisfied with every meal. It prevents you from eating too much. Fiber tablets are a simple and cheap product to help you to learn to eat less food. After a while your stomach has adjusted and is reduced in size also. You can buy fiber tablets in a lot of stores and stores that sell health products. There's no need to get hungry or get a food craving feeling, or eat too much with every meal. It's safe, if you want to, to take some more fiber tablets in circumstances you experience more appetite. Most products tell you to take 2 fiber tablets before every meal. A nice incidental circumstance is that this will have a positive influence on your natural bowel movement. In the nearby future you're going to reach your desired weight and figure. These type of products will help you to maintain healthy food patterns and to help you maintain your weight and figure. Make sure there are fiber tablets at home and carry fiber tablets with you. Where ever you are, if necessary you can take a few fiber tablets. It's good and wise to use aids that will help you reduce and control your appetite, while changing your health patterns. They will help you to get stronger and to persevere.

*

YOUR STOMACH

It's advisable to chew very well, and long, when you eat, by this the food is divided and made small into little pieces. Swallowing your food means it goes from your mouth and throat into your esophagus. Your esophagus transports the food into

your stomach, it lies just beneath your diaphragm. It sounds funny, but the wall of your stomach has a beautiful protecting mucous membrane. That's necessary because the content of your stomach is very poisonous and aggressive. Microbes that might have survived the saliva of your mouth are destroyed in your stomach, if you chew your food well enough. The toxic content of your stomach starts your digestion, mainly of proteins. Every now and then your stomach let's some content through to your duodenum, where your digestion continues. Your stomach is an organ that can move and knead. There's a layer of muscle around your stomach. Muscles can grow and get bigger, that's what happened to your stomach by eating too much for a longer period. It's seize has gotten out of proportion. Your stomach can hold more and more food, probably that's one of the reasons you eat too much and eat more all the time. Your appetite get's bigger and bigger, you crave for food faster and faster. Your brain is programmed with the program lots of food and is sending messages to eat to your stomach and you all the time. You have started to change that. Fortunately muscles can also shrink and get smaller again. Now you have started to eat less and more healthy, but more often through the day. It's logical your stomach may bubble sooner and you feel a bit hungry faster, this because your stomach has become bigger and has become used to bigger portions of food. It takes time to change these patterns and to learn to eat smaller portions. By drinking enough water and enjoying to eat something every one and a half to two hours you see to it your stomach and digestion have to work all the time. By this you're also giving your stomach the chance to shrink and get smaller again. Finally this means that in time you won't be able to eat big portions no more and that will result in much less appetite. Be patient with yourself. You can also use aids to control your appetite and they will help you to get easily satisfied with what you eat. Your patience and perseverance will give you a super reward: a slim figure, a normal weight and a healthy life. That's very valuable. Sent lots of love to your stomach every day, the organ that takes care of the start of your healthy digestion.

*

ALWAYS EAT AT THE TABLE

Where ever you are, where ever you eat your meal, it's good, nice, and necessary to take enough time and eat at the table. Your meal may be small, an in between snack, or may be your main course. Sitting down at the table makes you relax. Eat slowly, quietly. Enjoy whatever you eat the fullest. That's good for your health.

*

One moment you're eating while watching television, the plate on your lap. Another time you eat while working at your computer. Then, another time you eat while listening to the radio. If you're honest you can confess that many times you're not conscious about what you're eating. Many times you don't take enough time to enjoy your meal and you eat way to fast. Fast eating never satisfies enough. Start changing this pattern. From now on take time to enjoy any meal. Having a meal, whether it's a small or a larger meal, is a rich moment. It's nutrition for your mind and body. Particularly eat healthy and enjoy every bite.

*

Chew well and slowly, enjoy what you eat and taste it. Enjoying eating healthy food at the table gives you energy and strength. By taking time to eat slowly you are conscious about what you eat and you feel more satisfied. It's a moment of relaxation, without doing other things at the same time. Learn not to eat while walking and shopping, and don't go shopping with an empty stomach. Be grateful and enjoy every meal, how small it may be. By being conscious about what you eat and eating slowly, taking enough time to eat, the level of hormones that satisfy you will get to a higher level in your blood system. You will get satisfied and feel you had enough. It's better not to drink at the same time. That way you're forced to chew better and longer. That's much better for your digestion and getting satisfied. Take time to learn to get used to this pattern. Finally it will become your normal daily pattern in taking care of your health, getting slim and to stay slim.

*

When you still have appetite, or *think* you have, after finishing eating wait at least 10 minutes. After at least 10 minutes you notice if you're really satisfied enough or not. If you don't wait for 10 minutes and you continue eating you will probably feel to full afterwards. That feels uncomfortable. Chose your meals with care and enjoy the whole process of losing weight. Every day you will learn more about yourself. Every day you work at learning new healthy patterns that will improve your health, make you live in a more healthy way and make you lose weight. You're becoming stronger every new day. You feel more peaceful, and at ease with yourself, while you notice the positive reactions of your body to your loving care.

*

Where ever you eat your meal, see to it the table is clean and organized. That might be at home, at work, or elsewhere. Use a nice tablecloth, light a few candles, put beautiful flowers on your table. Also do so when you eat alone. Try not to talk while enjoying your meal. If desired you can play some nice and relaxing background music. It might be wise to just use a small plate, portions will look bigger. Use a knife and a fork. Put your cutlery down now and then, and take a break. Turn every meal into a special occasion and use nice crockery. It can be a meal by yourself, with your partner, with family, friends, colleagues, it doesn't matter. Create a nice and relaxing atmosphere in which you can eat in a conscious and pleasant way. Every time you eat at the table this way you're improving the quality of your life. Turn every day you live into your special day. Even eating a small meal will make you satisfied. You have all the right to be proud of yourself.

*

Maintain this healthy and pleasant pattern after you reach your desired weight and figure. Be grateful for the food you eat. This time you will succeed in reaching your

desired weight and figure, they will become your natural weight and figure. Take care of yourself with attention and love.

*

AMOUNT OF CALORIES BURNED BY VARIOUS FORMS OF EXERCISE / SPORTS

In the table below you'll find examples of the amount of calories burned by various forms of exercise / sports. The amount of calories burned is based on exercising for one hour. (Calories per hour, Kcal) The list below contains average amounts. The amount of calories burned can vary, depending on your body, your weight, your metabolism. You could burn some more or some less calories with the same type of sport.

Jogging: 800-1000

Cross country skiing: 700-850

Walking with a speed of around 6 kilometers an hour, a gradient more than 10 %:
700-850

High impact aerobics: 700-800

Zumba: 700-800

Step aerobics: 600-700

Cross trainer: 650-750

Tennis: 600-700

Spinning: climbing program: 600-700

Swimming at average speed: 500-600

Soccer: 500-600

Rowing machine: 500-600

Cycling at average speed: 500-600

Rugby: 500-600

Basketball: 500-600

Low impact aerobics: 500-600

Slope skiing: 400-500

Dancing: 400-500

Walking flat road at average speed of 5 kilometers an hour: 300-350

Volleyball: 300

Of course there are more kinds of sports, there's no record of the amount of calories burned by every form of sport. You could think of yoga, pilates, yagalates, and so on.

*

My advice is not to chose a form of exercise that burns the most calories, but to chose activities that make you happy, feel good, and are not too heavy for your body right now. In time, when your weight is reducing and your health is getting better, you will be able to look for other forms of sport. If you only chose for the types of sports that burn the most calories and they are too heavy for you at this moment you won't enjoy doing them, then you don't live in this moment. Then you only live for a future goal. It's most likely that you will stop going on, on this positive road, and that while you just have taken the most positive direction on your own pilgrimage road.

*

BMI / PERIMETER OF YOUR BELLY

BODY MASS INDEX

Calculate your BMI without getting stressed about it. Your BMI will change, get better and lower in the nearby future. Already you acknowledged and accepted you're overweight. Your BMI tells you, just like your weight does, something about the amount of fat in and around your body. The location of fat is more important. Too much fat in, on and around your belly is more dangerous than too much fat on your hips, legs, arms and face. You can calculate your BMI by dividing your weight (pounds, ounces) through the square of your height (feet / inches). You don't have to calculate it yourself. Go on the world wide web, on your computer, type in BMI on a searching machine. You will find enough sites. Choose one and type in your height and weight. The site will calculate your BMI. Look at the outcome given, from a distance, and accept it for what it is for now. No sad thoughts, from now on you will lower it anyway. Note your BMI in your logbook 1, together with today's date. Together with your desired realistic weight and figure you know within what healthy limits you'll have to bring your BMI. There's no need to worry about it now. Take a few minutes to think about yourself and decide not to calculate your BMI again until at least one month from today. There's no need to do so more often. If you find it too stressing to calculate your BMI in one month from now please leave it for a longer period and calculate it after losing.....of weight, or after reaching your desired weight.

*

BMI

A BMI lower than 18,5 means your weight is too low. That means you have a higher risk to get health problems.

*

A BMI between 18,5 and 25 means your weight is healthy and ideal.

*

A BMI between 25 and 30 means you're overweight. That means you have a higher risk to get health problems.

*

A BMI over 30 means you're obese and you have a serious risk to develop health problems.

*

Your goal will be to reach a BMI between 18,5 and 25. Realize you don't need to reach a BMI of 18,5. Just like your weight and figure it's necessary that you reach a realistic BMI. It's just fine to reach a BMI lower than 25, and a BMI you're feeling comfortable and healthy with.

PERIMETER OF YOUR BELLY

You started a beautiful new phase in your life, you took the positive direction to a slim and healthy life. An aid to use is a tape measure. Measure the perimeter of your belly with this and also write it down in your logbook 1, by today's date.

PERIMETER OF BELLY, WOMAN

Science tells you that you're having a four times higher risk of health problems with a perimeter of your belly (belly fat) of more than 37 inches. (88 centimeter)

With more than 37 inches you carry too much fat around your belly organs. Also this feels very uncomfortable and your clothes don't fit well. You're risking kidney problems, diabetes, and you're hampering a healthy functioning of your belly

organs. Your overweight and perimeter of your belly are overloading your heart and blood circulation. It hampers your ability to breathe well and freely. You have less endurance, you're out of breath faster. *Do measure the perimeter of your belly and your goal will be to reach a perimeter of your belly less than 32 inches (80 centimeter), a good and healthy perimeter of belly for women according to science.* It's not necessary, just like reducing your weight, to get obsessed with this. Don't measure it every day. You already took the positive direction by working at your weight, figure and health in a positive way. Working at this (process) is more important than the final goal in your future. You are guided and you know you will reach your goals. It's the best to measure the perimeter of your belly at the same time as looking at your weight. Decide if you'll do this once a week, once every two weeks or even just once a month. Reducing weight will take time and patience, don't put a burden on yourself by measuring the perimeter of your belly too often.

*

PERIMETER OF BELLY, MAN

Science tells you that you're having a four times higher risk of health problems with a perimeter of your belly (belly fat) of more than 40 inches. (102 centimeter) With more than 40 inches you carry too much fat around your belly organs. Also this feels very uncomfortable and your clothes don't fit well. You're risking kidney problems, diabetes, and you're hampering a healthy functioning of your belly organs. Your overweight and perimeter of your belly are overloading your heart and blood circulation. It hampers your ability to breathe well and freely. You have less endurance, you're out of breath faster. *Do measure the perimeter of your belly and your goal will be to reach a perimeter of your belly less than 37 inches (94 centimeter), a good and healthy perimeter of belly for men according to science.* It's not necessary, just like reducing your weight, to get obsessed with this. Don't measure it every day. You already took the positive direction by working at your weight, figure and health in a positive way. Working at this (process) is more important than the final goal in your future. You are guided and you know you will reach your goals. It's the best to measure the perimeter of your belly at the same time as looking at your weight. Decide if you'll do this once a week, once every two weeks or even just once a month. Reducing weight will take time and patience, don't put a burden on yourself by measuring the perimeter of your belly too often.

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TO MEASURE THE PERIMETER OF YOUR BELLY

Measure the perimeter of your belly on the smallest part of your waist, just beneath the lowest rib and the upper side of your hip bone. Measure it on this spot, just after breathing out.

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CARBOHYDRATE POOR BREAD

You can buy carbohydrate poor bread at most bakeries and some supermarkets. Carbohydrate poor contains about 60% less carbohydrates (chains of sugar) than regular bread. This bread contains a lot of fibers, but is low in calories. You won't taste any difference with regular bread, it just tastes good. You can combine this bread with regular bread, crackers and rice crackers. It will stimulate your body to burn fat for energy. Whenever you might experience a weak moment you can eat carbohydrate poor bread, with light jam or raw vegetables. It tastes good, take enough time to chew well, eat slowly and be conscious about what you eat. The weak moment will pass. This will fill up your stomach and satisfy. Your digestion system will be happy with all the work it has to do to digest. Just like most people who tend to put on weight easily your body will respond better to a lower amount of carbohydrates. You already will reach this by skipping sweets, regular soft drinks, and so on. (See theme single sugars and carbohydrates) By doing this you avoid eating single sugars. (Glucose) This is different from diets that tell you to skip all carbohydrates. These are one sided and unhealthy diets. These kind of diets will harm your metabolism and will stimulate the JO-JO effect, once you start to eat differently (carbohydrates) again. Always remember to eat carbohydrates (potatoes for example), but it's alright and good to eat less carbohydrates a day. See to it to eat carbohydrate poor bread at least once a day. Eat regular bread before exercise / sports. See to it not to lose weight too fast, because that will also stimulate the JO-JO effect. After all you want to lose weight and get healthier in a sensible way. During this process you want to feel energetic.

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Carbohydrate poor bread will stay a steady custom in your eating patterns after you have reached your desired weight and figure. This will be perfect to maintain your right, normal, weight and figure. Through time they will become your definitive, natural, weight and figure. Your goal is clear and within reach.

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CHOLESTEROL / YOUR LIVER

Cholesterol is a fatty substance. Partly your body (your liver) makes cholesterol by itself. Most of the cholesterol comes from your food. Mainly animal products contain cholesterol, these products contain animal fat. You will hardly find cholesterol in vegetable products. Cholesterol is needed in your body to build up body cells and hormones, but you don't need much and you mainly need good cholesterol. It's important to look at the composition of your food. The easiest way to reduce the level of cholesterol in your blood is to eat healthy with very little animal fat, lose weight, exercise, to not smoke and to not drink too much alcohol. Omega unsaturated fatty acids lower the level of cholesterol. You can't produce unsaturated fatty acids by yourself, they only get into your body by what you eat. Mainly you will find good unsaturated fatty acids in all kinds of oil, olive oil, diet margarine, diet products to bake with, peanuts and fatty fish. It's important to look at the amount of calories all kinds of (these) products contain before you chose what you want to use. Mainly you will find bad saturated fat in animal products like meat, sausage, whole milk, butter and cheese. Also you will find bad saturated fat in elaborated ready to eat products like pies, cake, pastry. Also you will find this in a few vegetable products like palm oil and fat from coconuts. All these products also contain lots of calories.

*

LDL = BAD CHOLESTEROL, Low Density Lipoproteins

HDL = GOOD CHOLESTEROL, High Density Lipoproteins

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To remember HDL easily you can use the phrase "*Hope Does Live*".

*

LDL parts transport cholesterol to your tissues, by your blood system. A high level of LDL will harden your important blood vessels. (Sclerosis) You're depending on them for delivering all oxygen and food to your cells, tissues and organs.

*

HDL parts transport cholesterol away from your tissues to your liver. HDL means preventing your blood vessels from hardening.

*

Cholesterol is only turned into LDL or HDL by your liver. In that way there's no possibility to see if there's LDL or HDL in your food. Your liver will pack up cholesterol within lipoproteins. The best thing you can do is look for food with a lot of unsaturated fatty acids (see text above) and skip food (as much as possible) that contain saturated fatty acids. *Be conscious about the fact that the more you move and exercise the more your liver will turn cholesterol into HDL.*

*

YOUR LIVER

It's not necessary to have detailed knowledge, or know the Latin names, of your body and organs. (Unless you want to) It's enough to understand the function in simple words. A good picture in an anatomy book or on internet makes you understand better where your organs are located and how they look. Your liver has a bigger and a smaller section. It's your heaviest organ. It's tied well to your diaphragm. Your liver is located in the upper section of your belly, on the right. It moves up and down with your breathing. It's color is beautiful brownish, like coffee and it's nice and smooth. Your gallbladder is located underneath your liver. Your liver is connected with your gallbladder and your duodenum. This part of your bowel system is twelve fingers long, is located right beneath your stomach and the

first part of your intestinal bowel. Food leaves your stomach in small portions into your duodenum. The connecting tube of your liver runs into the duodenum, together with the connecting tube of your pancreas. Digestion juices flow to your duodenum from your liver and pancreas whenever they're needed. You can't live without your healthy liver. You will get serious problems when your liver is not functioning well.

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From the lower part of your esophagus till your rectum all the blood flows through your liver in the direction of your heart. Your liver is one chemical factory and everyday it's functioning in a very intelligent and complex way. It takes out food, vitamins, minerals and other important stuff, off all the blood that flows through. It takes out toxic products like waste, medicines and alcohol. Your liver packs up cholesterol into LDL or HDL. The healthier you live the more HDL your liver packs up and delivers into your blood system. Your liver produces bile and bile is stored into your gallbladder. Then bile comes into your bowel system to color your defecation. Bile divides fat so fat can be digested better, it moves from your gallbladder to your duodenum every time food leaves your stomach. Eating too much fat and unhealthy food means demanding too much effort from your gallbladder. That may result in stones and other painful gallbladder and liver problems. For your good health you only need a little bit of fat in your food every day.

*

If necessary, you can't always avoid it, you'll have to take medication. Be careful with what and how much medicines you take, for example be careful not to take pain relievers if you don't really need them. Your liver suffers from other unnecessary toxic waste like smoking, alcohol and all sorts of mind stimulating drugs. (Just like your heart, nerves, pancreas, brain, lungs, blood vessels and other vital organs) Realize you need more and more of these drugs to experience the same effects. Look at yourself, you know you can make lots of fun and laugh without smoking, drinking, or taking drugs. Alcohol contains loads of calories, it makes you gain a lot of weight easily. Your liver and body are damaged the most if you smoke and drink alcohol at the same time.

*

This is a simple explanation of the way your liver works. Your liver works together with you, and all the other intelligent and complex systems in you, to maintain your precious health. Wonderful.

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CONSULTING A PHYSICIAN / DIETICIAN

You're valuable, unique and beautiful. Compliments: you're going to reduce your weight and live healthier. Maybe you only want, or need, to lose a few pounds and better your total health situation. Maybe you're deadly obese and you're carrying a heavy surplus of pounds, too much for your length and the way you're build. If, in your situation, you have any of the listed health problems below the advice is to consult your physician and / or a dietician. Do so before you start, or go on, with losing weight and exercise.

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Possible present health problems:

- Diabetes type I or II
- You suffer more than 10 kilo / 25 pounds of overweight
- Problems / illnesses of any kind of your joints
- Rheumatic illnesses, osteoporoses
- You had surgery recently
- You never really did any serious exercise or sport
- Until so far in your life you lived and ate unhealthy
- You smoke
- You drink alcohol daily
- You're known with, or you're suffering from signs of, high blood pressure: like a red face, rash, headaches for example
- You're known with a higher level of cholesterol, or this is known in your family
- You're older than 40 years of age
- You're known with problems / diseases of your heart / lungs, or this is known in your family
- You're known with a metabolism disease, like Addison or gland problems
- You're known with bowel problems or any kind of problem regarding your digestion or other organs
- You recently gave birth to your child
- You're pregnant and overweight
- Boulemic or tending to
- With any doubt regarding your health

Take an honest look at your own situation and if needed ask your physician to check your health and assist you on this road to a slim and healthy life. If you have any doubts talk about what kind of exercise is suitable for you at this moment. When you're a minor talk to your parents and your physician about losing weight and living more healthy. If you're extremely overweight choose forms of exercise that put no strain on your joints. Make sure to be able to enjoy healthy joints for the rest of your life. Ask your physician and / or dietician to keep an eye on you during the process of losing weight. It's better to prevent any problems, but consult your physician if any problems occur on this road. In your own and unique situation you may also consider if other kinds of therapy could support you. For example you can think of acupuncture, Chinese herbs or Ayurveda.

*

COUNTING CALORIES

It might be a good help to count calories during your process of reducing weight and live healthier, but please don't get too obsessed with it. When you stick to the daily menu, eat often and healthy, exercise enough, your body will burn fat. It's ok to learn to watch carefully how many calories food and products contain per serving. It's the best to look for low calorie products consciously. In fact it's better to look at the construction of the food and products you want to buy, how they're manufactured and where they come from. Sometimes the product tells you it contains 0% fat. It still may contain a lot of calories or too much sugar. Try to avoid these kind of products. Sugar makes you get addicted to it and creates unwanted peak levels of sugar in your blood system. There are other products that will tell you they don't contain too much calories, but still might contain too much fat. On the right road you took it's better to learn what kind of food and products are really healthy, good, and are low in calories. Find your own way in this and observe the way your body and you respond to food products, in fact that's almost more important than the amount of calories. You will find enough sites on the world wide web that explain the construction of food.

*

Already you're noticing you're feeling more energetic, and better in your own body, when you eat at least six to eight (smaller) meals a day. You're noticing you're responding better to reducing the amount of fat, a light limitation of carbohydrates, and skipping singular sugars. You will notice that healthy food is low in calories per serving. Look at unhealthy products and be shocked about the amount of calories per serving. We're talking about products like chips, sweets, pastry, chocolate and so on. From now on think twice before taking a serving of apple pie with whip cream. It's a pity that you eat and enjoy this in only a few minutes, but you'll have to walk steady for more than an hour to burn it again. This product also contains too much satisfied animal fat, simply unhealthy. Be conscious about the fact that tables of calories tell you daily general standards of calories for men and women. Each body, your body, can respond differently to food and the amount of eaten calories. The one thing that's the same for every person is that the amount of calories taken has to be in balance with the amount of moving / exercise per day.

*

Scientific tables tell you that as a man you are allowed to eat 2500 calories and as a woman you are allowed to eat 2000 calories a day. You can use this as a guideline, but unfortunately (until now) it's well possible you're only able to eat less calories without putting on weight. Investigate this and write about it in your logbook 1. These tables only tell you about the amount of calories that can be eaten each day while it's better to investigate the way you're responding to food. It's better to learn to what food you respond good or bad. Look at the construction consciously, in combination with less calories. During the process of reducing your weight you're working to get a higher metabolism. Finally you will be able to eat more without putting on weight.

*

CRASH AND OTHER UNHEALTHY DIETS

Can you confess you've tried several strange diets in the past? Please realize that all forms of crash diets are bad for your health. They also stimulate the JO-JO effect and that's the last thing you want to happen. There are several diets that promise you will lose weight fast and easy. There are diets on a powder base that you drink as a shake. There are diets that are too low in calories. There are diets based on high levels of fat. There are diets that tell you to eat loads of proteins. There are diets based on a high level of carbohydrates, or the opposite to skip all carbohydrates. There are diets that let you eat everything you want one day, eat almost nothing the next day and so on. All these diets fail to tell you what will happen to you in the long term. You can't eat like that for a longer period of time, that's unhealthy. If you eat too much of one of the three components proteins, carbohydrates and fat your body will turn it into fat to store. Diets that leave out, or let you eat too much of, one of the three components will disturb your metabolism completely. After you end this diet and start to eat like you used to you will gain back more weight than when you started this diet. Every single day of your life you need to eat a balanced amount of proteins, carbohydrates (chains of sugar) and fat (preferably unsaturated fat). These are the basic components of our food. Every diet that leaves out one of these components completely, or lets you eat too much of, is unhealthy in the long term and will let you become prey to the JO-JO effect.

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Like most people that tend to put on weight easily you will function better with less carbohydrates, but don't leave out important food (carbohydrates) like bread and potatoes. You won't be able to keep this up in the long term. You will also get tired and moody, in the end you will stimulate so much appetite that you will eat much more than you want to. To leave out all fat is unhealthy too, your body and metabolism need a little amount of unsaturated fat every day to function and for good health. Leaving out all fat in your daily food will result in incomplete fat burning. Your body will turn sour, you won't feel well and it's dangerous. You shouldn't be wanting to be on a diet that lets you eat loads of fat. If you're honest to yourself you can admit you don't feel well afterwards. For example, it's also bad for all your organs, your brain, heart and blood vessels. In the meantime your brain will program the computer program thrifty and will be in a state of alarm permanently. Your metabolism will get lower. You don't feel energetic and as soon as you return to your old food patterns your brain will activate this computer program and store everything you eat into fat. In the long term this computer program will be able to live economical on what you eat, no matter how few calories you eat, and will even store a part of that.

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Make the decision to never believe in the false promises of crash and other unhealthy diets again that promise you will lose a lot of weight in just a short period of time. It's bad for your health and it definitely doesn't work in the long term. Eat by the daily menu from this book and start to move or exercise more.

Take time to carry out the breathing and visualization exercises daily. Eat food that gives your body a lot of work and that satisfies you enough; like water, raw food and raw vegetables. That will stimulate and raise your metabolism and you will never get overweight again. Work at, and believe in, your mental and spiritual power every day, after all this will activate and steer your body. Positive thoughts become the truth, like a computer program, and your body will just follow. You will act to your positive thinking.

*

DAIRY PRODUCTS

Dairy products are an important part of a healthy life pattern, for example to maintain the maintenance of your bones (calcium) and the composition of your body cells (proteins). Too much fat is unhealthy. It's the best to take dairy products that contain very little fat: skimmed milk, skimmed yoghurt, skimmed soft curd cheese and so on. The white part of an egg is healthy, but only take the yolk maximum twice a week. The yolk contains a high level of cholesterol which is bad for your heart and blood vessels. You will find enough tasty light calorie deserts, made of dairy products. Now and then you're allowed to take ready to eat light whip cream. Regular whip cream contains too much saturated fat, loads of calories and sugar. It's unwise to consume dairy products with meat at the same time, this has a negative influence on your digestion. Your belly will feel puffed and you won't feel energetic. Your bowel system will protest and it will have a negative influence on your defecation pattern. Of course you can drink milk or butter milk with a vegetarian meal on a day you don't eat meat. Sour products like butter milk decrease your appetite in a natural way.

*

BUTTER

It's good for your health to eat just a little fat and especially leave out the bad saturated fat. This is mainly animal saturated fat. From now on it's better to skip regular butter on the positive direction you took. Right now there are enough good and healthy light products for cooking and baking, also good and light fluids and / or olive oil. It's better to use a little light margarine on your bread every day. Your body needs a little bit of the right fat to function well every day. It's unhealthy to leave out all fat. Margarine contains needed anti oxidants. You'll find products enough to cook with, or to put on your bread, that are healthy for your heart and blood vessels. For example they contain vitamin A, omega unsaturated fat 3 and 6, folate, vitamin B6 and B12. Leave out the gravy with your dinner from now on and take some (balance) ketchup instead. Now and then it's ok to take a little portion of light mayonnaise. It will take some time to get used to not to take gravy with your dinner, but you will get used to it. In a while you won't know any better than that. Finally everything becomes a pattern. Your body and mind do need the good unsaturated fat, but don't need the saturated animal fat for sure. They are bad for your blood pressure, heart and blood vessels. Besides, it's bad for your weight.

*

CHEESE

Cheese is a nice and healthy dairy product. Still regular fat cheese is not good for you. Regular cheese contains a lot of calories and many animal saturated fat. Take time to learn and to like to eat cheese that contains less calories and as little fat as possible, not temporary but for good. It might take effort to get used to eat less fat, therefore you can eat lower fat cheese step by step. Be aware of the fact that finally you won't react well to fully fat products after you've got used to low fat products. This may strengthen your discipline to learn to eat low fat products. Lower your cheese consumption anyway. Don't take a cheese snack in the evening for example, or eat too much cheese on a party. Even low fat cheese still contains enough calories. The best thing you can do is to switch to the lowest form of low fat, low calorie, cheese at once: 10+ cheese. There are variations with herbs. Is it hard for you to switch to this type of cheese than learn to eat lower fat cheese every 2 weeks. Start with 48+ cheese, than turn to 30+ cheese. After you've got used to that switch to 20+ cheese. This type of cheese is also available in variations of cheese spread.

Finally you switch to 10+ cheese. It took time to learn to eat fully fat food. Therefore it's a natural process to get used to less fat food.

*

SKIMMED MILK

Regular milk contains too much fat and calories. Semi skimmed milk is better, but please switch to skimmed milk. Skimmed milk contains very little fat and a lot less calories than regular milk. To get used to skimmed milk will also take time, but you get used to it fast. You can heat skimmed milk to add to your coffee, that's better for your stomach than drinking black coffee. Light coffee creamers are available too, but skimmed milk will still contain less fat and less calories. If you want to you can take a nice glass of skimmed warm milk before you go to bed. By doing so you prepare yourself for a good night sleep. Relax at your own personal altar and drink your warm milk. You can drink a glass of skimmed milk with your lunch. It's even nice to realize that skimmed milk is much cheaper than regular milk. Take pleasure in changing your health patterns and save money.

*

Stay with low fat, low calorie, dairy products after you have reached your desired weight and figure and don't switch back to old unhealthy patterns.

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DRINKING WATER / YOUR KIDNEYS

You need a minimum of half to $\frac{3}{4}$ a gallon of fluids a day (2 to 2 $\frac{1}{2}$ liter) to let your body, metabolism and water metabolism function well. Your body consists of water for 70%. Enough fluids are also needed to keep your skin healthy, soft and beautiful. Since you move more you're taking care of drinking enough, or extra. Sufficient fluids are also needed for a healthy bowel movement. Vegetables, fruits and healthy deserts also provide fluids. Drink 2 glasses of water before every meal. This will give you a fuller feeling, you'll be able to learn to eat less, and you'll feel more satisfied. First drink 2 glasses of water and wait a few minutes before you eat and enjoy your meal peacefully. It's alright to take some fiber tablets with this and to pour some lemon juice into your water. It's also ok to mix some red fruit juice / cherry juice with your water. Drinking this while, and after, moving / exercising will mend your muscles faster. Don't drink an excessive amount of water on a day you move less. (for example more than a gallon) That can disturb your water metabolism in a negative way. It's ok to drink more when you exercise a lot or when the weather's warm. This is also ok when you pay a visit to a sauna / thermal bath. In these situations you will lose more water by perspiration. Learn to listen to your body, it will tell you when it needs extra fluids. The signals are dizziness and a light headed feeling.

*

YOUR KIDNEYS

Take some time to think about and get conscious about your intelligent kidneys. They are located at the backside of your underbelly, more to the small of your back. Your kidneys are shaped like a bean. All day through all of your blood flows through your kidneys. You might compare them to coffee filters. They filter all the waste out of your blood system. This will dissolve into your urine and leave your body by your bladder this way. If your kidneys wouldn't work so intelligent you would get poisoned very fast. Your bladder is located in your pelvis area and functions as a reservoir. Every time there's enough urine collected you'll receive a signal to urinate. Therefore it's important you drink enough every day. If you don't drink enough you'll get hungry more easy but also you might cause painful kidney stones to develop. Besides drinking enough you can prevent this to happen by drinking sour fluids like citrus juices, red juices and vitamin C. Too much salt will damage your kidneys. Your kidneys work to keep a balanced water metabolism and a normal level of potassium. Also your kidneys produce a hormone that plays a role in maintaining a healthy blood pressure. Another reason not to smoke.

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EATING WHILE WALKING AND SHOPPING

Is it tempting to eat something while shopping? Usually this means something unhealthy, like fries or pie during a coffee break. You can leave that behind. It happened from a state of unconsciousness. You know better now. Eating while walking usually means you don't pay attention to what you eat. While having a break with your partner, friends, classmates, everybody talks without being conscious what is eaten. Take a look back and try to think why this happens. Usually you don't even have appetite, but to see food or see other people eat is enough to indulge to the urge to eat something between meals. Probably you give in to the pressure of other people to eat something because you're having such a pleasant time together and food is a part of being able to have a pleasant time. Did you ever take something to eat at the wrong time between 16:00 and 17:00 hour, at the subway or train station? Eating unhealthy because you pass restaurants where they sell food to go or because you see all the people eat? Do you eat because other people ask you to join them to eat some pie or cake with a drink? Of course it's ok to do so now and then, but for now stop doing this. You're learning to stop being unconscious of what you're eating. Whenever you eat a meal, do so sitting at the table, how little it might be, eat at a slow pace and enjoy what you're eating. You will get and feel satisfied much better. It may seem like everybody around you is just eating whatever they want to, it just doesn't fit with living a slim and healthy life. You're going to get slim forever.

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Eating while walking and not paying attention to what you eat doesn't satisfy at all. It works as an addiction to always have to eat something unhealthy in between while walking or shopping. It doesn't even make you feel well. You feel unsatisfied, craving for more, and get a puffy feeling. It's damaging your self respect and self confidence if you only eat while others persuade you to eat. You find it hard to say no? In the beginning it's hard to say know. Practice and learn to say no. Your self respect and self confidence will grow while learning to say no if you don't want something and you don't let yourself get persuaded by others. You're strong. Stop this pattern and only take something extra to eat when you really want to just now and then. Already you're learning to eat on a regular basis and not leave home with an empty stomach. Whenever you go shopping for a day stick to the pattern of eating at least 6 times a day and take time to enjoy a good and healthy lunch. If you want to have lunch in town or the mall there will be enough healthy offers to do so. Always carry 1 or 2 apples and a slim snack with you. Have fiber tablets and your bottle of water with lemon juice with you. Then, if you do get appetite first examine if you really have appetite or that you get appetite seeing so much food around you. If other people try to persuade you to eat because they want to have a pleasant time and eat think honestly if you have appetite, or are you just giving in to this temptation? Having a pleasant time has nothing to do with eating and drinking, learn to see this as separate issues. You can laugh and have a pleasant time without thinking to have to indulge yourself with food and drinks. First eat an apple, after 10 minutes you will notice you don't have appetite at all. Leave it as it is and continue your healthy schedule. Again, if you fail now and then it's ok, at least make sure to enjoy the unhealthy food and also eat it slowly. Notice any reaction of your body to this unhealthy food. In time, on the positive direction you took, the urge to eat things while walking or shopping will disappear because from now on you're dealing with this in a very conscious way. It feels wonderful to learn new insights and switch to turn good health patterns into your own patterns.

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EXERCISE 1

Our human body is not created and build to do nothing. It needs a certain amount of daily movement and exercise to function healthy and well. Science tells us this means we have to move / exercise for at least a minimum of half an hour each day. That shouldn't be hard. Walk or cycle to work or to do groceries. Ride your bike for half an hour in the evening. Take the stairs as much as possible. By doing this you will get half an hour of exercise each day easily. Enjoy doing this. Moving and exercising helps to improve your self image. In the beginning moving 30 minutes a day will help reduce your weight but might not be sufficient in the long term. Of course it will be sufficient if you combine it well with breathing exercises 1 and 2 and the visualization exercises daily. 30 minutes of moving daily is purely maintenance of your body.

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Moving / exercise means preventing your bones from osteoporoses. Your joints will get lubricated and move smoothly. It will maintain your present muscle condition. It will maintain your present condition and your heart and lung condition. Exercising daily stimulates the pumping function of your muscles, this will simulate the flow and elasticity of all your valuable blood vessels. It feels good to take care of the maintenance of your body, the home you live in. It's ok to take time to learn to enjoy moving / exercising. You will feel more and more at home in your own body noticing the improvement of your condition. You'll feel more energetic losing weight. Together with practicing the breathing and visualization exercises this will be a perfect foundation for the maintenance of your physical and mental health. Finally by doing this will make it more easy to go on with exercise 2.

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EXERCISE 2

To lose enough excess fat and weight it's really necessary to exercise at least 30 minutes *without a break* several times each week. This might sound as a big effort. It won't be because to burn fat it's only needed to exercise at low intensity, without losing breath. Short activities, such as walking a stair, don't count. Look for an exercise that is best for you and you can keep up with without losing your breath. There are enough suitable activities so you'll have enough choice in this each week. Search for activities you like or try activities to find out if you like them. If you don't find the discipline yet to do so by yourself join a nice team sport or team activity. If you notice you create resistance or make up resistance by yourself examine why you're doing this. When you get home from work feeling tired and you don't feel like going to exercise you will stay tired, go to bed tired and even wake up tired the next morning. Exercising will give more energy and you will wake up feeling more energetic the next morning. Having no time is no option. You can watch less television or spent less time behind your computer instead. It takes time and patience to create changes and structure into your life, that's ok. Be patient with yourself. You may think about getting support from, or give support to, a close friend or friends that walks / walk on the same positive road. Moving and exercising together might make it more easy, but you're able to do so by yourself. Finally it will become a natural pattern in your life. Of course that's a positive pattern. Until now being overweight also was a pattern you taught yourself, but this is an unhealthy and negative pattern that only brought trouble and a burden to the quality of your life.

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There are enough activities that will make it possible to move at low intensity: walking outside, walk on a walking belt, jog at a slow pace, cycling, rowing,

spinning climbing program, cross trainer and so on. It's not a temporary issue. It's no question of losing your overweight in 2 months and lapse into the same habits and patterns again. That would mean you would gain back the weight you lost and probably gain more weight. It would stimulate the JO-JO effect and works bad on your self image and self confidence. By losing weight, changing your figure and getting in better shape moving / exercising will be easy and you will feel at home in yourself and your body more and more. Losing weight means you will feel more energetic. Moving / exercising more than 30 minutes a day will increase your muscle power and size, this will change the form of your body. Trained muscles use more calories than untrained muscles, it will increase your metabolism. Eat a light meal at least 2 hours before exercising. Eating a meal less than one hour before exercising is bad for your digestion. Your stomach and bowel system need more blood supply for digestion, but your muscles also will need more blood supply to be able to move. By doing this exercising will not go well and you can experience stomach pain or pain in the right side (liver) of your body. By moving more than 30 minutes without a break your body will produce extra endorphin. This hormone will get everywhere in your body, your organs and tissues. This will reduce pain, stress and makes your immune system get stronger against diseases. Take time to learn to move longer. You might experience difficulty the first ten minutes. Your body needs to learn to go on. Then your body starts to produce endorphin and you'll discover exercising goes easier and nicer. Your heart and lungs learn to adjust to moving on low intensity and slowly you'll feel comfortable in your own body. Be aware this also might cause a trap, it might work addictive. That might cause you want to move / exercise more often and longer because you develop a desire for this great feeling.

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Listen to your body in a conscious way each day en keep balance between body and mind. Don't get into extremes. Good is good enough. Moving / exercising enough is good enough and taking time to rest and restore is healthy to your body and mind. Losing weight takes enough effort by itself. Take a deep breath and enjoy yourself. You're discovering yourself again and it's good to like yourself.

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FAT CELLS

Every human body, so your body too, has a certain amount of fat cells in which fat is stored. From genetic point of view the amount is different for every person, that's just a fact. Your body has a different genetic, and determined by heredity, composition than other people. You're responsible to handle this well and in a healthy way. It's just natural that there's some fat in your body. Fat is part of support tissues. As support tissue you'll find fat around your eyes and organs. It really has the function of supporting your organs and keeping them in place. You're working to have a healthy weight, a weight that fits your height and your posture. If you get to skinny your body will also burn fat from support tissues around eyes and organs. This will mean having a high risk of health problems. You won't look healthy and beautiful. Getting to skinny you won't feel well and you don't have a healthy metabolism. This has a bad influence on your quality of life.

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It also works in a wrong way to carry too much fat around. A surplus of fat in your belly puts a lot of pressure to your organs in an unhealthy way, they don't function right that way. If there's fat in your blood vessels it will stick to the sides. This will narrow your blood vessels and your blood flow will get bad. The blood pressure will rise and you have more risk to get a heart attack or a stroke. A surplus of fat on your legs, belly, hips and arms will hamper your ability to move. You don't feel comfortable in your clothes and probably you don't like yourself. A surplus of fat around your heart means your heart has to work too hard and that while your heart can never take a break. You're shortening your life span, have a bad state, and get out of breath easily. That's not a pleasant and good quality of life.

*

Fat tissue contains less blood vessels so there's a lower blood stream through fat tissue. This means it's a complicated process to burn stored fat. Muscles for example contain a lot of blood vessels. This is needed because muscles need to be able to work hard, they need a lot of oxygen to do so. Your skin looks more unhealthy with a surplus of fat. You see bad discolor of your skin and wounds heal more badly. A surplus of fat tissue has a bad influence to your resistance to diseases. Probably you always thought all your fat cells will disappear when you lose weight. Unfortunately this will take a very long time, only after maintaining a healthy weight for a very long time. At first your fat cells will shrink and become very small. The content is used provided that you lose weight in a safe way. How small your fat cells have become, they stay present for a long time. Only after maintaining a low healthy weight for a long time this will become your natural state. The time it will take is individually based. If you turn to old patterns just shortly after reaching your desired weight your still present fat cells will store fat again. That's why you put on weight easily, and even more weight, if you only follow a diet for a period of time and then start to eat and drink like before again. Your health patterns and the way you think and act have to change permanently. Accept that the process of changing will take a long time. It won't do you any good to deny yourself everything for months. You won't be able to keep this up and it will give you a higher risk of starting the JO-JO effect. Losing weight for good really demands a long term vision and working process.

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During the process of losing weight you might feel a little less well now and then. It may well be that toxic substances, freed from burning your fat, may come into your body. Toxic substances, for example what you get into your body being outdoors, may store into fat tissue. This will be released when you lose weight and burn fat. Another reason to lose weight just very slowly.

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FOOD SUPPLEMENTS

It's not easy to lower the need for sugar you learned yourself. Single sugar (glucose) has a huge addicting effect. It's caused by consuming too much candy, sweets, sweetened food, sodas and fruit juices. It's wise to take a chrome tablet before breakfast every day.

Already you drink two glasses of water so you can also take a chrome tablet with this. Chrome is a food supplement. Chrome is a mineral and plays an important role in the sugar, the processing of carbohydrates (chains of sugar) and fat metabolism in your body. Chrome supports your body to keep your blood sugar level balanced and supports the regulation of the influence of the hormone insulin by your body cells. Chrome helps to lower your need for sweet and can help to increase fat burning by sports and weight reduction. Of course by now you take care of a daily stable blood sugar level yourself, particularly by eating regularly and by hardly taking single sugars in your food as much as possible. The need for sweet will disappear. Continue doing so after you have reached your desired weight and figure.

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CO-ENZYME Q10

Right now you're eating more healthy, but less, and your moving pattern increases. You could use some supporting food supplements. Consider this for yourself. Follow the instructions of the food supplements you use carefully. You can take a capsule Q10 daily, especially now that your skin has to endure a lot because you're losing weight / fat. Q10 is naturally present in your body and has a positive influence on your body and mind. Co-enzyme Q10 can help you feel more energetic and therefore has a positive influence to your vitality. Further it helps to protect your healthy cells against free radicals and by doing this it increases your resistance against diseases. Free radicals are very aggressive, active, little particles that cause damage. These damaging particles are the result of all burning processes that use oxygen (desired and undesired) in your body. This is called oxidation. Of course you can only live thanks to oxygen. In your body oxidation is possible by normal and healthy fission, your resistance against diseases, and the system that eliminates toxic particles. Unfortunately your body also suffers attacks from free radicals at the outside of your body, for example by radiation in nature and the mountains. Your body ages by the damage caused by free radicals. This is just a natural and biological process. In time your skin loses elasticity because of the damage to skin and supporting tissues by free radicals. You can limit the damage substantially by eating healthy food, taking good care of your skin and adding Q10.

*

You can cause unnecessary and too much damage caused by free radicals by:

- Sunbathing too much or taking the solarium too much: look at the aging and wrinkling of the skin.
- To be in polluted areas on earth. (heavy industry, big cities)
- Consuming food products that contain a lot of substances strange to your body. (synthetic substances, trans fat, heavy metals)
- Eating a lot of unhealthy and deficient food.
- Causing yourself a lot of physical and mental stress.
- Smoking: look at the wrinkling of the skin, the unhealthy color of the skin, the changes to the voice caused by the damage, listen to the damaged breathing.

You can do a lot yourself to prevent and reduce forming of free radicals by avoiding the listed items above.

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You will find natural anti oxidants in healthy food products, like broccoli, garlic and pine tree bark.

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Using Co-Enzyme Q10 is a supplement to your healthy food. Anti oxidants are important for your health. Anti oxidants prevent damage from free radicals and help prevent undesired oxidation. You can think of oxidation as iron rusting under the influence of oxygen.

*

MULTI VITAMINS

Since you're working to reduce weight and live in a healthy way with acceptance, fun and enthusiasm, you're learning to move more enthusiastically and practice the daily breathing and visualization exercises. Your metabolism and energy need have increased. Good, as a result of this you're getting slimmer because your body is burning fat, your weight goes down and you're getting healthier. You're eating healthy. Normally you'll get all needed particles daily. Still losing weight is a rather heavy process to your body and mind. To make sure you receive all the daily needed particles, vitamins and minerals you can take a tablet of multi vitamins daily. You can take a tablet of multi vitamins that has green tea powder added to it.

To prevent yourself from taking too much follow the prescription advise.

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VITAMIN B-COMPLEX

Taking the positive turn on the pilgrimage road of your life you're learning to reduce the amount of meat you eat to desired and healthy portions. Meat contains a lot of animal satisfied fat and meat provides a lot of calories. You're doing a good job by skipping meat a few times a week and eat a healthy replacement instead. Fortunately there's a wide choice of vegetarian meat replacements available, with good recipes these days. There are tasty vegetable burgers, Greek burgers, spinach burgers and so on. They all taste very good and you'll notice that your digestion will work and function at a better pace by eating less meat. Try to introduce this to your eating pattern every other day. To make sure your inside gets sufficient vitamins that come from meat, especially vitamin B-12, you can take a tablet of vitamin B-complex every day. Anyway make sure to do so if you decide to eat completely vegetarian. A tablet of vitamin B-complex is a strong food supplement. You need the B-vitamins for maintaining healthy nerves for example and B-vitamins are necessary to form healthy red blood cells.

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HEARTBEAT PERCENTAGES FAT BURNING EXERCISES

To burn your surplus of stored fat you need to change and adapt your health patterns permanently. Furthermore it's important to trust the Holy Energy inside you and to love yourself. It's quite a complicated process to burn fat inside your body. Besides eating less you need to eat frequently and move / exercise. You'll have to move at least 25 to 30 minutes at a slow pace in a row, preferably longer, each time you move / exercise. **While moving you're not allowed to get out of breath, at least not for the first 20 minutes, otherwise your body will not be able to switch to fat burning.**

*

In a very intelligent way your body switches to fat burning after 20 minutes of nonstop moving at a slow pace, but only if you don't get out of breath. Your heart and lung system have to be able to provide all your organs and muscles of enough oxygen. This is called aerobic burning. The longer you move like this the more fat your body will burn. Your metabolism increases, afterwards your metabolism will continue to work at a higher burning level for several hours. Finally your total metabolism will work at a higher and better level permanently.

*

Maybe you don't like to move or exercise? You really can learn to enjoy this. It may turn into an addiction, certainly when you notice the produced endorphin gives you a pleasant feeling. Don't let your heartbeat frequency get a fixation too much. What really counts is to enjoy moving / exercising. You're doing well learning to look at, and listen to, your body and your inside. Your body and breathing will tell you if you move too fanatic. If it's difficult to be conscious about paying attention to your breathing while exercising on a low level of intensity use a heartbeat counting meter. Every well equipped sports gym has equipment with built in heartbeat meter. While exercising you hold the handles and it will tell you your heartbeat constantly. For example this is equipment like the cross trainer, walking belt, step machine, home trainer, some rowing machines. Practicing other types of exercise you can use your own meter to count your heartbeat. A heartbeat meter consists of a watch with a breast belt. You wear the belt just beneath your chest. On the watch you can see your heartbeat, amount of calories used, distance and so on. To burn fat you move on a low intensity around 70% of your maximum heart rate. Don't forget to build up the pace for at least 20 minutes and don't get out of breath. If you're untrained sports person right now your heartbeat frequency will go up quite easily. It's normal it gets above the limit of 65 to 70% easily for now, this because lack of condition at this moment. If your heartbeat gets too high just lower the intensity of moving, train slower and more relaxed. If the equipment has a device to set the resistance put it on less resistance.

*

Moving / exercising on a heartbeat frequency level of 75% to 80% of your maximum heart rate is good to increase the strength of your heart-lung condition. This is called cardio workout. While moving / exercising at a higher level of intensity all your working muscles, your total body, will be needing much more oxygen and food. To supply enough of this is only possible if your lungs are in good condition and work well together with your heart and blood vessels. Your heart has to be able to pump your blood through your body at a higher pace per minute. While reading this think about your beautiful and intelligent body and you again. Handle this formula to calculate your heartbeat percentage.

Your maximum heartbeat frequency is 220 beatings per minute, minus your age.

This number is your heartbeat at a 100% intensity of exercising. Probably I don't have to tell you it's not wise to train at an intensity where you reach your own

100% heartbeat. This would mean that at this point your heart has to work too hard, you won't be able to keep that up. You'll get out of breath and your muscles will turn sour. Here's an example of how to calculate heartbeat frequency percentages of 65%, 70%, 75% and 80%. Further listed below are the exercise heartbeat frequency percentages of different ages of 65%-80%. You can calculate or check it for your own age.

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Say you're 30 years of age for example. Your maximum heartbeat frequency would be 220 minus 30 = 190, while exercising. To burn fat you will have to move at a heartbeat frequency percentage of around 133 (70%) to a maximum of 142 (75%) beats per minute for a minimum of 25 to 30 minutes. This means you're not getting out of breath and your heart will be able, by beating 133 to 142 times a minute, to pump sufficient blood with oxygen through your body. This will make your body able to switch to fat burning. For you cardio training means exercising at a level of intensity of 152 heartbeats per minute.

*

By using the text and formula above you can calculate the maximum heartbeat frequency for other ages than listed. Every form of exercise should always be adapted to the circumstances of your present health, condition, age and possible problems. Exercise wisely so it brings pleasure, you don't have to prove something to anyone.

*

AGE	HEARTBEAT 65%	HEARTBEAT 70%	HEARTBEAT 75%	HEARTBEAT 80%
10	137	147	158	168
15	134	144	154	164
20	130	140	150	160
25	127	137	146	156
30	124	133	142	152
35	120	130	139	148
40	117	126	135	144
45	114	123	131	140
50	111	119	128	136
55	107	116	124	132
60	104	112	120	128
65	101	108	115	124
70	98	105	112	120
75	94	101	109	116
80	91	98	105	112
85	88	94	101	108
90	85	91	97	104
95	81	88	94	100
100	78	84	90	96

HOW TO BURN FAT

Your body is able to build up a surplus of fat easily. Fat burning, reducing overweight, is a complicated process. Losing weight is easy by exercising longer than 25 to 30 minutes quite regularly, in combination with eating small healthy meals often. Your body is only able to burn fat if there's a huge supply of oxygen to your muscles and organs, which is called aerobic burning. Fat tissue contains less blood vessels and therefore has a bad supply of blood. In other terms this means it's a long process in time before your body will be able to burn fat to use for energy. As soon as you create this process successfully you will lose weight. *Fat burning will only start after moving / exercising for at least 20 minutes on a low level of intensity. You're not allowed to get out of breath during this period of time.*

*

If you move too wildly and too fast, like running sprint, you'll get out of breath fast. Losing your breath means your heart and lungs are not able to supply your body and muscles of sufficient oxygen. At that moment your heart and lungs are not capable of keeping up with the strongly increased need of oxygen of your muscles. Muscles that work (move) use a lot of oxygen. Exercising at a high pace means your body and muscles are using anaerobic burning, which is burning without using oxygen. At a high pace the stored sugar supply of your muscles is being used. A huge waste of sour muscle milk is produced. You feel your muscles get tired and they can get painful. You turn sour, get out of breath and can't go on. Of course you burned some calories, but that's it. Your metabolism won't change. Types of anaerobic training are running sprint, rowing fast, moving fast on the cross trainer, cycle fast, immediately running fast, all types of interval exercise and so on.

*

In fact there are enough types of exercise that will let you be able to build up a slow pace and move at a low level of intensity: jogging, walking, rowing, cross trainer, home trainer, spinning and so on. If you exercise these types of exercise longer than 20 minutes at a low level of intensity, and you stay able to breathe normal (you can keep up a conversation), this will start fat burning after 20 minutes. It means your lungs will be able to breathe in enough oxygen for the increased need of oxygen of your body and muscles. It means your heart will be able to pump enough blood with oxygen to your muscles and organs. Your heartbeat frequency will be around 70% of your maximum heart rate. After 20 minutes your metabolism increases. The longer you go on like this the more fat you will burn. Exercise a minimum of 25 to 30 minutes. Wonderful, when you stop moving your increased metabolism will continue to work at a higher level for several hours. If you keep up doing this type of exercise your total metabolism will increase permanently. Finally you will be able to eat more (healthy) without gaining weight.

*

Exercising and burning fat this way is better for your skin condition. Moving / exercising stimulates the shape of your muscles and figure. It might well be that your body first burns fat in one specific place, your buttocks for example, and finally the fat of your belly. This can vary individually. It doesn't matter, be patient. Just go on working at your weight, figure and health in an optimistic and positive way. I'm sure you'll be glad with the knowledge how your body can burn fat. It will make you more conscious about yourself. You're in good balance.

*

LOSING WEIGHT

LOSING WEIGHT - for people who are reducing weight for the first time

You have started to lose weight, make your figure slim and better your total health condition. It feels good. Please realize the reducing of your weight can go too fast. The first time is the easiest way. You're making positive moves by practicing the breathing and visualization exercises, the daily menu and exercise 1 or 2. Your body and mind can react too enthusiastic. Then you'll notice you're losing weight too fast. Besides fat tissue you'll lose water the first weeks. Make sure not to lose more than a maximum of a little more than 1 pound a week. The negative voice of your ego in your head and the voice of your eating pain centre seem to be a positive voice but they sure aren't. Don't fall into this trap. They will want you to even be more harder to yourself. Finally you will lose, the risk of falling back into unhealthy eating and eating moods will increase when you lose weight too fast. This is what the negative voice wants: that you fail. Don't hurt yourself. They want to feed themselves with pain. Nourish yourself with love and the beautiful gift of a slim, beautiful figure and a good health. Your ego and eating pain centre can't beat this and will keep their mouth shut. By losing weight too fast you're risking your brain and body might react by slowing down your metabolism and get into a state of alarm. You'll notice you feel tired, you feel cold easily and it even gets difficult losing weight after a few weeks. Your brain will start a saving program and will make sure you'll gain weight fast as soon as you start eating a little more after a while. Make sure to eat sufficient and healthy, keep your metabolism working by moving / exercising sufficient and practicing the daily breathing and visualization exercises. If you do all this the Infinite Intelligence of the Divine Source of Life in you will work with you in a positive way. Enjoy the process of working at yourself. You took a really beautiful and positive turn on the pilgrimage road of your life.

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LOSING WEIGHT - for people who have made attempts to lose weight before

Are you making a new attempt to lose weight? Have you tried this before? This time you will be successful to become slim, get a healthy weight and reach a good physical and mental health. Did you fall back into old patterns that made you gain weight again in the past? Accept the past for what it is, it's gone. Your brain and body will notice that your making changes and want to lose weight. Your brain and body might object and want to stop you from losing weight, simply because they recognize this from earlier attempts. It might occur that you only will lose weight very slowly and that it seems nothing is happening regarding your weight sometimes. Carrying on means you will lose weight. All of this will need perseverance, patience and loving yourself. Be determined to change for good this time, accept the time this will take and the possible setbacks you will meet on this road for sure. Make sure to eat sufficient and healthy, keep your metabolism working by moving / exercising sufficient and practicing the daily breathing and visualization exercises. Don't listen to the negative voice of your ego and eating pain centre inside you. They will harp for more and unhealthy food. Did you let them win in your earlier attempts? You suffered from pain then and they were happy. It's just not about winning or losing. It's all about being slim and healthy. That's not a game or a fight. Just do so, it's a choice. It's better to listen to the positive voice of the Divine Source of Life, the Infinite Big Divine Cosmic Love and Energy inside you. Accept it's the best to not lose more than a maximum of a little more than 1 pound a week. Accept there will come a time you won't lose, or just lose a little, weight as a

break. If this happens stop taking your weight for a while. Simply by continuing the positive turn on your own pilgrimage road will let you lose weight again.

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LOSING WEIGHT: WHY?

It's strange to see we all want to have certainty in our lives. We save money for unexpected circumstances. We need to save money in a retirement fund because we want to live a good life when we retire. Do you share this way of thinking? If you desire to invest in your future like that and want to enjoy your pension ever it's just as important to take care of, and maintain, a good health. Become slim because by doing this you stop putting an unnecessary burden on your body, your organs and joints. You prevent yourself from being subject to excessive wear. You'll feel more comfortable and more beautiful with a lighter and slimmer figure. You'll be able to move better. Losing weight means you're improving the quality of your life. That's good for your mental and spiritual health also. Leave the past behind and keep on walking on this positive road to lose weight for good and to work at a good quality of life. Determine what's a good quality of life for you and act by this. It's the most beautiful gift you can give to yourself. A body is form. Everything is form: a car, your house and my house, clothing, relationships. We get disappointed by attaching to form too much. All form will change and is subject to deterioration. Change is the constant factor in life. The best you can do is to enjoy this moment and go with the flow of life, without resistance. Of course it feels good to enjoy your slimming body, but maybe it's better to enjoy the lighter weight of your body. With a light weight you are capable of moving better and freely. With a light weight your body and organs will be able to function in a better way. When your body and organs are capable of functioning at their best you are able to function at your best. (As a physical, mental and spiritual unity) There is an infinite huge spiritual and mystic intelligence living inside you. It's incredibly beautiful. The Divine Source of Life is smiling at you. It helps and directs you from Infinite Loving Positivity. This makes that everything inside you vibrates of love and life. Why keeping up putting a burden on your valuable body and mind with overweight? You're capable of choosing your own food and the quality of your own life yourself. From now on you're going to get a suitable weight for good by which you are able to function well. It will make you more happy. You have every reason to be proud of your growing knowledge, understanding and positive actions.

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LOSING WEIGHT WITHOUT EXERCISE / SPORTS

It's just a fact your (and every) body needs to move sufficient every day. Your body is designed to move. You're created, designed, to keep up a good healthy balance between body and mind. Take the time to learn to fit in moving into your life. If you only change your eating habits into healthier, different and less food you will lose weight but won't do anything about your total condition and skin. It's much nicer to live in good condition. Determine what's a good condition for you. Your skin has stretched out because of your overweight. Also there's a chance your brain and metabolism will adapt to a lesser eating pattern with their intelligence. This might cause your metabolism to work on a lower level and that's the opposite of what you want to achieve. It might mean you will lose weight less easier in time. You're risking feeling tired and listless. Therefore work to achieve a better and increased metabolism. Losing weight without sufficient moving or exercising will cause your skin to turn flabby. Also you're risking your body will break off muscle tissue. Your beautiful goal is losing weight for good and get healthier physically and mentally. Also you want to look better on the outside by losing weight. In this you'll just have to move sufficiently and moving / exercising is part of taking care of your health. By moving / exercising enough you burn calories, fat tissue and you work at building up your muscles and skin. Also by taking care of burning fat the right way you'll notice your skin has a beautiful intelligence. Your skin will adapt slowly, but conscious, to reducing your surplus of fat. Moving is good for your mind and you'll notice you're even getting more energy by moving. Moving makes you feel happy. Exercising reduces stress and even works relaxing. Do love your own body, muscles, skin and sent lots of love to every cell inside you. Take care and keep up a good maintenance of yourself. Smile at yourself in a loving way every day and continue walking on the positive road.

*

MEAT

You don't have to become a vegetarian to lose weight. However, it's a fact your bowel system does feel more healthy if you eat vegetarian and people who are vegetarian do have stronger bones than people who eat meat. Anyway, stick to healthy portions of meat. Strive to eat less meat from now on. If you investigate well how your body reacts to food you'll notice that meat often gives you a puffy belly. Investigate to what meat you react well and to what meat you don't react well and leave out meat you don't react well to from now on. Reduce the amount of meat products and stick to the portions by the daily menu. Leave out all meat that's too fat.

*

RED MEAT

Reduce the amount of red meat, steak for example. The filaments in red meat are connected with causing bowel cancer. Our meat consumption is also causing environmental problems with the producing of CO2. It's no problem to eat red meat just now and then. Eating red meat too often and too much is a problem. Investigate how you react to red meat consciously because you want to eat those products that give energy and that make you feel well. If you have a puffy feeling and defecation problems after eating red meat you might consider leaving red meat out of your menu totally. Take an honest, positive critically look at yourself on the positive turn you took and strive to pay a positive contribution to our earth, the environment and the well being of animals. Strive to buy (biological) meat from animals that had a good life and were treated well. There's a big use of antibiotics in the bio industry. (Cheap meat) By now the ESBL-bacteria is notorious: by using too much antibiotics this bacteria does not respond (resistant) to antibiotics anymore. You'll find this bacteria in cheap chicken meat for example. This bacteria is dangerous for people with less resistance. MRSA is another resistant bacteria. You'll find this bacteria amongst pigs.

*

MEAT FROM ORGANS

It's advised only to eat meat from organs maximum once every two weeks. This kind of meat contains a lot of waste. Actually it's better to leave out this kind of meat totally. Meat from organs is kidneys and liver for example, no matter from what kind of animal. For example take a close look at what all kinds of snacks contain.

*

EATING MEAT EVERY OTHER DAY

Actually it's very healthy to skip meat a few times a week or eat meat every other day. These days you can buy very good and tasty meat substitutes. You wouldn't even notice it's not meat if you wouldn't know. By doing this you're treating yourself in a positive way and you make a positive contribution to reducing the meat consumption and the load to our environment.

*

FISH

Fish still is a source of protein. Unfortunately a lot of fish species are threatened with extinction. This because of overfishing our seas and oceans. Look well if tuna is caught in an animal and dolphin friendly way. Also it's important to know where fish is caught because a lot of fish is polluted. You might as well eat less fish too.

*

It's said to be unwise to eat fish together with vegetables that contain nitrate. The protein from fish are said to change nitrate into carcinogenic substances. (Nitrosamines) There are investigations that say this isn't true. What's true? Follow your own sense of responsibility. The text above doesn't apply salmon and mackerel. The least you can do is to not eat fish together with vegetables that contain nitrate: conical cabbage, kohlrabi, celery, purslane, broccoli, spinach, endive, Chinese cabbage, paksoi, lettuce, red beets, fennel, turnip steals.

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Different researchers tell different truth about heating up these kind of vegetables twice. Well, just don't do this and you're playing on safe.

*

MONEY

You don't need to keep a housekeeping book to see you're saving money from now on. You're doing this by eating by the daily menu, eating less bigger portions, and hardly spent any money on unnecessary food. See to it that there's nothing unhealthy at home and stop buying snacks that make you gain weight, wherever you are. See to it to have your in between and lunch with you. Only go shopping after eating a meal so you don't get tempted to buy unhealthy products, whatever you may see. *Slowly by slowly your pilgrimage road is becoming a healing road.* That's wonderful and you chose this road yourself. You may well start the day again by being proud of yourself. What are you going to do with the money you save? You don't have to justify this to anyone. You can write down your finances in your logbook 1 if you want to.

You could save more money for example. Save money for:

-Vacation

-To buy new and nice clothes after you reach your desired weight and figure

-You could donate a monthly contribution to animal protection or another organization that protects animal interest, our earth and nature, even if it's just a little bit of money

-To treat yourself a day of baths, beauty spa or sauna

-New jewelry

-Something new for your home

The fact that you eat and drink less and healthier offers you lots of financial opportunities. If you ever had any financial objections against a sports gym membership you realize that's not true. You score double by eating less, lose weight and get a membership at a sports gym, because eating less saves you money. A sports gym membership offers you a lot of nice varied possibilities to do fat burning activities. Doing some thinking about all of this might bring you new and refreshing thoughts and ideas that can increase the quality of your life further on. Make it another happy day, you deserve it.

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ONLY GO SHOPPING / DOING GROCERIES AFTER EATING A MEAL

See to it that you eat a (small) meal every hour to an hour and a half. This will prevent you from getting hungry and it will keep your metabolism stay active. That's much better to lose weight. You also prevent yourself from getting unwanted eating moods. Don't go shopping with an empty and noise making stomach. There's no fun having to walk through a supermarket full of temptations with an empty stomach. You'll be distracted from the groceries you should get and there's a big chance you'll look at all the sweets, candy, chips, burgers and so on, in a desiring way. Especially when you skip meals, or deny yourself everything you long for, you'll probably find yourself outside the supermarket with all the groceries you did have to get plus a lot of food you better not take home. You're risking reacting in an unconscious way and at first you take just a few sweets at home. After doing this you'll probably project the negative thought that everything already is going wrong and that you might just as well eat too much the rest of the day. Do you recognize this pattern?

*

Besides eating at least a healthy normal meal six times a day, the advice is to eat something before going to the supermarket (or shopping). You will notice it's nice and easy to walk through a supermarket full of temptations you don't need, without having appetite. It saves a lot of money too. Money that makes you able to do better, other and especially nicer things. Be conscious to do your groceries with love and don't look at food you really don't need. Be aware of the fact that supermarkets place a lot of unnecessary and unhealthy food in a strategic way right near the cash register. Very clever, from a business point of view. This is simply done to tempt all the waiting people to still buy something extra. See through all of these marketing tricks, pay your groceries with a smile, and leave the supermarket with a proud attitude.

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POTASSIUM, CALCIUM AND SODIUM

Potassium is an important mineral for a good and healthy functioning of your body. It plays a role in the balance of your water fluids and the passing on stimulus in your nerve system. It plays a role in regulating the blood pressure. Also it's needed to let all your muscle cells be able to contract. Potassium is doing this together with calcium and sodium ions. (Salt) You're only able to move well if all of your muscles can work well. Your heart is your most important muscle, it just has to keep going on beating and pumping, it can never take a break. It's literally the engine of your body. Only therefore see to it that you eat sufficient healthy and varied food. By doing this you are sure to get enough potassium, calcium and sodium needed. You only need a little amount but when you have deficiency you'll notice weakness and fatigue. When you have a serious deficiency (like with vomiting often) your body warns you with the symptoms of feeling not well and muscle cramps. Potassium can be found in fruit and vegetables, especially in green vegetables, bananas and citrus fruit. Potassium can also be found in raisins, potatoes, meat, bread, grain products, nuts and sunflower seeds. You'll mainly find calcium in dairy products and it's needed to maintain healthy bones. Also moving and exercise improves the quality of your bones and prevents your bones from osteoporoses. After menopause women need more calcium. The changes in hormones make women suffer osteoporoses more easily. Besides moving and exercise calcium supplements are desirable. Since you changed to healthier light margarine you might as well use margarine that contains sufficient potassium. You only need a little amount of potassium daily and that while you have so much muscles who all need potassium to function. What a valuable and especially intelligent body you have.

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SODIUM / SALT

Sodium / salt is also addicting. Unconsciously you might use more and more sodium. Because it's addicting a lot of people put sodium over their food, even over food that contains sodium enough by itself. Your body only needs a minimum amount of sodium each day, to maintain a good balance in your water system for example. Too much sodium is bad to your heart, blood vessels, blood pressure and your kidneys, your organism. The best you can do is to reduce your sodium consumption. Almost all food already contains sodium, it doesn't need extra sodium. There are enough other healthy ways to spice up your food. By the way, by eating too salty food you forget how tasty it tastes by itself. Listen to your body. If you exercise a lot, go into the sauna or the weather is warm, you'll notice if your body needs a little supplement of sodium. You'll feel weakness and dizziness. Then it can be wise to drink a mug of instant soup with a little extra sodium added. You'll notice result immediately and feel better. Furthermore there are no excuses to continue a large sodium consumption.

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REALISTIC WEIGHT REDUCTION

It's not strange and it doesn't matter you fooled yourself. Probably earlier attempts to lose weight especially failed because you were too hard to yourself. That resulted in giving up eating less and healthy very fast. You didn't do anything about your way of thinking? Actually there wasn't a real commitment to lose weight and change? Did you make up excuses to start eating too much again? Were you fooled by magazines, slimming down commercials, television programs for example? All the models have a super slim figure, were you misled by that? By computer photographs of models are even made more slim than they actually are. Did you observe the way your build, your height, posture, size of your hips in a realistic way? Did you always desire an unrealistic figure and weight so that your attempt to lose weight was destined to fail?

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All of this is history and it was necessary to take today's positive turn on your own pilgrimage road. Take a realistic look towards your own height, the way you're build, posture, size of your hips. Determine an honest and realistic reachable desired weight. It also has to be a weight that will be realistic to maintain. Visualize your desired figure daily. In your mind you picture yourself as if you already have this figure and act like it is this figure. That's called positive programming. The way you think, and by this you act, becomes the truth.

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Consult your physician or dietician in this if you need to. You can do the rest yourself. Write down your desired weight in your logbook 1. Determine a rough date you want to have reached your desired weight. *Realistic weight reduction means you lose a maximum of a little more than one pound (about 500 gram) every week.* Losing weight too fast is bad for your skin and will start the JO-JO effect. Your stretched skin won't be able to keep up and you will feel uncomfortable and tired. You might even feel not well because of freed waste products from burned fat cells. Your body is very capable of healing itself but only if you take care not to lose weight too fast. That's too much to keep up with for your organism. In the beginning you might lose a little more weight because of the extra excretion of water. Definitely there will come a time you lose less weight or experience standstill. Therefore it's difficult to set a date to reach your desired weight. A desired date will also suggest you're ready. Ready with what? What happens if you think you're ready? Go back to old patterns? Be wise, take it easy, and plan a date far away. Be conscious about the fact that there won't be a finish in this. Say goodbye to history and walk on in an optimistic and positive attitude.

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SEE TO IT NOT TO HAVE UNHEALTHY FOOD AT HOME

You're working hard and well to change your health patterns. Depending on your personal situation an important trap might be there at home regarding unhealthy food. This is food not listed in the daily menu. It's relatively easy if you live alone. Just make sure that you only have food products at home as listed in the daily menu. Do so at least for the coming period of time. If at any time a weak moment might occur you take something allowed from the daily menu. Whenever you chose to have a day on which you do want to eat something else (unhealthy?) that's the only moment to buy something of that category. Do the same when you expect guests. Don't be hard on yourself to have unhealthy food products around your home. You know what's meant by that: chips, sweets, chocolate, pie and so on. Of course you have the goal to have stuff like that at home in the future and not touch it. You know from earlier attempts that you lost control easy in this. Don't make anything harder than necessary. It will also save you money.

*

Do you live with more people together? That means you're in a different situation. Ask the people you live with (parents, partner, children, spouse, friend, friends) full corporation and ask them to make it possible for you to follow the daily menu from this book. Maybe they'll get just as enthusiastic as you are to live by the daily menu. Make sure to communicate in an open and loving way in this, but carry your own responsibility for your weight, figure and your own health. That will give you power, self confidence and perseverance. You'll feel good about yourself not to be depending on other people and circumstances. What if there is unhealthy food around your home? You do need support from the people you live with, regarding the changing of your health patterns. Tell them what kind of support you want and need in this and ask them not to store too much unhealthy food products around the house. It's just as good and healthy for them as it is for you. Tell them that no is no when you say no to offered unhealthy food. Tell them not to put any pressure on you to take food / drink you don't want to take. The daily menu provides enough structure and guidance to live healthy and not to get appetite. Outside your home you will also meet unhealthy temptations. Turn it into a sport (you know you can)to resist temptations, traps, obstacles, bumps and mountains and above all don't eat with your eyes.

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SINGLE SUGARS AND CARBOHYDRATES / YOUR PANCREAS

Carbohydrates are chains of sugar. You'll find them in bread, pasta and potatoes for example. Chains of sugars are better for you because your body has to work to digest this. The chains of sugars have to be reduced to single sugars (glucose) to let them pass from your bowel system into your blood system as little doses. Your digestion uses energy itself to digest food. Therefore see to it that a lot of food contains less calories, like raw food, raw vegetables and slim products. This is food that fills you up and satisfies you, but provides less calories. Single sugars are also forms of carbohydrates. (Glucose) The words single sugars mean that they are ready to get into your body just like that. Single sugars pass your stomach and bowel system to get into your blood system immediately. In your blood system they cause a high level of sugar. Your pancreas gets aware of this high level of sugar and responds by secreting insulin into your blood system. Insulin helps all of your body cells to absorb glucose (energy) and stores a part of the amount of glucose into your muscles (glycogen) as reserve fuel. Too much glucose is turned into fat and stored as fat, just like all the other extra calories eaten. The more single sugars you eat, the more fat is stored. By the way, this is a constant heavy burden to your pancreas. Don't you notice you actually feel tired after eating or drinking single sugars? That's remarkable: you take sweets because you believe to get energy out of it. Single sugars are addicting so you tend to eat more and more sweets. You'll find single sugars in almost all unhealthy food and they contain a lot of calories: all sweets, candy, chocolate, cookies, cake, ice cream, sugar, regular soft drinks, fruit juices and not to forget all the so called energy drinks. Unfortunately a lot of products contain sugar unnecessarily, like peanut butter. On the positive road of losing weight and living a healthier life it's important to reduce the daily amount of single sugars to almost zero. See to it to eat enough carbohydrates (chains of single sugars), necessary to provide you with enough energy. These sugars come into your blood system in a balanced and dosed way. You'll notice your body will respond well to a little lesser amount of carbohydrates, your body will switch to burning stored fat more easily by doing this. Furthermore you just feel more energetic. Do so by holding on to the daily menu and replace a small part of your daily bread consumption by carbohydrate poor bread.

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YOUR PANCREAS

Strange word, pancreas. This also very important, irreplaceable, organ functions in a very intelligent and independent way. It works together with your stomach, bowel system and liver in an excellent way too. Your pancreas is located behind your stomach, in the upper region of your belly. All your blood flows through your pancreas. It measures your blood sugar level constantly. An important area in your pancreas is the so called islets of Langerhans. Here the hormone insulin is produced. So your pancreas measures your blood sugar level all day and takes care of keeping your blood sugar level within safe levels. Single sugars pass your bowel system into your blood system. Your blood sugar level is going up and will get too high if nothing's done about it. Without you being conscious about it your pancreas reacts and sends insulin into your blood system. Then insulin makes it possible for your body cells to let sugar (glucose) pass and be taken in. All of your body cells use this to burn. (For energy and your metabolism) A part is being transformed into glycogen and stored into your muscles as reserve fuel. You only need a dosed daily amount to burn as fuel and needed as reserve fuel. Too much sugar is simply transformed into fat and stored. Your pancreas functions as a highly intelligent organ, but if you put a high burden on it for a long period of time you risk the

chance it will get into serious problems. You do so by eating and drinking too much single sugars and becoming overweight for example.

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A drain pipe connects your pancreas with the first part of your bowel system, called 12 duodenal. The pancreas secretes digestion products into your bowel system, necessary to digest carbohydrates. Your stomach juice is very toxic. It's damaging (burning wounds) to other tissues than your stomach. Through a valve your stomach passes little portions of partly digested food into your bowel system in an intelligent way. Then your pancreas reacts by secreting soda-bicarbonate into your bowel system. This detoxifies and neutralizes the toxic stomach juices so that your stomach juices can't burn the tissue of your bowel system. Amazing, all this intelligence is living inside you. When you put a burden onto your pancreas with a lot of single sugars, your overweight, and drinking alcoholic beverages too much your pancreas can be damaged. It can get ill. It can stop producing insulin or just not make enough insulin anymore. Also you might develop your body cells to get resistant for insulin, this will mean that sugar won't be able to get into your body cells and that you won't be able to store an amount of sugar in your muscles. This is called diabetes type 2. The number of people with diabetes in the world is increasing rapidly, caused by being overweight. A lot of young people and children already develop diabetes by eating unhealthy constantly and being overweight. Diabetes causes blood sugar levels to get very high. You'll get extremely tired. You will urinate often and experience being thirsty constantly. Normally your kidneys will not let pass sugar into your urine. Now the sugar level is so high that the only thing your kidneys can do is let it pass. This results in withdrawing a lot of water from your body to be able to urinate all the sugar. You'll go to the bathroom often and are thirsty constantly. It seems nice but it's far from that: your metabolism get's out of balance. To get energy your body will burn stored fat but because of the huge disturbance in your metabolism this burning process is incomplete. This causes toxic waste to get into your blood system. You turn sour. Your breath smells like acetone. (like sweet apples) You don't feel well. Diabetes type 2 can be regulated with medication, healthy food and healthy living. Almost all overweight people are cured from diabetes type 2 once they lose weight and live healthy again. Under a microscope single sugars look very beautiful, like a star. However a star has sharp points. Therefore too much sugar in your blood system causes damage to your blood vessels and nerves. They collide with the walls everywhere. Therefore losing weight and living a healthy life is not only good for your outside but especially for your internal body.

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Too much alcohol will damage tissues and organs, your pancreas for example. When alcohol damages your pancreas this can't be cured. You'll suffer from disturbed digestion and your pancreas can become inflamed. When your pancreas gets inflamed the drain pipe to your bowel system gets inflamed too. The drain pipe of your liver reacts and this can cause your liver to get inflamed and disturbed too. Everything inside you benefits from leading a healthy life.

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SOFT DRINKS, FRUIT JUICES, LIGHT SOFT DRINKS AND OTHER LIGHT PRODUCTS

Regular soft drinks and fruit juices contain a lot of calories. They contain a lot of single sugars and therefore are not suitable (or very limited) in a healthy food pattern. In your personal striving to lose weight it's not wise to drink soft drinks / fruit juices that contain a lot of sugar. See to it to not have them at home anymore so you don't get tempted to drink them. You were drinking more and more of this because they cause you to get addicted to sugar. You're learning to drink a lot of water. It's allowed to mix a quarter of a glass of fruit juice with water now and then. Then use red fruit juice, this contains anti oxidants. Red fruit juices, especially those made out of cherries, will help your muscles recover faster after exertion. Also it gives you a different taste of drink now and then. It's also allowed to combine this with a little bit of lemon or lime juice in your bottle of drinking water. It must be said that single sugars make you get tired, they're damaging to your teeth and give a higher risk of developing diabetes. The option might be to drink light soft drinks and light fruit juices. They almost contain no calories. However they will get you addicted too. All light drinks, and some light products, contain sweeteners. A lot of scientific articles are published considering this issue. It's said that artificial sweeteners are bad for your health, especially when you consume large amounts daily. These articles tell you all kinds of diseases that might be caused by overconsumption of artificial sweeteners. Just as much scientists say this isn't true. Conclusion: they're busy with a lot of investigations concerning the damaging effect of artificial sweeteners. You can deepen yourself in this further on. It's wise to limit yourself to the consumption of products that contain artificial sweeteners. Also do this because otherwise you'll notice the addicting effect and consume larger amounts all the time. Already there's scientific prove your bowel tissue changes by drinking a lot of light soft drinks daily. Your bowel tissue starts to look like you're using laxatives, because of the laxative effect of the used artificial sweeteners. Your drinking pattern is just cheap and healthy by drinking water. Let water be the major part in your daily pattern of drinking.

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You'll find a wide range of light products. They all contain less calories than regular products. It must be said that manufacturers act positive towards the many people who are busy reducing weight and eat healthy. Still just don't take too many products in which the regular sugars are replaced by artificial sweeteners. Also there are products that contain just half of the regular amount of sugar. Light jam is an example in this. Eating a little of this (about half ounce) on your sandwich is no problem. It's better to look at the composition of products than to simply count calories. Take a conscious look if the product is healthy, besides the amount of calories. It's better to take light products that contain less fat. See to it that you take a conscious look if it fits into your daily menu than to be tempted by the label that says low or 0% fat. It really is ok to eat a peanut butter light sandwich now and then, but peanut butter light still contains a large amount of calories per 4 ounces. You might be tempted when you see a bag of light chips, but also light chips contain a huge amount of calories per 4 ounces. 4 ounces of light chips really isn't much so that's still a lot of calories. Actually it will be too tempting to eat more. If you really desire to eat fries once in a while it's ok. Make it your main meal / dinner. Take the amount as prescribed in the daily menu. See to it to have mayonnaise light at home and take a small portion. This will make a huge difference in the amount of calories you will eat, compared to regular mayonnaise. It's even better to just take some (balanced) ketchup. You are in control. In time you'll get used to get adjusted to eating food that contains just a little fat. In time you will dislike really

fat products and your stomach, bowel system and digestion organs will protest if you eat fat food.
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SMOKING

Do you smoke? Do you keep going on smoking because you're afraid of gaining weight? The way you think becomes true. *When you stop smoking and you're afraid to gain weight you will gain weight because the way you behave will follow your thoughts. Air or water don't make you gain weight.* If you gain weight then this is caused by what and how much you eat, and not because you stopped smoking. Smoking does tend to increase your metabolism a little bit, it also prevents important stuff to get into your body totally. (Like vitamin C) Smoking, also done in combination with alcohol, is damaging to your esophagus, lungs, heart, blood vessels, skin and your total health. To quit smoking is simply needed to live, and stay, healthy. How can you reduce weight in a healthy way while in the mean time you're undermining your health by smoking?

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The tar, and other severe damaging stuff, from cigarettes, hand rolling tobacco, cigars, and even pipe, sticks to the tissue of your valuable lungs and there it causes chronic irritation. Your beautiful lungs cry, get trouble to function normal, and become as black as soot. Smoking damages your organs and total body. By doing this you're risking lung cancer, esophagus cancer, stomach cancer, bladder cancer, problems with blood vessels and blood pressure, a heart or brain attack. Smoking lowers your endurance and you'll get out of breath much faster. Smoking is damaging to your skin, it turns grey and gets older much faster than necessary. Smoking causes more wrinkles and bags under and around your eyes. Smoking is damaging your vocal cords: it's only a matter of time to develop a raw and unattractive voice. It's terrible to be aware of the prospect to cough a lot (and often), laughing turning into coughing and coughing up dirty mucus.

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You are able to quit smoking today, not tomorrow or next week. The only person who is responsible for your health is you and no one else. Everything and all power is in you. It's your life. To quit smoking today means only 48 hours of physical symptoms caused by kicking this habit. After 48 hours it's *you*, or the misleading voice of your negative ego, that makes you think you still need a cigarette. You don't have to be tough and quit smoking totally at once. There are beautiful aids that can help you quit smoking: nicotine plasters, acupuncture, meditation, nicotine chewing gum and so on. Why refuse this kind of help? It took time to get used to this damaging and a lot of money costing habit, so it's ok it takes time to unlearn smoking. Be kind, but very honest to yourself in this matter.

*

For what reason did you ever start smoking and why did you continue smoking? Did you make yourself dependent on other people, to be an enjoyable member of the group? Whenever you tell yourself you will never succeed in quitting smoking this will become and stay true, because your behavior will follow these thoughts. Of course the attempt will fail. Everything, also quitting smoking, will go by falling down and getting onto your feet again. Love yourself and quit smoking right now. Follow the positive turn you took and don't be misled by any occurring barricades. Take control of your life. Write this down in your logbook 1. This is a major blessing. Somewhere in the future you will look back at today and you'll be able to laugh about the fact you smoked in the past.

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SPORTS CLUB / GYM

Eventually it might be better for you to get a membership of a good sports club / gym. Maybe you think it's fun to exercise at home? Do you feel ashamed to enter a sports club or gym? Anyway, it won't be easy to stay disciplined to exercise at home daily. If you're exercising at home it's not easy to exercise at least 30 minutes continuously to burn fat. Furthermore you'll have to move furniture or exercise in a corner of your bedroom. Just go to a good and pleasant sports club / gym. You may inform if a good friend / friends will join you. Don't let it hamper you when your friend is not in the mood to go now and then. See to it you do go and take your own responsibility. That makes you feel good. Regular exercise is needed to burn fat and needed to improve, and maintain, your health. A sports club / gym gives you the possibility to create structure in your exercise pattern. Find a sports club / gym that offers a good variety of activities. Especially find a sports club where you feel yourself at home. Taste the atmosphere in a conscious way and find that sports club / gym where you feel accepted as you are, where the atmosphere is relaxed, social and especially happy. A sports club / gym where the inside and health are important. You won't feel at home at a sports club / gym if only the outside appearance of people is the most important issue.

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Find yourself a sports club / gym that allows you to exercise for a minimum of 30 minutes on a cardio device each time. Don't make any concessions in this. There are sport clubs / gyms that will only let you exercise on a cardio device for a maximum of 15 minutes. That makes no sense in trying to reach the stage of fat burning. A personal trainer can guide you and create a personal fitness and training program. Already at home you measured your length, weight, BMI and perimeter of your belly. You have learned not to stand on the weight scale too often, especially not on different scales. You observe your weight at home on a good digital scale. You always do this in the morning and right after you get out of bed. Mentally it's an unnecessary burden to also do this at the sports club / gym (in the evening). Just be honest about your weight. Most personal trainers use a device to measure the percentage of your fat. Think about this. Don't get too obsessed with everything. You already keep track of your weight, BMI and perimeter of your belly. Does measuring the percentage of your fat add something? Do so if you really want to but in this stage it's not really necessary.

*

Most sports clubs / gyms offer extra facilities, like a sauna; good for relaxation. Also the sauna increases your heart and lung condition, your heart and lungs have to work hard to make your body remove the heat. Most sport clubs / gyms offer an unlimited membership. This makes you able to come whenever you want to, join all the activities and use extra facilities.

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Often there are televisions placed so you can watch television while exercising on cardio device. Of course you're free to do so but I advise you to not watch television while exercising, it will distract you from yourself. Try, conscious of yourself, to learn to like to exercise and to fit it in into your life. Moving and exercising plays a role in reducing weight, staying slim, and maintaining your valuable health. While exercising on a cardio device, holding the handles, you may close your eyes now and then and visualize your desired figure. You can sing a mantra within your head (no one can hear this) and / or listen to inspiring music (or mantras) through a headphone. While exercising in group activities the instructor tells you what to do. Be conscious of your body, listen to your body, and enjoy your increasing condition and endurance. Your mood is getting better every day, enjoying your weight loss and all the subtle changes. Focus on those forms of activities that you are able to

do now, types of exercise that don't overburden your joints. Your weight will go down for sure, your endurance will increase. Then other forms of exercise / sports (that ask for more effort) will get within reach. Anyway you can exercise in an easy and composed way on the cross trainer, walking-belt (walking), home-trainer and rowing device. These devices don't put a burden on you. It may look boring to move in a slow way for at least 30 minutes, but you'll get very happy when you get conscious of the fat burning effect. You could take an aerobics or zumba class, adapt the intensity to your physical circumstances and see to it that you don't overburden your joints.

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POWER PLATE

This is a wonderful device. It doesn't overburden your body and joints while it does give you a perfect workout. You can stand on it, sit on it, lay on it with your belly, lay on one side of your body and so on. There's scientific prove that your bones get stronger and more robust when you use the power plate regularly. It takes muscle effort and muscle tension to stand on it for a minute for example, this because of the intense vibrations this device sends through your body. You can regulate the intensity of the vibrations and start with light vibrations. A lot of sports clubs / gyms do have a power plate. Besides moving and exercising the power plate is a good device to reduce weight and change your figure. The power plate is also being used to relieve muscular pain, but it's better to take precautions to prevent muscular pain. Do this by building up the way you move and exercise in an easy way. In this matter the middle path (middle of the road) is also the right way.

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BBL, PILATES, FITNESS, BALANCE, YOGA, YOGALATES, PUMP and so on

During the time of reducing your weight, and after reaching your desired weight, there are forms of exercise that are important to improve and maintain your figure. You take good care of your skin daily. Losing weight without any important exercise will make your muscles get smaller. Splendid, you have the choice to do fitness or participate in other classes that will strengthen your muscles. To do fitness by your own asks for more discipline than participating in group activities: BBL (belly, buttocks and legs), PUMP, PILATES, BALANCE, YOGA, YOGALATES and so on. Wonderful, there's a wide range of activities that will strengthen your muscles to chose from. They all have a different type of performance, music and atmosphere, chose that type of activity that suits you most. Yoga is good to improve your consciousness of *being you*, good for your inside and outside. Yoga positions are relaxing, but also strenuous. Some sports clubs offer yoga, it's also offered in yoga centers.

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NOTE:

Every muscle strengthening form of exercise will make your muscles get stronger and firm. This also means they'll get heavier. Your figure, arms, legs, belly and hips change in shape. Already you're just beautiful the way you are right now, but your body gets more beautiful all the time. Muscle tissue is heavier than fat tissue. This means your figure will get more beautiful and realistic slim, but in the end your weight might be a little heavier because your muscles have become trained and firm. Firming your figure means stronger and heavier muscles. However, by increasing your muscle tissue your energy need, and metabolism, increases. In the end you're able to eat more. Muscles use a lot of energy (calories) when you exercise.

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Search for those forms of exercise that feel good, in a conscious way, and that bring you joy, activities that realize the burning of fat and help you improve your figure. By doing this exercising will become normal in maintaining a healthy life. Moving

and exercising reduces stress, your body produces endorphin and it will let, and keep, your metabolism work at a higher level. It will make you more happy. The quality of your life is improving day by day.

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TEA

NETTLE TEA

Your body needs to get at least more than half a gallon (2 to 2 ½ liter) of fluid every day, mainly water. It's more healthy to drink less coffee (caffeine). Search for nice and suitable forms of tea and try them. Of course coffee is nice, but coffee also withdraws water from your body. Nettle tea is healthy. The words can give you weird thoughts, as if this tea would burn you. It won't burn off course. For decades nettle tea is used in old natural recipes. It smells and tastes good. This tea fits especially good into a pattern of natural and healthy food. You can drink it on a daily basis. Nettle tea works in a natural, fluid expelling and purifying way inside your body. Further on nettle tea contains vitamin A and C, and multiple important minerals.

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GREEN TEA AND GREEN TEA POWDER

Within the variety of healthy and nice tea, to slim down, green tea is an important tea. You can drink pure green tea or take green tea combined with other products like cranberry (good for your bladder), eucalyptus (for your bronchial tubes) and lemon (reduces appetite). Green tea powder is available to add to your drinking water. Originally green tea comes from China and Japan. It's a refreshing and nice tea. It's thirst quenching and contains good natural ingredients, like anti oxidants. The anti oxidants can strengthen your own natural immune system to prevent damage from free radicals. Drinking green tea twice to three times a day pays a good contribution to get the daily supply of anti oxidants. You can alternate or combine this tea with other tea you like or get to like. It's good and fun to deepen yourself in the effect food and drink has, like anti oxidants. One teaspoon of green tea powder added to your bottle of drinking water can support your metabolism. Follow the manufacturer's instructions about the maximum daily dose. It's a herb-amino-acid product. Green tea and green tea powder are food supplements. It's not a replacement for a meal.

*

PU-ERH TEA

China is known for good wisdom of medicine. Drink a minimum of 2 mugs of Pu-Erh tea daily. You may laugh about this tea at first, you might think it smells bad. The smell may remind you of a stable, but this tea tastes good. Soon you forget about the smell. Just like you have learned to get used to unhealthy food you can learn to get used to healthy products. Pu-Erh tea is known from way back. It's red Chinese tea, known for it's power to help reduce fat. Therefore it's a good tea to drink when you want to lose weight. Hopefully you've learned not to fall for false promises of all kinds of weight loss products. You just drink nice forms of tea, next to water, to drink enough each day. If you take the fat burning principle of Pu-Erh tea for granted you'll enjoy drinking this tea. You will lose weight anyway because your changing your health patterns totally. Enjoy adding this tea to your food pattern. It's healthy tea and contains apple and camomile for example. Apple gives this tea a light sweet flavor. Camomile gives this tea a calming taste.

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You can even add one of the above tea (even mixed tea) to your bottle of water, be surprised how good it tastes.

UNCOOKED AND RAW VEGETABLES

To maintain a healthy lifestyle it's normal to eat a minimum of 7 to 8 ounces of vegetables (200 gram) each day. Eat mainly soul food: vegetables. You can cook vegetables, but not too long to preserve important vitamins. Especially try to eat raw vegetables and salads, find out what raw vegetables you like. Broccoli tastes good and contains valuable anti oxidants. You can cut it into smaller pieces, wash it and eat it raw. Celery, carrots, cauliflower, cucumber and tomatoes are forms of vegetables you can eat raw, that's very healthy. Raw vegetables contain a lot of fibers and therefore demand a lot of work from your digestion. Raw vegetables and salads demand good chewing. See to it a great deal of your daily 7 to 8 ounces of vegetable is raw vegetable and salad. It's even better to eat more raw vegetables and salads. It's allowed to eat more ounces of raw vegetables every day. See to it you have raw vegetables and salads at home to eat in case you experience a weak moment, a moment in which you might get tempted to eat extra food. It's ok to take some (balanced) ketchup with your raw vegetables. Take it easy and take time to learn to like raw vegetables and salads and to get used to eat it every day. Eat raw vegetables and salads in a conscious and quiet way, sitting at the table, just like your other meals.

*

Compared to other food uncooked and raw vegetables are very low in calories. The big advantage of uncooked and raw vegetables is that your body uses more calories to burn this type of food than the amount of calories uncooked and raw vegetables deliver, this because of all the fibers. You'll get satisfied fast and more appetite disappears. It might happen to get a weak moment for food now and then. In spite of following the daily menu that tells you to eat something every few hours this might happen in the evening. Celery is another good tasting healthy vegetable. Take a portion and wash it. Cut it into small pieces. Some (balanced) ketchup is ok. Red sauces don't make fat. By chewing celery well and slow appetite disappears and you'll feel satisfied. Celery also will let you lose some more water. It's a fine vegetable to add to your dinner. It tastes good.

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Whenever you experience a weak moment try to figure out what causes this to happen and investigate if you're really hungry. Are there any emotions you didn't deal with? Did some words get to you or did they irritate you? Are you just bored? Deal with emotions by looking at them from a distance, talk about them and write in your logbook about them. When you're finished doing this you can take a short walk, meditate or practice visualization. You can go to your own safe spot in your home and practice a guided relaxation exercise.

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You will even notice appetite disappears when you exercise. Anyway, any uncooked or raw vegetable will be a good choice if you still want something to eat. Take a deep breath, relax and continue walking on this positive road. After you reach your desired weight and figure uncooked and raw vegetables will remain ingredients of your food pattern. It will become a steady part of maintaining your right weight and figure.

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WEIGHT REDUCTION PILLS AND OTHER WEIGHT REDUCTION PRODUCTS

Did you also step into the trap of false promises, or do you still do? False promises of products that promise you'll lose weight very fast and without any serious effort. The weight reduction marketing is very aggressive. Wherever you look, a lot of products promise you to lose 5 to 10 pounds a week. Please realize you shouldn't be even wanting to lose such an amount of weight in such a short time. It's not possible to lose that amount of weight in a healthy way. Anyway, losing weight too fast will kill your metabolism and stimulates the YO-YO effect immediately. It's well possible you tried pills, powders, drinks, shakes, drops and so on? They cost a lot of money and don't work. There's a lot of fables around pills that are supposed to block or burn fat. All around the world people spent billions of dollars on weight loss products. In spite of this the overweight problem expands more and more. To burn fat is a complicated process inside your body. You'll have to move / exercise a lot and simply eat and drink less fat and calories. Did you also try expensive slimming gels or other so called slimming products to put on your skin? You get tired of trying. Don't tire yourself anymore by believing in things outside yourself, you know better. *You've got everything and all power inside you.* It can be painful to watch commercials for these kind of products on television and in magazines all the time. They use beautiful slim models all the time that tell you they have become slim only by using this weight loss product. It's a pity so many people fall into these traps. All the manufacturers must be very happy so many people around the world spent a fortune on so called weight loss products that simply never bring the result they promise. This is caused by the fact you place the problem outside yourself and are afraid to face your problem and own responsibility. You just hoped for outside solutions. Unfortunately that's not the solution and it will never be.

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There are no pills that will let you lose weight without any effort. There are enough pills that can damage your metabolism because they influence your thyroid gland in a bad way. When your thyroid gland is disturbed you'll suffer major problems. You get irritable, you feel rushed, you feel cold all the time, you don't feel well and so on. In short this means a bad quality of life. The same danger is caused by laxatives and pills that let you urinate all the time while you don't need these. It might cause a dangerous loss of potassium. Well, actually I do hope you can laugh about the fact you thought you would lose weight by a pill or any other product. Take a look in the mirror with a big smile and leave this phase behind. Don't be fooled by these marketing tricks anymore and stop spending money on these kind of products. Maybe all of this was needed to get to this point today. Losing weight for good takes effort and time. You took the road to change yourself and leaving the past behind. Go on in a determined way. Look inside and you will feel a lot of power and energy to continue. The Divine Source of life provides you with all the strength and power needed.

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YOUR BRAIN

What is really your brain? Actually that's too complex to explain and understand. It seems like you live inside your brain but that's not what it is. Who are you? How do you learn to determine and to protect your own boundaries. How do you learn to stay close to yourself? Depending on age, experience and circumstances it's probably a matter of learning through life. You can put a positive influence to a lot of your own circumstances. Your brain is brighter and more clever than the most advanced computer. It contains a huge memory for the past. You can remember and play pictures and films from the past anytime you want to. The most important issue is to especially remember all the good things, they give you positive energy.

Your brain is a big storage box, one big picture album for that matter. Your brain just follows what you want to store and remember as memories. Who or what are you then? *You just.....are.* You're everything, your spirit, your mind, your soul. What you are is bigger than your body and your brain. At the same time you're the body you live in and you're the pounding loving heart, the engine, that let's your body function. You are your brain that, clever programmed, drives your body, organs and all life functions continuously. For a great deal your brain functions without you're having to think about it, even while you're asleep. You're totally one with the Divine Source of Life, the Divine Cosmic Love and Energy while you're sleeping. You merge into the subtle world. Then you are in perfect harmony with the Divine Infinite Universe, the Cosmos. In this state you get healed every night. Impressions are being dealt with. Your mind is able to rest and reload. Your body can rest, restore and prepare itself for a beautiful new day of life.

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While you're awake you're in harmony with the Divine source as well. However, when you're awake you're able to influence yourself. This means you can open up yourself, in and through your mind, to the positive influence and guidance of all the love and energy from the Divine Source that vibrates inside you. That's the best thing you can do and it means everything is possible in a positive way. Also you can use your will power to shut yourself for the Divine Source, neglect It and even fully deny It exists. *You can even neglect and deny yourself.* Still the Divine Source doesn't judge you. All of this you do by using your thoughts and will power. Thoughts are invisible to others, but you can read and see every letter of your own thoughts. With your mind and will power you're able to think whatever you want to think. Everything you think inside your mind and soul is programmed into your brain like a blueprint of computer programs. This happens next to anything inside you that you don't control: your involuntary nerve system. However, your involuntary nerve system does react to stress and sorrow, you notice a hunted feeling in your heart for example. Positive thinking has an enormous positive influence to yourself, your brain, your heart, your mind, your soul and all of your body functions. The Divine Source is smiling. Everything responds to what and how you think, so this also happens with negativity and negative thoughts. Everything inside you responds to projected negative thoughts.

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You act and behave by what you think. Actually this is a big responsibility. As a human being you always have a choice: Live from positivity or negativity? (Whatever from what issue of life) Live and react from fear or from love? Every day you do have your own choice. The best thing you can do for yourself is to react from love.

Already it's described in the theme learning to think positive thoughts: you desire to lose weight, change your figure and live in a healthier way. Then it's better and good for you to believe in yourself and project thoughts you will succeed from now on. Anyway you're going to succeed. Everything inside you and the Universe will do it's best to reach this beautiful goal. You will really act by these thoughts. When you

project negative thoughts you won't succeed everything inside you will do it's best to not reach your goal. You will act by these thoughts and what you think becomes the truth. Your brain only does what it's created for: let you function and operate you. However, your brain is operated by you, your spirit, your soul. Be conscious about the fact you also have an ego, just like every other person, but please don't listen to this negative voice. Listen to the Divine Source of Life, the Divine Cosmic Love and Energy, inside you, with you, through you. It smiles at you. (And at all life) The Divine Source wants to steer you and help you with anything that's *positive*.

*

If you open yourself to your ego you mainly open up to negativity. Probably you will never be able to get rid of your ego completely, at least you're only human. You're not your ego. Your ego will get very small and keep his mouth shut every time you're conscious about your ego and chose to rather open up to the Love and Energy of the Divine Source. Where is your ego located? Like the Divine Source it's everywhere inside you also. Your ego is responsible for all negativity inside you and the negativity that comes out of you. Unfortunately the ego wants to be fed with negativity every day (and spread negativity), while the Divine Source only wants to feed you with Love and Positive Energy. The Divine source is stronger. Your ego doesn't care if you win or lose, as long as the result is negativity. Only then it feels satisfied. If you desire to learn more about ego you'll find some good written books about letting go of your ego. This book is all about losing weight, for now it's sufficient to become conscious about the way your ego operates regarding losing weight. Do program your brain with positivity regarding losing weight, changing your figure and living a healthier life. Take a conscious look inside yourself every day. You do so by closing your eyes and to see your inside through your soul and your spirit. You'll see and feel the Infinite Light, the Love, The Energy and Intelligence of the Divine Source inside you. You'll become conscious of the subtle world in and next to you. Surrender to this. This means that everything inside you, from your brain to the smallest blood vessel in your little toe, will act by this. The positive impact to you, and your surroundings, is huge. The ego inside you will try to sabotage this. This kind of sabotage will take place in all kinds of ways and in unexpected moments. Whenever you're conscious about this sabotage and let the Divine Source take control positivity wins. Regarding losing weight the ego will install traps, obstacles and mountains. See right through them and go through them, they will disappear and your ego will get very small. For instance this counts for eating moods, Eating Pain Centre, to not eat with your eyes, parties, vacation, weight scale and so on.

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Back to your brain: just like every cell in your organism it needs oxygen, fluids, vitamins, minerals and other healthy food to be able to function well as being the central computer of you. Only for this matter it's already unhealthy to be on a crash or other unhealthy diet. Eating unhealthy food means too much fat can glue to the walls of your arteries, big and small, also in the blood vessels of your brain and heart. This is a high risk for health problems and complications. Drinking too much alcohol daily is also damaging to your nerves, brain, heart and blood vessels, liver and pancreas. Too much alcohol will let your brain cells die too soon and damage your nerve system, also because of shortage of vitamin B complex. All of your body and blood cells renew continuously. However there are three forms of cells in your organism that are never renewed in your life, they'll have to last your whole life. If these cells are damaged in an irreparable way they can't be replaced. A physician can take away a part of your bowel system with no problems, you can go on living without it. Your brain cells, nerve cells and muscle cells can't be replaced and can't be repaired once there's definite damage.

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You really won't be able to stick to an unhealthy diet for a year long without going back to old patterns somewhere along the line. Sooner or later you'll eat something different or unhealthy. There's nothing wrong with this but your brain reacts to this and will think "I have to store this into fat before he or she continues this strange diet and doesn't eat enough". The result is storage of fat. That's the source of the JO-JO effect and one of the reasons most people gain weight after a successful attempt to lose weight. Most people gain back more weight as they have lost. You can prevent this from happening by eating healthy and programming your brain with positive principles and thoughts. You will succeed in losing weight, changing your figure and live a healthy life. By realizing this you completed the circle and negative patterns and blue prints will disappear from your brain. Accept to be fed and steered by the huge positive power and energy from the Divine Source inside you.

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YOUR HEART AND BLOOD VESSELS

Do you also feel amazed and touched when you realize the value of your heart? Your heart is mainly located in the middle of your chest, the bottom lies more to the left. Because it uses space here your left lung is smaller than your right lung. Your heart is literally the loving engine of your body. From your lungs it receives blood filled with oxygen. From your lungs this blood gets to your heart at the left side, into the left bosom. Blood is sucked into your heart into four rooms and pumped on, two bosoms and two chambers. Blood filled with oxygen goes from your left bosom into your left chamber in no time. There are valves between these two rooms to prevent blood from flowing backwards. From the left chamber your heart pumps the blood filled with oxygen into your main artery, the aorta. You contain about a gallon and a quarter of blood. Two arteries come directly out of your aorta to bring sufficient oxygen and food (fuel) to your neck and head. Also there comes a wide web of small arteries out of the aorta. This web spreads along the outside of your heart to bring oxygen and fuel into your heart. Your life is literally depending on this web of arteries because your heart can only do one thing: work continuously as long as you live. It can never stop or take a break. The only break it gets is the fraction of a second between two poundings, almost nothing in time. It works at a little slower pace while you're asleep, but for the rest it can never get tired and take a break. Fortunately there's an enormous intelligence and energy inside your heart too. It wants to work and wants to be healthy. With a lot of love it wants to pump thousands of gallons of blood through your body day by day. Your aorta then delivers all the blood filled with oxygen and fuel into large arteries and they bring blood to all of your organs, your arms and legs. What are your thoughts about the fact it only takes one minute for your heart to pump all your blood through and around your body? As soon as all the arteries have delivered the blood with oxygen and fuel (for the burning process in all the body cells) blood without oxygen flows back to your heart through veins. From your legs it has to work its way up against gravity. Therefore veins have valves to prevent blood from flowing back. You're helping the blood flow back to your heart by walking a lot, this because of the strong pumping function of your calf muscles. When you don't move enough and get too heavy (overweight) these valves can get damaged and start to leak blood, this causes varicose veins. They blot your legs and can be painful. A healthy weight and life style with daily exercise helps to prevent getting varicose veins also. All veins flow into one big vein inside your belly. The veins from your head, neck and chest do the same. Then one big vein transports this blood without oxygen into the right bosom of your heart. Next to the fact this blood doesn't contain oxygen it does contain waste. (Carbon dioxide) On its way back to your heart your kidneys and liver take out waste from the blood. (Waste of medicines and digestion for example) From the right bosom the blood flows to the right chamber. The right chamber of your heart then pumps the blood into the lung artery towards your lungs. All the blood flows through your lungs, carbon dioxide will leave your body by breathing out. The oxygen you breathe in is given to your blood and comes into the left bosom of your heart through the lung vein. This completes the circle of your blood system.

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Your blood system is constructed as an intelligent web of pipeline, needed to bring oxygen and food (fuel) to even the smallest parts of you and get rid of all the waste. In a simple way you can compare your heart and blood vessels to the heating system of your house. It's not difficult to imagine what can happen if somewhere something starts to leak or gets obstructed. Problems and damage will occur. High blood pressure, by eating too much and unhealthy, drinking too much alcohol, eating too much sugar and sodium, by getting overweight and not moving enough, can be the cause of severe problems to your heart and blood vessels. This can result

in a heart attack, stroke and problems with your blood vessels for example. Problems with the blood vessels in your legs can cause that your legs don't get enough oxygen; you'll experience pain and can only walk just a very short distance. Problems with the web of arteries around your heart can cause that your heart itself doesn't get enough oxygen, a heart attack can follow. Without having to think about it everything functions inside you, but like the rest of you and your body your heart and blood vessels fully depend on the way you eat and keep up maintenance. The muscle tissue of your heart is build like the way your skeleton muscles are build. This type of muscle tissue is able to grow. If you follow the principles of the themes exercise 2, how to burn fat and heart beat percentages fat burning exercises, your heart will get stronger; the muscle tissue grows. The result is that your heart has to do less work. After a while your heart pumps away the same amount of blood in one pounding as it did before in two poundings. How often your heart pounds in a state of rest goes down, for the average human being normally this will be 60 to 80 poundings per minute. It can lower to way under 60 poundings in a state of rest for a trained person. Greet every new day with a smile, be happy with your life, happy that your heart and blood vessels (everything) inside you functions well.

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YOUR INTESTINES

All together your bowel system is approximately 7 ½ meter long, packed inside your belly as a garden hose. It works all day long, it makes peristaltic movements. The whole digestion takes place in your intestines. Your stomach lets pass small packages of food to your 12 duodenal, the first part of the small intestine. Digestion continues from here. The small intestine is about 6 meters long. If unwanted guests, like ill making microbes, get into your stomach your stomach fluids will be too toxic for them to survive. You don't even have to think about your digestion. Everything inside your bowel system works together in an unbelievable intelligent way to make sure all needed digested food parts get into your blood system. After everything gets into your blood system this flows through your liver first. Be happy you can't feel the inside of your intestines, the intelligent constructed tissue protects nerves and muscle layers. If your intestines protest they do so by increasing the peristaltic movements of the muscle layers on the outside. Then you experience pain and cramps inside your belly. Without you noticing it billions of friendly microbes live inside your intestines. They live in perfect harmony with you and are needed for a healthy digestion. Your small intestine is followed by approximately 1 ½ meter of large intestine, this part of your bowel system retracts water back from digested food. This also is done in a very intelligent way. Your feces will become thicker to make normal feces. Your intestines did sent signals of not being happy the way you ate. Sometimes you experienced a puffed and cramped feeling after eating too much fat. Another time you felt tired after eating an overload of single sugars. After submitting to eating moods your intestines gave you an unpleasant full feeling and sometimes your feces pattern was disturbed.

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You create a regular good feces pattern by drinking ½ to ¾ gallon of fluids, a lot of fibers in your food will help too. You improve your digestion and feces pattern by moving / exercising every day and to practice the breathing exercises before breakfast. Don't skip meals. Take time and relax to go to the bathroom / toilet when you feel you have to go, that's part of living a healthy life. Your intestines function in a healthy way when you just eat a little bit of fat each day. The healthier you eat the more healthy your intestines work. They're happy with raw and uncooked vegetables, they love to work hard to digest this. Raw and uncooked vegetables hardly contain calories, it even takes more calories to burn this type of food. See to it not to get a stuffed feeling, by eating less meat for example and to investigate to what food you respond the best. Eating by the daily menu means you create a balanced digestion, a metabolism that functions well and works all day long. It's better not to eat a large meal right before you go to bed because the peristaltic movement of your intestines is limited at night. Present food won't be digested well.

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PART B: MENTAL AND SPIRITUAL POSITIVE HEALING THOUGHTS

Thinking patterns that lead to negativity concerning your weight, figure and your health patterns are described in this part of the book. You can read and learn how to change the way you think concerning your weight, figure and health patterns. This will lead you to a positive way of acting.

ACCEPTANCE, JOY AND ENTHUSIASM TO WORK FOR PHYSICAL AND SPIRITUAL HEALTH

Do yourself a favor and give up the resistance to work at your health today. Accept your health is your own responsibility and you have to work on it yourself. By accepting this you'll find peace and positive power. It calms down your body and mind. It's possible that you put up barricades and rejection against your own body, mind and health in your life until today. It's most likely you influenced your body and mind in a negative way with negative thoughts, acts and too much food. Is it possible you didn't look in an honest and good way at yourself, and you were jealous of slim people? Do realize everything is possible and you will reach your own realistic desired weight and figure. You will optimize your health. Feel the power and positive energy inside you.

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Slam the brakes today and leave the road of being overweight. It won't be possible to do so with high speed, but at a slow pace. Follow the signpost to a slim and healthy life, the right direction on your own pilgrimage road. *Accept you're going to work to lose weight, change your figure and to work at your total physical, mental and spiritual health and to improve this.* Close your eyes and take a moment of rest to feel this acceptance in your body and mind consciously. That feels nice and gives positive energy. It gives you the power to walk on this new road. Right now you're taking the best and nicest direction on the road of your life. Smile at yourself, be proud of yourself. It's time to give up all excuses and resistance to not have to work at yourself. It's ok this takes time, but take a quiet moment of silence to let go of everything each day. By walking on this new road with pleasure and enthusiasm all your intentions and actions get much more positive power, the results will be positive. Stop looking at your body and mind as two separate worlds. Realize your body and mind are united and have to be in balance. An unhealthy body has a negative effect on your spiritual health. An unhealthy spirit and mind have a negative effect on your physical health.

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Everything's alright. Today is the moment you're living and you start to walk on the new road with pleasure and enthusiasm. Just enjoy yourself and the power this

brings to you to work at and with yourself. You are your own friend. You're sharing your whole life with yourself and you're the only one who's responsible for the quality of, and the fun in your life. By sending this out to the world around you in a positive way you'll notice it all comes back to you in a positive way. Smile at life, smile at your life.

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Enjoy changing your weight, figure and your total health. Eat and live healthy, behave yourself healthy. Act with self confidence, as if you already have reached your desired weight.

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You can turn every day into a beautiful day and instead of buying some unhealthy food or drink you might as well spent some money to buy yourself a nice present, you deserve it.

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ACCEPTING TODAY'S WEIGHT

Since you decided to improve your physical and spiritual health it's most likely you feel resistance towards your present weight. Think about it, it's possible you judge yourself about this. That causes pain and negative emotions. There's no reason for this. It's just a fact your present weight is not good. Your present weight feels uncomfortable and it makes you feel unhappy. Judging yourself about this is blocking your progress and causes negative energy. This can stimulate you to eat too much and stimulates eating moods. You get peace by accepting today's weight for what it is. Your spiritual mind responds in a positive way. Everything is like it is and this phase of being overweight is passing by. Accept today's weight with love, do realize it's only a matter of time before you reach your realistic desired weight. Live in the present, now is the only moment you live, you took the positive direction. By letting go of the past and enjoying the direction you took you're able to keep distance from today's weight. You can let go of everything and trust and believe in the fact that your weight is going to change to a lower realistic weight, that's good for you. Your present weight is nothing more than a number and has no meaning to what or whom you are. You're good enough the way you are. Learn to leave it for what it is if other people make comments about your weight. Observe it for what it is: a remark made unconsciously, just leave it behind you. Don't think about it because that can cause negative emotions. Emotions follow your thoughts. Emotions can be a trap to start eating while eating doesn't help the situation. Every day you live is an opportunity to live from love and kindness or to react to remarks and life situations in an angry and fearful way. Take time to learn to react in a loving kind way, that's better for your total health.

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Have you always been afraid you would give up yourself by accepting your present weight? Probably this resulted in fighting a battle with yourself and life. By fully accepting today's weight the new road and direction you took opens up to you. The battle is over. You live and your life is not a battle. You may well speak this out to yourself in unconditional love. Unfortunately your body puts on weight easily and it makes no sense to observe what other people eat. Bring balance to your body and mind. Close your eyes and realize you, just like all life, were created out of the Divine Source of Life. In unconditional love we are all connected by the Divine Source of Life, the Divine Cosmic Love and Energy. In every precious moment of your life you're fed and supported by this infinite big source. It's ok the way it is and part of your road, your own pilgrimage road and your life. Everything that happened to your life was necessary to get to this point today. From now on you will only get better and stronger. You have every reason to smile at yourself.

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BALANCE BETWEEN BODY AND MIND

Don't look at yourself as being separate from your body. Your spirit lives inside your brain, your consciousness. Your soul is the unchangeable Divine Source of Life in you and is the biggest form of energy you can think of: the Divine Cosmic Love and Energy. Your soul is everywhere, in every fiber and in every body cell, everything and all power is present inside your soul and you. Feel connected with your body and live in connection to yourself. Stay close to your beautiful self. You live inside your body, your home, which is given to you by the Divine Source of life. By accepting yourself completely everything from the Divine Cosmic Love and Energy will help you heal and reach your goals. Have faith in this and in yourself. Every day you live is the day, live in balance between body and mind. If one or the other doesn't function right, doesn't feel well, you're out of balance and you'll suffer from that. When you (your mind) wants to exercise too much and at some point your body tells you it's tired you'll get problems if you ignore the signals. On the other hand your body can tell you it's restless, irritated or tired, because it doesn't get enough exercise. It might well be you tell yourself (your mind) you don't like to move. Then also you will suffer some kind of problems somewhere along the line. Whenever your body asks for important food while you think (your mind) you need to be strong by not eating enough and skipping meals you're not in balance too, with a risk of problems or damage.

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It's wonderful and fun to take care of yourself and to keep good balance between body and mind from now on. Take care of good balance between exertion and relaxation and follow the middle path in this, it's no good to demand too much of yourself. Asking too little of yourself is no good either. Your body is your home, the vehicle that takes you everywhere. Your body needs to be treated with love every day. It needs sufficient exercise and sufficient rest. It needs good quality of healthy food and drink. Beautiful, there's a lot of intelligence inside your body to handle a certain amount of attacks by damaging products, but you can't put a burden to your body by feeding it damaging products for years and years. Sooner or later damage is done and problems occur. It's a big responsibility to take optimal care of yourself, but this responsibility is good and nice. It's nice to look towards and into yourself instead of putting all responsibility outside yourself. Within this responsibility it finally really feels wonderful not to be depending on others, stimulating products, drugs, cigarettes, alcohol and unhealthy food. You'll become very strong and your self confidence and self image grows enormously. Love yourself without any conditions. Maybe you were afraid to look inside yourself and you closed yourself from this. To look inside and to work at your inside is just as important as to looking and working at your outside. Harmony in this translates into your beautiful appearance, regardless physical aspects. Your mind tells you what it needs, your body too. Listen to yourself every day and notice subtle signals like fatigue, irritations, appetite. See to a good balance between food, exertion and relaxation. Investigate what's going on and solve it, by doing this you're taking good care of balance between body and mind. Learn to see through the traps that are trying to disturb the balance. Examples of traps can be your (still present) Eating Pain Centre, your ego (negative thoughts), or even other people. Think positive, it has a positive influence to your body and mind. You act by what and how you think.

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BEING KIND AND SWEET TO YOURSELF

Sometimes it seems to be disliked to love yourself. Love is the only thing that counts in life. If you love yourself you can spread love. Then you will take care of your surroundings with love. If you shine and you're enthusiastic you will allow other people to shine too. It will create a better and happier world. If everybody would act like this then this earth would be a more loving place to live. Today's situation on earth demands mankind to take a different direction on the pilgrimage road of human life. It's necessary you and I (everybody) realize that everything (life and all people) is connected by the Divine Source of Life, the Divine Cosmic Love and Energy. It's necessary we live from respect, love, tolerance and taking care of each other, all valuable life and our valuable planet. You and I, and everybody, should be able to live next to one another and be his or herself. This may never harm each other.

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Unfortunately the negative ego rules in many places. By listening to this voice (from a state of being unconscious) people want to dictate others how to live and what to do, nature and animals are being seen as products we can manipulate the way we want to. In the meanwhile we're destroying our earth as collective mankind. It won't be noticed if we're not longer there in the big universe, the cosmos. We're only a tiny little piece of dust in the probably infinite universe: the cosmos. Maybe that's why we are so valuable? Don't let your ego dictate you what to do to make little improvements like buying biological or vegetarian food for example. As long as it seems to be that other people don't try to better things your own ego tries to join them. Then you think (you're not that voice): it doesn't help if I buy biological food because my neighbor doesn't either. Everything, although this book is all about losing weight, starts with being self responsible. You are responsible yourself (just like I am) for the way you treat yourself, your surroundings and everything. Treating the world around you in a more responsible way always gets a positive form of following. By eating less and healthier, move / exercise more, making less use of your car, slimming down, you pay an important and loving contribution to lower the overconsumption and burden of our valuable earth.

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Love yourself. It's good to love yourself, that's the way it was mend to be. Treat the pilgrimage road of your life so far with respect. With a respectful attitude you took the positive direction on your own pilgrimage road. Your actions are based on positive thinking. Every day the understanding grows that every negative action on earth can have huge consequences. This means that every positive action on this earth will spread like wrinkles in a pond, like waves in the ocean. How small your positive thoughts and steps may seem to be today: you see and notice they multiply and spread. Until now you probably thought you have to be very hard to yourself during the process of losing weight and living a healthier life? That's a negative projection, it doesn't work and is unnecessary. It's even undesirable. Approach yourself with love and notice how positive this works.

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When you're being kind to yourself you will allow other people to be kind to themselves. When you think you're special you will allow other people to think they're special. When you accept and treat yourself, your weight and figure, with respect you'll accept and treat the weight and figure of other people with respect. Because all form is transitory you realize the outside is less important than the inside, but being kind to yourself it's ok to enjoy your lowering weight and the way your figure is nicely changing. It's ok because you improve the quality of your life. By improving the quality of your life you think and feel more happy. You shine and that reflects to your surroundings in a positive way. Because you spread this

around it makes the positive circle go round. Treat your less good qualities and failings with respect. Stimulate your own good qualities with respect. Do what you can do to change what you can change, what lies within your possibilities. This takes time, love and patience. It's not needed to judge yourself, judging yourself creates negative vibrations and they will get back to you. Let negativity flow away.

Close your eyes and see the beautiful smile of the Divine Source of Life inside you: It's Infinite Unconditional Cosmic Love, Energy, Intelligence and Light, that's what you really are.

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COMFORTING YOURSELF

Did you always eat away uncomfortable feelings in the past, did you think you could comfort yourself with food instead of talking about your (unhappy) feelings? Did it seem like you started to eat more and more to comfort yourself and did you always find a reason to eat something unconsciously? Did this pattern slowly take control over you? Sometimes you were criticized by someone, a simple argument, an unfriendly remark about your figure, you blocked yourself and so on. Did you feed your insatiable eating pain centre with (unhealthy) food all the time? Where did you lose yourself? Just leave this behind you. Feed yourself with love and good food from now on. There are many ways to comfort yourself without comforting yourself with food. Is it possible your stored fat is a shield of emotions you didn't deal with? Face your emotions from now on if necessary, and learn to talk about them. Work through them and then leave them behind. If needed ask for professional help. Talk to people about your emotions, people you can trust. People that take your feelings seriously, look at your inside and treat you unconditionally and with respect. You must be meticulous to get those kind of people around you. You can also talk to people who find themselves in the same situation as you are and help each other on the road to a slim and healthy life. You can learn to react with less feelings by choosing what you want to think and control what words you let come in. It can comfort you to realize every person has some form of damage, you and I too. Ask the Divine Source to guide and support you. If we allow it the Divine Cosmic Love and Energy heals us. Pain and sorrow are not nice, but it's healing and clearing to face it and get over it. Take time to learn not to think and talk about your weight and figure every day. Finally you will reach a healthy slim weight, this becomes your natural state. If needed comfort yourself with something healthy, an inspiring movie, music, a walk, a gift and so on. Nothing will comfort you if you try to walk away from yourself and your emotions. As painful as they can be, it's better to face them and work through them. Tough times don't last, unpleasant situations and emotions pass by. It's no alternative to be overweight because it doesn't make you feel happy. Investigate why you tend to comfort yourself with food and change this slowly. This also demands for patience and love, it won't pass in just one day. Just like everything in life changing this will happen by falling down and getting on your feet again. The need to comfort yourself with food will disappear and you will go on walking the positive road of changing and treating yourself, and looking at yourself with love. This is an important part of your own pilgrimage road.

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DEPENDENCE

It makes you vulnerable to be depending on food, the love of other people, and compliments too much for example. It brings disappointment and pain all the time and that makes you tend to eat too much. Take a conscious look at your past and realize that depending on things outside yourself is part of your eating problem. Just like every other person you need to be seen and acknowledged. Acknowledged and seen for who you are, that it's important you exist and are here for a reason. Is it possible you were also too much depending on other people in not wanting to spoil the fun and eat too much while so many times you didn't really wanted to? *It matters you are here. You exist for a reason.* The Divine Source is in you, with you through you and around you. By opening up to this energy you'll be healed and you realize it doesn't help at all to eat away unhappy feelings. You may feel touched by these words, that's ok, let your emotions flow. Did you experience lack of self confidence? Did you experience a bad self image? Although this is really unnecessary it made you too dependent for the love of others. Do you also fall for the attention of others? In the end you always got disappointed, especially by bad remarks about your weight and figure. Love yourself unconditionally, you don't have to justify this to anyone. You're a beautiful nice person. You don't have to be dependent on others for self confidence, appreciating yourself, love, compliments and attention. Acknowledge the Divine Source of Life inside you. By loving yourself you shine of self confidence and power. Find people that love you unconditionally, accept you the way you are and don't judge you by the way you look. To give and receive love is only possible if you love yourself. Your relationship with yourself is forever, go on living from loving yourself. You deserve it. By doing so you're helping to share and spread love, it attracts the right people towards you. Go on walking on this positive road with confidence in your heart. *Everything will change, everything inside you is changing in a positive way; nothing can stop this from happening!*

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Probably you always thought to find happiness and comfort in food. You thought you could treat yourself and eat away unhappy feelings. Finally it doesn't help and you make yourself unhappy because your weight feels very uncomfortable. You need to eat to live. Eating too much and unhealthy, for what reason ever, is a form of hurting yourself. By doing so you're feeding your eating pain centre. It wants you to feel pain, it wants food all the time and it will never be satisfied. Are you shocked by reading these words? That's good, without judging yourself. Everything is part of your life, your own pilgrimage road. Just accept it for what it is. You're capable of changing your life and to stop being dependent on food and others. In the end too much and unhealthy food will make you very unhappy, the opposite of what you thought you were doing by eating. Unfortunately this dependency brings unhappiness, gaining weight and getting heavier brings even more unhappiness. You even started to dislike yourself. Be proud of yourself today and always. Leave this part of your history behind. Don't comfort yourself with food today, but buy yourself beautiful flowers for example. Who you are has nothing to do with getting compliments. However it's good to compliment yourself, especially because you took this positive direction and you're walking into the right direction.

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DIET

Hopefully you're able to see the humor in this situation and laugh about yourself. How many times did you start eating by a certain diet? Of course you wanted to lose weight. How much effort were you willing to put into it? Did you always hope to lose too much weight in just a short period of time? *Is it possible the word diet was just no more than a negative thought inside your head?* Actually you had no fun in trying to lose weight? It meant you projected negative annoying thoughts into your head and body and you acted to these thoughts. Despite starting to lose weight again on Monday, with good intentions, you fooled yourself again in no time. Did you step into the soon appearing trap of pie or cake? Did you step into the trap of other people asking you to create a nice atmosphere by joining them in eating? Did they tell you: "ah come on, it's not bad to just take a piece of pie"? Probably you ate a lot during the weekend, before Monday, because you thought this would be the last chance to eat a lot for a period of time? Of course your attempt to lose weight was doomed to fail. You just hated (hate?) the word diet.

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It's alright, it happened and it's over. You know better now. Take a look at the word diet from a distance and observe it well. The word diet is nothing but a word and has no negative or positive meaning. If you think negative about the word diet you'll act negative, the program diet inside your head is doomed to fail. Just look in a positive way at the word diet from now on. When you think about it in a neutral way every food pattern is a diet, then eating healthy is a diet too. There's nothing wrong with the word diet.

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If you eat too much fat, too much sugars, too much unhealthy food and too much calories every day you're keeping up a diet too, isn't it? This is called the terrible unhealthy diet. Who puts so much effort in keeping up such a diet? Eat less and more healthy. Look at this from a positive point of view and realize you're eating a positive healthy diet. Every form of a food pattern is simply some form of a diet. Rather chose a positive form: a healthy diet. To learn a pattern takes time and energy. Learning to live an unhealthy life also took time and energy. Therefore losing weight and learning to live healthier will also take time and energy, just as much time to let it become your natural state. Have a long term view, a for good view and take all the time, love and patience you need to learn to maintain a healthy diet and a healthy food pattern.

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EATING MOODS

It's good to eat a (small) meal at least 6 times a day. By doing so your metabolism starts to work and stays active. It prevents getting appetite or a hungry feeling. It's bad for your health to skip meals or wait too long before you eat something, until your appetite gets too big. There's a good chance that when you start to eat you'll eat more than you actually want to eat. Are you reacting with eating moods to unpleasant words of other people, or unpleasant situations? Unfortunately this means you let words hurt you. You may learn to not react emotionally to words and situations by looking at them from a distance, and just leave it for what it is. Where it's needed you may as well learn to talk about and deal with emotions, instead of eating them away. Then the negative voice of your ego and eating pain centre take over control. So far this resulted in eating moods: BED, (Binge Eating Disorder), uncontrollable eating moods. You eat everything you can find, particularly food with a lot of calories. You regret it later on, get an unpleasant feeling and this stimulates more eating moods to happen. Your ego and eating pain centre are very happy. *You're not that voice.* During an eating mood you're overloading your body. Your digestion can't keep up, has too much work to do and all calories are stored into fat. You feel bad, guilty and suffer from feeling less valuable than other people.

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You're strong. Don't accept the voice of your ego to tell you that you will not succeed in losing weight anyway. Don't accept your eating pain centre to go on begging for pain (food). *Everything and all power is inside you.* You will be successful in preventing eating moods for good. You're on your way to change your eating habits and make them healthier. This doesn't mean you can never have anything "bad or unhealthy" again, like pie, sweets or fries. It's ok to learn to eat something from the unhealthy category now and then, but to control it. (Even while you actually don't really respond well to this kind of food) It's all about just eating a little extra now and then, but fully controlled. When you think you can't have anything else for a very long time you're too hard on yourself. There's a good chance you step into the trap of an undesired eating mood sooner or later. Also when something upsets you, or you don't feel happy, there's a risk of getting an eating mood. Investigate yourself honestly, without judging yourself, why and how you react to certain situations. Describe this in your logbook 1. Also try to think, and describe, how you can react better and different without getting an eating mood. Eating moods are bad for your figure, your weight, self image, your self confidence, and your health. Accept that on the road of changing you will think about food now and then. Accept to think about food for just a short moment. Learn to see thinking from acting separately. You can think about food, but don't do anything with these thoughts. Learn to distract yourself from thinking about food. The breathing exercises, the guided relaxation exercise and the visualization exercises are a good alternative instead of eating for example.

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Take time to learn to eat slow and with structure, prevent getting appetite. When you feel you're not in control of your appetite then think deeply about what you really want to eat. Then drink two glasses of water, with some fiber tablets and some lemon juice. Wait for 15 minutes and you'll notice your appetite is gone. What if it isn't gone? Then eat something healthy. If your appetite still isn't gone after another 15 minutes eat something more. Look in the mirror then, smile at yourself and speak out to yourself: *does it feel nice to be overweight?* Be honest to yourself: the answer is *no*. Investigate what makes you want to eat right now. After waiting 15 minutes your brain will tell you you're satisfied. Wait for that sign, don't go on eating without being in control. You always regret eating moods and they make you feel unhappy. You're too valuable to hurt yourself this way, so enjoy the new road

you just took. Investigate what makes you feel unhappy at moments you feel unhappy. *What's the problem?* Ask yourself if you can really compensate this feeling by eating. Take time to learn there are other ways to deal with these feelings, or talk to someone you trust, go to the movies, listen to nice music or go on reading this book. You can go to the gym and exercise, appetite really disappears when you exercise. Finally your unhappy mood changes without giving in to an eating mood. Be nice to yourself. Unhappy feelings are just normal now and then. The process of changing happens by falling down and getting on your feet again. Investigate if you can get over the eating moods pattern with the help from this book or that it might be better to also get other professional help in your private situation. Write about it in your logbook 1, it helps to learn from yourself. You're preventing eating moods to happen by what you learn. Somewhere along the line eating moods will become history.

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Research tells us people who don't sleep well get nightly eating moods (BED) more easily. Nightly eating moods let you gain weight even faster. See to it to have enough relaxation before you go to bed, see to it to sleep well. Do everything you can do to prevent nightly eating moods. Use distraction techniques at night too and be kind to yourself if it goes wrong now and then. Do love yourself, take a deep breath and program positive thoughts into your mind. Trust yourself, you will succeed in changing the way you think and act. You'll get all the help you need from the intelligence and love that's always present inside you: the Divine Source of Life. Positive thoughts, intentions and vibrations find their way into your body and mind. This will become the new programming. Finally eating moods will disappear. No need to set a date or ultimatum to yourself. That's not important at all. Every day you work to get over eating moods is good enough. Do enjoy this new way of thinking.

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EATING PAIN CENTRE

Your brain works better and more intelligent than a computer. Unfortunately you installed and programmed a false computer program: your eating pain centre. It functions like an automatic computer program. Your body responds to it all the time. Do you eat too much unconsciously? Do you try to eat away unhappy feelings? Do you eat out of boredom? Do you comfort yourself with food? Do you eat because of a bad self image? Do you eat too much because you don't value yourself? Do you eat too much because you think you're not beautiful? Do you go on eating because you think you will never succeed in becoming slim and healthy and to stay slim and healthy? Do you eat with your eyes too much? Is it hard to say no if other people try to persuade you to make fun and eat? Are you an emotional eater instead of dealing with your emotions? Do you even use the storage of fat on your body as a protective shield? Isn't it true you actually experience so much sorrow because you're addicted to food? *What's really your problem?* Investigate the reason you're being overweight. Whatever the reason, it will pass. The only thing is you activated your eating pain centre. It's ok, it happened in a state of not being conscious. You think you feel better by eating and eating, but it's your eating pain centre that lies to you. It's a shield that doesn't help at all. Eating too much wrong food is denying the problem that lies beneath. It's all about shutting down your eating pain centre, let it dissolve and be your beautiful self. What you are is Divine beautiful. Being yourself is what counts and makes life worth living. Dissolve what's unreal and go right through it. At this moment you're conscious about the fact that it isn't you craving for food but it's your eating pain centre begging and craving for food. Now is the time to start to let go of your eating pain centre and let it dissolve. Every time it nags for food, together with the negative voice of your ego, it only wants you to hurt yourself. As soon as you ignore this (and realize what makes you think you want to eat, snack, take sweets and so on) and face that problem or that emotion and don't give in to this nagging your eating pain centre will die a slow death. This takes time, love and patience. That's ok, you know you're on the right way.

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Look at these words today and take a loving look at yourself. Every good reason you had to eat too much in the past happened in a state of being unconscious. You never had a conscious intention to not feel well and to not take care of yourself and not feed yourself well. You're being conscious more and more about everything and in control of changing your own life, weight, figure and your health.

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Unfortunately your eating pain centre functions as a programmed computer program. It got used to being fed unconsciously and continuously, especially with unhealthy and too much food. All day long it tries to find reasons to make you comfort or spoil yourself with food. Food will never comfort you. The only thing your eating pain centre wants is to feel the pain of overeating all the time. It will never be satisfied, no matter how much you eat. It will keep on nagging. Being conscious about this can hurt, but being conscious about this is the first victory. *Every time you're conscious about the fact it isn't you who has appetite, but that it's your eating pain centre and you don't give in your eating pain centre will slowly dissolve.* Then it won't be able to survive. It will take time, effort and energy to delete your eating pain centre as a computer program. From now on observe the moments your eating pain centre nags for food consciously. It will be in moments of unhappy thoughts, that results in unhappy feelings. Your eating pain centre responds by nagging for food. See right through it at that moment. Investigate the situation. If necessary stand up for yourself and don't walk away from problems. Talk to yourself in a

loving way and realize that comforting yourself with food doesn't help, it makes it more worse.

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In this book several methods are described to handle these moments further on. If you fail now and then don't be angry with yourself. Just leave it like that, no judging needed. When you do get angry your eating pain centre laughs at you and makes a fool of you, it knows being angry makes you weak. That evokes an eating mood. Treat yourself with love, the eating pain centre can't stand love. Evaluate the situation and write about it in your logbook 1. Doing this will already relief you. Decide what strategy will help solve the same situation the next time it happens. By growing in time your eating pain centre will dissolve and be deleted as a computer program because you're getting more capable all the time to not give in to its nagging for food. It will start nagging less often and less loud and disappear eventually. You're stronger. Use everything and all power. It's all inside you. That's the power of the Divine Source of Life, the Divine Cosmic Love and Energy, inside you. You're changing. Enjoy all new insights, and dealing with it consciously. It's alright. All experiences, and your overweight, were good and needed to get to this point today and read this. With this you may, and you can go on walking the positive road. Enjoy yourself and enjoy the process of changing towards a slim and healthy life. You're worth it more than anything else.

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EVERYTHING IS PRESENT INSIDE YOU

In your life this will be the last time you'll have to lose weight. The last time? Yes, otherwise you wouldn't be working at yourself with this book. Before this moment you were unconsciously controlled by the ego too much. This caused becoming and staying slim to be a battle, in the end you always lost. Be conscious about the fact that everything is present inside you. Losing weight and staying slim is not a battle, it's simply a choice. You took the positive direction. You have all power inside you, this counts for everything in your life. As soon as you regard an issue as being a game or a battle your ego projects fear and suspicion. Your ego only has the goal to make sure you will lose the game or battle and feel pain somewhere along the line. This is not necessary. You're working at yourself in a truly good way. You're looking at yourself in a more conscious way and you're looking inside your beautiful self, your body and soul with conscious attention. Please close your eyes. Your body, mind and soul belong together and are one. Your body is a miracle, your mind is a miracle. *You are a miracle.* Your soul also stands for infinite unconditional love. Love is the only thing that's really important. Love written with the capital letter L. Love is universal, everlasting, love is inexhaustible. Every human being is a miracle. Just like in every person the Divine Source of Life, the Divine Cosmic Love and Energy, is in your soul. It lives in every cell and fiber of and in you. Since you pay conscious attention to what happens in your body, mind and soul, you see clearly what Divine power works inside you, every moment of the day. For once try not to think (ego) if the Divine Source exists and is real, just accept It. Realize that everything you need is present inside you. All power and energy is present inside you. Open up to It, surrender to It, and find all the strength and power you need to go on. It's the subtle Divine world inside and around. Feel the love inside yourself, *it just is like it is*, that's who you really are. If you connect the love inside and for yourself to a feeling you better be aware of the fact that you thought something before that. Big chance your ego shoots a torpedo with fear and suspicion at you. The ego even might try to tell you the Divine Source doesn't exist, or something in that matter. After this you feel the emotion, this will make you doubt and feel less love. Accept, and open yourself up to, the Divine Love just is inside you. Don't think about it and don't give your ego any space to project fear and suspicion. Don't step on the breaks yourself anymore, don't put up barricades yourself anymore. It makes no sense, it's not necessary, to think you're not beautiful or even less valuable, and by thinking this way to actually not feel beautiful and feel less valuable. Only you can let your self confidence grow, with help from the Divine Source. Then you're capable of receiving everything. Everything happens for a reason. Accept it had a meaning you have a past of being overweight. It's over from now on and you will be stronger than ever before.

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The Divine Source of Life inside you is unconditional Love, smiles at you and wants to and will always help you, heal and embrace you. This powerful source, The Divine Cosmic Love and Energy / The Universe, makes no difference between people, animals, nature. It connects everyone and everything on earth because we all come from this Source. It only wants you to live and function happy and healthy, that you feel well. It sends subtle and loving directions into you every day and the Source is incredibly patient and flexible to you. You're not depending on other people or material things to be connected with the Divine Source. Are you ready? Dare to admit you (and every human being) flow from this Source. *If you want to name it different, a name you believe in then that's fine. The Divine Source is everything and we are all equally Loved, Valuable and Important.* You are Divine Shining light, Infinite Cosmic Love and Energy, Complete, Joy and Intelligence. You're all Good, you are Compassion. Everybody, and all Life, flows from the Divine

Source. The Divine Source gives you a choice every day: live from Love or live from fear. The Divine Source helps you to get on your feet again after falling down. Your body and mind flow from the Divine Source and are given to you to live in and live with. The Divine Source wants you to take care of yourself in a good, wise and responsible way. Just as well the Divine Source wants us all to treat each other with Love and Respect. All people are equal. Everything in and on our beautiful valuable Earth flows from the Divine Source and consists of the same materials. No one, nothing, is better, worse, or more valuable than another. Look inside yourself every day, by closing your eyes, you see and feel yourself alive. Feel the way everything inside you vibrates, dances and smiles. Feel the beautiful field of energy in and around you. You are Life, Love, you are valuable. Hopefully you realize you want to take good care of yourself. This includes a personal normal and realistic weight and figure. It's normal to love yourself. By thinking these positive thoughts your body and mind are stimulated. Love is an Inexhaustible Divine Positive Source of Energy. By opening up to everything that's present inside you you'll become stronger, more powerful, and in better balance all the time. You shine and by doing this you'll share this energy with others. That will have positive results. By shining you allow other people to shine and let them discover their own inside Divine power. Every second of your life you're being fed and supported by the Inexhaustible Divine Cosmic Love, Energy and Intelligence present inside you. This makes you able to walk on the new positive direction, it's your own pilgrimage road, it's your valuable life. Your goals are clear and you will reach them.

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The old situation of being overweight, living unhealthy physically and mentally, is history. The new situation of a personal realistic weight and figure, living a physically and mentally healthy life is present. Today is new. You're new. Now and today is the moment you're living. Live from being conscious that everything's possible. All impossibilities are history. Slowly close your eyes and open your eyes inside you. What you see is Clear Blue Healing Light. You are this Light. Relax, everything's fine. Take a slow deep breath, see and feel all Power and Energy inside you literally. *Everything is always present inside you.* It smiles. You are beautiful, valuable, and the beloved child and human being (just like every person) of the Divine Source of Life. Connect yourself with the Source you flow from, you exist in and from, every day: the Divine Source of Life, the Divine Cosmic Love and Energy. Love yourself unconditionally. The Divine Source of Life smiles at you in a loving way, that's who you really are.

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FIRST BELIEVE, THEN SEE

Maybe you lived by “I have to see first and then I will believe it”, until so far? It’s not strange, most people live like that. Before you started to work at something you wanted to see proof it would work. Maybe you spend a lot of money on weight loss products? The only proof they would ever work was the slim model in the commercial. You never got the promised results. Isn’t it strange that you did believe in false promises you’re surrounded with? *Did you start to believe the false truth of your ego and eating pain centre? They tried to let you believe it was your destiny to be overweight. They were always telling you you could never be slim.* You believed it unconsciously. This only was the misleading voice of the ego and the eating pain centre, throw it away. Wonderful, from today you’ll live by the principle of **first believe, then see**. You’re a beautiful, intelligent person and not build to be overweight. There’s a slim person inside you. *Your SLIM you is coming alive.* Do believe in the slim you. Believe in the Light of the Divine Source of Life in you. It gives you positive power. For the first time in your life you know for sure, you believe in the real truth, that your weight problem will become history. *Just like everything your weight problem is passing by.*

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FIRST BELIEVE IN YOURSELF, THEN SEE

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Don’t believe the weight loss commercials, they don’t work anyway. Treat yourself well by believing in yourself from today on, by continuing walking on the positive road, by enjoying this road, and to see the results in the future. If you want to see proof first, proof that you can believe in yourself and you’re able to lose weight for good, you will treat yourself with negative resistance. It’s possible this is the way you handled your overweight so far; thinking you wouldn’t be able (or never) to lose weight. You acted by this with negative results. This time you’ll get positive results. Enjoy the process, the road, of working at losing weight, of living healthier and becoming healthier physically and mentally every day. Believe in yourself. Be conscious about the fact that you know you can reach everything you want to and will reach your desired weight, figure and good health. The proof is clear because you’re working to change in a positive way for good every day. Everything inside you functions with tremendous intelligence. Everything and all power is present inside you.

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FOR YOU:

LOSE WEIGHT AND LIVE HEALTHY: BELIEVE IN YOURSELF

*Believe in yourself, from the depths of you and your soul
Be conscious about, and cherish, all your power and talents
Show your power, your talents, be yourself, stay close to your beautiful self*

*Realize, in your heart, that when losing weight and changing is slowing down a bit
your self confidence keeps on growing
Stay focused to your goals, even when you have doubt sometimes, and enjoy the
process*

*Today is your day and tomorrow is your future, everything to become and stay slim
and healthy is present inside you
There’s a slim body and a slim person inside you
You may live, learn and make mistakes*

*Don't regard mistakes as mistakes, but as lessons of life
Living your life, learning and changing, knows many hills, obstacles, traps and mountains
Learn from your lessons of life and your mistakes, but don't hang on to the past
Now is the only moment you're living, now is the only moment there is
Now is your valuable moment*

*Believe, and keep on believing, in yourself, you're worth it, let the best come out of you
You were a rough diamond once, but see how the process of life, learning and changing, let's you shine like a true diamond more and more
You're very valuable, you're worth everything and deserve everything*

*Walk this road at a slow pace and enjoy it
Don't be misled or distracted by occurring hills, traps, obstacles or mountains; no doubt new ones will occur
See and recognize them on time, go through and over them, yes you can
You're getting stronger, slimmer and healthier all the time*

*It looks like you're getting more beautiful but you are already
Ask help and advice in time, if necessary
Trust the Divine Source in and with you, this Intelligence is everywhere
Live, work at yourself, take care of yourself with your mind, your heart and your hands
Believe in yourself*

*Enjoy the moment of today and this road
You'll get back a lot in reward
Yes you can*

RUDY DELPHINO



HAPPINESS

Happiness is a thought within yourself, a feeling of happiness comes after this thought. Happiness is possible in any moment. A new world full of possibilities opens up to you every day. Happiness is something you create yourself and can be seen in the smallest of things every day. You are responsible for your own happiness, you can make yourself happy and are not dependant on others to be happy. Being happy are verbs. The sun is always shining, even when you can't see it visually by clouds. No sunrise is the same, not one day is the same. Look at the world and see the beautiful aspects of life every day: a flower, a child's smile, another person's smile, an animal resting it's head into your hands, your purring cat, your dog who's happy to see you, inspiring music. You may love yourself unconditionally. Shine and let other people shine too. By doing this you will multiply happiness around you. Happiness is possible in every moment by working at your own circumstances. Greet every new day with a smile and open up to all the possibilities the new day brings. Every day brings a certain amount of positive blessings. Open up to a positive day of living. Say hello to yourself in the mirror, it's nice to have you with us. Today also your physical shape and appearance is beautiful as it is and you may enjoy the subtle changes of your figure. The moment you can change back your belt one hole brings a happy feeling. You're taking care of positive changes in the quality of your life and that's wonderful. You're making yourself more happy by noticing you're able to move more easily and are less tired. This is all self created happiness. Living is simple actually.

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Walk on your pilgrimage road with a smile. You live more consciously. Accept yourself and be happy with yourself. Life's beautiful, especially since you're learning to create your own happy circumstances. Above all happiness is shared and multiplied. You notice happiness comes back to you when you spread it. Keeping yourself overweight and unhealthy is no longer an option. You chose a slim, healthy and happy life. You're being healed. It's possible you thought and felt unhappy because you thought you could only be happy as soon as you will be slim. Your spirit, your soul and your spiritual you are pure and beautiful. By enjoying the process of getting slim and healthy you make yourself happy. That's your beautiful goal, it's not important when you reach this goal. You're good enough the way you are here and now today. One of the most happiest moments of today is the moment you close your eyes in silence. Looking inside you see Light. You are Light, Love, Intelligence, Beloved, everything with a capital letter. Feel the Divine in yourself. You're rich to feel and see this. It's only nice to be able to move forward from today on. Hello world, what a beautiful day. *To create a party today and every day you're glad to hang up the streamers and garlands yourself.*

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JO-JO EFFECT

Statistic research tells us that 94% of all people who succeed in losing weight gain back the lost weight within a certain time. Most people even gain back more weight than they have lost. Is this your story too? This is your personal workbook about losing weight. You're reading this right now so it doesn't matter how much weight you lost, how far you have come in changing towards a healthy life and changing your figure. It only means one thing: you're taking very good care of yourself and improving the quality of your life. It's not important if you want to lose 3, 10, 20, 50, 100 kilo or more: you can do it. Enjoy your road. Losing weight is not a battle, it's a choice. Being and staying slim is a positive choice. Positive acts are the results of positive thoughts. It's understandable you saw your road as a battle so far, but learn not to see it as a battle. That has a negative load all the time, you will always lose in the end. The moment has arrived in which the slim and healthy person in you comes alive.

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Everyone who reads this has a personal history on the pilgrimage road of his or her life. Reading this means you're making huge spiritual jumps forward. Walk into the world with straight shoulders and your head up. It doesn't matter if you already tried to lose weight before or if this is the first time you're losing weight. The fact you're overweight and changing this for good is very important. Unfortunately there's an unfriendly enemy who has his eyes on you: the JO-JO effect. You can prevent the JO-JO effect to happen in your life. **The JO-JO effect simply means you're having an unstable weight, figure, and unstable eating and health patterns. You're gaining back too much weight after a period of losing weight. This is a repeating pattern all the time, and you're gaining more weight all the time. This is a created program in your brain. You're literally turning into a JO-JO. This will harm your organs and your total health.**

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The listed items below can cause the JO-JO effect to happen for example.

- Keeping up a very strict too low calorie diet for a short period of time
- Keeping up a diet in which a very important component of food is left out completely; all carbohydrates for example
- Keeping up a diet in which you are allowed to eat an excessive amount of an important component of food; fat or protein for example
- Keeping up one-sided diets; only shakes, only bread, only fruit, fasting for a certain period of time
- Using so called weight loss products; like pills and powders, including pills that can disturb your thyroid gland functions
- Losing weight without exercising or sports
- Losing much more than about one pound each week
- By not accepting there will be no finish
- By not reprogramming the "computer programs" regarding overweight, eating and your self image
- Using diuretic medicine while you don't need them.
- Using laxatives while you don't need them
- Skipping breakfast or other, more, meals
- Eating moods (BED)
- Boulimia
- Anorexia

What's your situation or past? If you don't change your mental and spiritual consciousness, and your attitude towards your health patterns, you are likely to suffer the JO-JO effect. That's unnecessary. Then you will fall down and get on your feet again all the time while you can prevent this from happening.

*

By not only focusing on your outside, but to also focus on your beautiful intelligent inside and your spiritual consciousness, you're capable of changing your weight, your figure and your health. You're capable of creating a healthy and slim situation for good. That takes time, patience, not judging yourself and being kind to yourself. Maybe you're feeling it takes blood, sweat and tears: so what? By accepting this, not to think about it and to leave it for what it is you're going with the flow of life. When you were reading the introductory of this book you spoke out your intentions in front of the mirror. What becomes the truth is what you think. You'll be and become what you think. Your spoken intentions have reached the Universe, the Cosmos. Everything in the Universe, all Divine Intelligence and Energy, will make every effort to reach your goals together with you. Your positive effort is doubled in power by this. Today your saying goodbye to all empty promises and products that are available on the market. Promises, products and appliances that don't work but cost a lot of money. In your personal situation your eating and drinking habits, your health patterns, stimulated your body to gain weight. No one put's on weight simply by air or water, unless you suffer from a disease that disturbs your metabolism. This is seldom. See to it to increase your metabolism (your heating system) by moving / exercising enough daily. Again: it doesn't matter how overweight you are to stimulate the JO-JO effect. Unfortunately gaining weight is easier than losing weight.

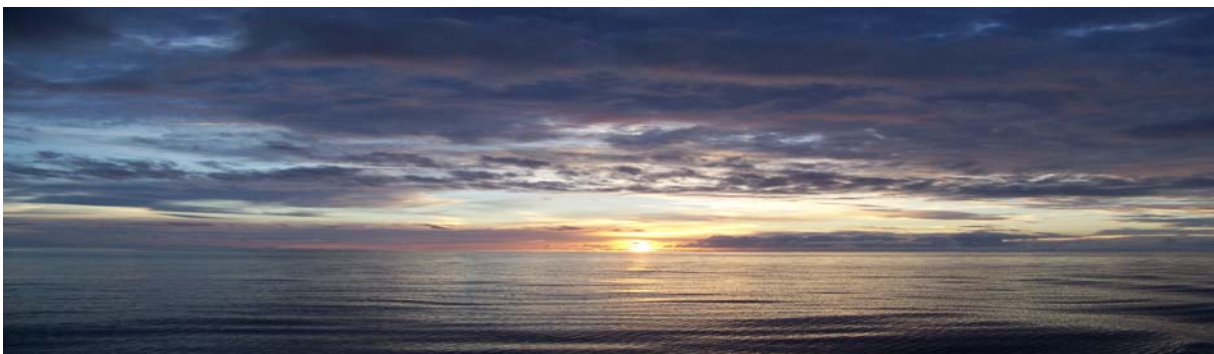
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Don't be misled by new occurring traps anymore. They will keep on approaching you in many sneaky disguises. See right through these false promises. You're doing a great job the way you're going to reach your desired weight in a healthy way. It takes time to reach this and to maintain your right weight. After reaching this your body first will try to gain weight again. Therefore keep a maximum limit of 2 to 3 kilo's above your desired weight. By keeping your weight within this range in time the new blueprint will become normal to your body and mind. If you don't keep your weight within this range your weight will go up and down in large numbers too much, you will never get a stable situation. Also it's important to live by living the "middle path".(The middle of the road) Don't fall for any revolutionary diet ever again. Losing weight, becoming and staying slim and healthy, demands for a long term investment and effort. Realize that it doesn't matter how unhappy you were by being overweight: you'll become stronger and happier than ever before.

*

Again you deserve to stand up and look in the mirror. What you see is you. Smile at yourself. When you take a closer look you'll see the real you: a beautiful, valuable, beloved and acknowledged human being. It does matter you exist. You don't have to prove you're capable of losing 10 kilo in 4 weeks to anyone. That will only lead to the nasty JO-JO effect. Walk on and take time to lose weight in a healthy way. Be kind and loving to yourself. Prevent the JO-JO effect from happening to you.

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LEARNING TO THINK POSITIVE THOUGHTS

In the end thoughts become the truth. You are and become the way you think. So often you promised yourself to do something about your weight, your figure and your health. What caused to hurt yourself by thinking the same thoughts over and over again: I can't lose weight, I will never succeed, I don't feel like eating healthy, I will be overweight forever, it's just the way I am and so on? You just listened to the negative voice of the ego inside you too much. *That's not who you are.* You're not those thoughts, it's your ego that wants you to fail. It doesn't like you to slim down and get healthy because it lives from pain, just like your eating pain centre. By accepting this way of thinking you keep yourself to unnecessary suffering. For too long you thought from impossibilities and put boundaries to yourself. You act after thinking. Thinking the same thoughts over and over again is working like a computer program. Thinking negative thoughts has become the truth, you act by this way of thinking. What a waste of time and energy. This is also happening to other negative thoughts: like a stone thrown into a pond. First you'll see a little wrinkle but soon it spreads all over the pond. Another negative ego thought is thinking "I am hungry". Would you be overweight if you really didn't have any food to eat? Listen around you to hear how many people are unsatisfied, no matter how many times they give in to the voice "I am hungry" and then eat something unhealthy. Don't think about food all the time and don't get obsessed with food, this will result in energy that clings to you in a negative way. What do you gain by thinking about food all the time? Surrender yourself to the flow of life you are in right now and by doing so let positive energy flow through you. Take back the power over yourself and think positive.

*

Stop thinking from impossibilities and start living and thinking from possibilities. Anything is possible, nothing is impossible. Start thinking like this and program your mind and body with strong positive and loving thoughts. They will make you feel better and you will act like this by itself. Tell yourself you will succeed in losing weight and live a healthy life. That's the only truth, it will happen. Just take your time. Be loving and kind to yourself on a day it doesn't work the way you want. Every day you wake up is a gift and a day full of positive possibilities. You will become slim and healthy. You are already slim and healthy by thinking these positive thoughts. You're keeping up an active metabolism and digestion by eating at least 6 (small) meals a day and you won't feel hungry. You might experience a little appetite now and then, that's completely normal. There's described enough to handle these situations, in this book, without falling back into old habits.

*



Accepting this and simply continuing the positive road is better for you than to judge yourself in a negative way because you will act to this and that creates a high risk to fall back into too much unhealthy food. You have the choice to think whatever you want every day, no one forces you. Be conscious about this and go on. Again realize that progress comes in little steps. Eventually a lot of small steps will lead to giant steps in your life. Start every day by thinking "I can do this" and smile at yourself in the mirror. Every day your loving actions will move you forward towards being slim, healthy and changing your figure. Is it possible you never wanted to change? Now you're discovering that changing, in a positive way, is fun and even gives you a lot of energy.

*

The Divine Source of Life, the Infinite Big Divine Cosmic Love and Energy vibrates more and more in you. It feels you're connecting to the Infinite Positive Love and Intelligence working inside you. You can see It laughing of joy. Give up negative thinking about your weight, figure and health. Realizing this is giving you air and space and you feel that all positive thoughts find their way into your mind and body. All positivity starts to work in and with you.

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LETTING GO

Every day, life, means letting go. Letting go is a constant present factor and the biggest challenge in life. In certain moments every person is forced to let go. Letting go can bring sorrow and sorrow means being human. If you and I are allowed to be human it's alright to cry of sorrow now and then. We might just as well cry about something beautiful. You may cry about the fact you see a lower weight standing on the scale. Then you also let go. In this moment letting go overweight is freeing and healing. Crying works in a cleansing and purifying way. Whenever you don't accept certain situations, sorrow, and you're trying to avoid it you're being led by the negative voice of the ego. You're staying angry and keep asking yourself why this is happening to you. Then anger turns into grudge and bitterness. This will block your flow of life. It's translated into pain, high blood pressure and fat for example. This brings negative energy and unnecessary suffering. The ego is laughing, the Divine Source tries to help you. One of the negative forms of this negative energy is trying to eat situations away. It may seem to help for a little while. Finally you bring unnecessary suffering and more pain to yourself. Of course you have the right to think, and feel, it's unfair you're in this certain situation and that it isn't right. However it always has a meaning to let go, no matter how painful. However nothing ever has the need or meaning to be eaten away. Every person, and so are you, is valuable and loved by the Divine Source of Life. Therefore there's never a meaning in letting go of yourself. One time you can experience sorrow about a lost love or relationship, a job, the passing away of beloved people. Sometimes you realize it's better to let go of certain (unhealthy) patterns. Sometimes you find out it's better to let go of certain (unhealthy) thoughts. Anyway, you're facing the challenge of letting go often. Letting go can bring sorrow. Take time to work through, and get over, emotions and talk about them, eating away things doesn't help. If there's something you should let go it's eating away emotions. In the end everything passes and letting go offers the opportunity to grow spiritually as a human being. Letting go always opens new doors. Letting go is liberating, although it can hurt at that moment. By maintaining, and holding on to, an unhealthy living and eating pattern you also hold on to suffering. There's two ways of dealing with all circumstances that ask for letting go; you try to neglect it and eat it away for example or you face it and accept the pain to work through the process of letting go. Maybe you've gotten used to eat it all away: now you realize that doesn't help and the pain stays present much longer than needed. What's a normal period of time to experience the emotions and pain of letting go? No one can answer this question, take the time you need. Accept the emotional pain, talk about it with loving and understanding people, but don't drown in this. Ask the Divine Source to heal you and it will happen. Don't listen to your ego and eating pain centre anymore. They will use situations that ask for letting go to try to let you let go of yourself. They want you to drown yourself into food, that will hurt you unnecessarily. You're doing such a great job right now, learn to let go and to not have fear. Maybe learning to let go is the biggest challenge of life but it's important, no person can escape from learning to let go.

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“Let the best and most beautiful memories be the perfume of your soul”

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PILGRIMAGE ROAD / FOLLOW THE POSITIVE ROAD

You can find several spiritual pilgrimage roads on our beautiful earth. Pilgrimage roads are holy roads (over lei lines), leading to a holy place, the pilgrimage road to Santiago de Compostella in North-West Spain for example. Walking a pilgrimage road offers new chances, to find yourself spiritually and to develop yourself more for example. Why do you follow your own pilgrimage road? Walking a pilgrimage road means coming home to yourself, finding yourself, thinking about the meaning of your existence, thinking how to go on with your life. It's tough to walk a pilgrimage road, but it's healing. Surrender yourself to and accept yourself for what you really are: a beloved child of the Divine Source of Life, the Divine Cosmic Love and Energy. There are people who want to get over the loss of a loved one by walking a pilgrimage road. There are people who want to forgive themselves by walking a pilgrimage road. Walking a pilgrimage road is characterized by simplicity, simple food, spent the night in a frugal hostel together with other pilgrims. There's no luxurious bathroom, perhaps only a cold shower and no running hot water. You'll encounter hardship and setback because an average pilgrimage road is hundreds of miles long and has hills and mountains.

*

Actually our whole life, your life, is one spiritual pilgrimage road. At different times we suffer (caused by ourselves or circumstances) and encounter hardship, obstacles, hills, mountains and setback, but we get confronted with ourselves every time. It's a chance to grow spiritually. After climbing a mountain in your life you'll find peace and new insights. You're getting enough breath again to continue. That's the power of life and all this intelligence is inside you too. Sometimes we walk on nice warm sand. Sometimes we walk on sharp stones or rocks, that hurts. Then we take a pause and figure out how to go on, without quitting. Moving on brings healing and spiritual growth, in spite of having to let go of certain things. All life asks of you is to live, love yourself and others, and spread love. Furthermore life only wants you to be happy and that you do the things that make you happy. Most of the times being happy has nothing to do with material things. That's your own holy road, wherever you are and live on this earth.

*

Whenever we suffer or get ill we get angry easily, unfortunately every human being encounters forms of suffering. When we realize, and simply accept, suffering and illness are inextricably bound up with life it's much easier to be thankful for every day of living in good health. It will never help to eat away sorrow, missing and suffering. By doing so you actually cause unnecessary suffering to yourself. For that you are too valuable and beloved. For the biggest part we are responsible for our total health, our weight and our figure ourselves. We are surrounded by huge temptations. Now the time has come to maintain good balance, grow spiritually on your own pilgrimage road and let the slim person come forward. This present slim, healthy, person inside you is tired of all the extra food and to carry around the extra weight daily.

*

In fact you already walked a tough pilgrimage road. Getting overweight didn't happen just like that. You have spent too much money on (unhealthy) food and drink. Perhaps you don't even have much money, but you're spending too much money on the wrong kind of food and drink. Did you try to eat away your setbacks and hardship? Staying overweight is walking a kind of pilgrimage road - suffering road - too: you don't have much energy and endurance, your joints protest, you think you're not beautiful, your clothes don't fit well and so on. In fact, by thinking of (wrong) food all the time and by overeating you put a lot of effort into staying overweight. Isn't that true? *Please, compliment yourself because you're leaving this*

unholy road and are continuing your life walking on your own holy pilgrimage road to a slim and healthy life. Accept the Divine Cosmic Love and Energy inside you and everything in the universe and inside you will work together to help you. Accept the hardship on this road with love and a big smile and get to know your own power and beauty. Your pilgrimage road to a slim and healthy life will know forms of suffering, go through it consciously and you'll come out much stronger. *You will reach your goal. There's no single doubt about it because you spoke out your intentions to the Universe.* It might sound annoying or even patronizing, but eventually your overweight is a huge blessing to you. From now on it will become history. It passes by. The real you is stepping forward. The real you is slim, beautiful and very strong. You'll be a positive example to other people. You're doing a fantastic job.

*

You have every reason to relax for a moment and to smile at yourself. Close your eyes and feel connected with the Divine Source of Life. *That's you.* You are cosmic and unconditional love. You are intelligence and positive energy. It's all inside you. All of this is wonderful and vibrates into the smallest atom of every living cell inside you. It was always there already. You are this Divine Source. Let the Divine inside you flow and go along with It. There's an immense power inside you. Shake of the overweight shell and free your slim you. Feel it happen, you're changing. You're realizing it's happening very well. You can't return to your old life, you don't even want to, it won't be necessary too. You took the positive turn on the pilgrimage road of your life on time. Look at your spiritual growth consciously for a minute, isn't it wonderful?

*

Enjoy the process (the road) of changing to a slim and healthy life, physically as well as mentally (spiritually). Walk on this road with humor, a laugh and a tear. You're doing fine and good is good enough. Be satisfied, even with the smallest change. Little details can really make happy. Eventually everything is relative. Your present body is form and form changes, is transitory, and you can change your own form. Why would you hold on to your present form? Don't be afraid. You started to walk on a beautiful new road on your own pilgrimage road. A road with no finish, but a beautiful road full of spiritual growth, physical changes and improvements. Look straight ahead, you'll always see the light. You have the choice how you want to walk on, every day of your life. You're healing yourself by the infinite huge Loving Intelligence inside you. Realize this, take a deep breath and smile at yourself. Continue walking peacefully.

*



FOLLOW THE POSITIVE ROAD

Your goal is clear. A normal weight, a slim figure and a good health. The road, life, also your pilgrimage road will know distractions, deceptions, traps, suffering, obstacles and mountains. It's all normal, you'll only get stronger. Were forms of obstacles a real obstacle in your attempt to lose weight before? Did you fall back to old patterns for no reason, or with the first setback? Were you unconscious of everything and all power inside you? Were you not, or not enough, connected with the Divine Source of Life inside you? From now on you are 100% certain of reaching your goals.

*

If you want to you may speak out the following intention to yourself as a healing thought, as often as you like:

From now on I will listen to the Divine Source of Life inside me.

I am life. I will follow the positive direction, the positive road, consciously and self assured. My own pilgrimage road will lead me to a slim and healthy life. The pilgrimage road of my life brings loving spiritual growth. I will be healed more every day. I will not let myself be distracted, discouraged, or misled, by appearing traps, obstacles, suffering or mountains. I will climb every mountain, no mountain will be high enough to stop me, even when I still step into a trap sometimes. Whatever obstacle appears: I will investigate it, and myself, and learn from it. It's good to be loving and kind to myself. Living is learning, with falling down and standing up again. All people have to deal with this. I will accept everything on my pilgrimage road with love. I accept myself full of unconditional love. I am.....unconditional love.

First I make a deep bow for myself, feel compassion and respect for myself. Then I continue walking on the positive road with my head up, my road, my beautiful pilgrimage road....., full of spiritual healing and growth. It's nice to be me.

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RECOGNITION AND ACCEPTANCE OF WEIGHT PROBLEM

Think about the words “eating problem” for a minute. It sounds like a drama and it might give you emotions of sorrow. That’s ok for now. Then you can work to investigate, solve and let go of your eating problem. If there’s something to let go of in your life this is it. Try to look at the words eating problem from a distance, then it sounds less heavy. Your eating problem is just a problem and there’s a solution to every problem. Look honest and open to yourself, the way you think and act, and realize you’re having an eating problem. Acknowledge, and accept, your eating problem and be prepared to work at it. Leave eating too much, and wrong food, behind you for good, without making the problem more emotionally charged than it is. By doing this you’re healing yourself, together with the Divine Source of Life, the Divine Cosmic Love and Energy, *inside you*. Let your life be steered by the Love, Positivity, Energy and Intelligence of the Divine Source in you. Your weight problem is passing by. When you realize you have an eating problem it can hurt. That’s ok, you’re going right through it with full power. Right now you’re ready to face your eating problem and to deal with it. Recognize all wrong learned patterns. Recognize the situations and traps that lead to eating too much and wrong food. Write about this in your logbook 1. You’re realizing your weight and figure are giving you unhappy feelings. Accept the sorrow about it for this moment, what follows is that you transfer this into self confidence and determination to let go of old patterns and learn new ones. Look at yourself, observe your thoughts in a neutral way and from a distance. Just conclude that this is what you feel: by being overweight you’re bringing a feeling of not feeling happy to yourself.

*

Did you place the problem outside yourself and did you blame other people for being overweight? Did you even blame the air, water, and other aspects for your eating problem and your weight? No one puts something into your mouth. Acknowledge it’s your problem and accept it. Speak it out to yourself in a loving way. Now you feel at ease and feel compassion to yourself. Feel the love inside you. Your past and your road of life is your personal pilgrimage road. The time has come to heal yourself. Accept the responsibility for your body, your weight, your figure, your physical and mental (spiritual) health. You are truly capable to change and improve your total health, no one else can do that for you. By accepting this you feel relieved. With little improvements a day you’re improving your life and your total health. Investigate what situations made you comfort yourself with food and work at those situations. Being conscious about the fact you fall back to old patterns once in a while, or tend to comfort yourself with food, is already quite a victory. Then stop it and speak up to yourself in a loving way. Work at your eating problem consciously. It’s wonderful to go through this process and make positive moves forward. In time, and it doesn’t matter how long it takes, you will solve your eating problem. You just deserve a normal eating pattern, a normal and realistic weight, a slim figure and a good positive spiritual condition. Smile at yourself. Be proud of yourself. Be, and feel, conscious about the fact the slim person in you is coming out. You may start each new day of living by closing your eyes and looking inside. Then you see and feel light. Everything inside you dances and vibrates and is happy with the positive road, the positive direction you took. See and feel the Divine Source inside you. Life is Divine and therefore very valuable. That’s why you are valuable. You’re beautiful and you have every reason to be here. Continue with all of this and your eating problem will become history.

*

RECOGNITION, BEING SEEN AND BEING LOVED

At this moment you dare to take a conscious look at yourself, your youth and your past. Is it possible part of your eating (away) problem was caused by missing something? A missing feeling of not being seen, that no one saw how beautiful and special you are? Did you miss being beloved? Are you eating this away and are you trying to comfort yourself and make yourself happy by doing this desperately? Did you spoil yourself with food? Where did all of this begin? Be honest to yourself. Where you called names and teased? Is your present situation being called names and teased because you're too heavy and overweight? Is that why people don't see you as a complete person? Did you eat this away? Your eating pain centre was programmed with this and asks for food in any form of negativity. It asks for food and pain together with the negative voice of your ego. They want you to fail all the time. Eating everything away doesn't solve anything and you're making yourself unhappy. It's ok to let all thoughts and following emotions in this come through and then to let go of them. It's ok to let go. Take a big piece of paper and write down all the names of people, that you can remember, that have hurt you about your weight, figure, posture, or whatever other reason. *They have hurt you because you let them hurt you, you let the pain come in.* On this paper you write down you forgive them what they said to you in an unconscious way. Write down how much they hurt you. Write down it's behind you, in big letters, and that it's over. Read slowly what you wrote. Then tear this paper into little pieces and throw it away. The past is gone and you took a positive new direction.

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You're alive at this very moment and you experience so many beautiful changes in your living and health patterns that the past is no longer important. It's time for you, acknowledge yourself, you're you, you're special and beautiful. Love yourself. You are here for a reason. No one lives for nothing. We all come from one and the same Divine Source of Life. The infinite big Divine Cosmic Love and Energy connects us together, and all life on earth, in Divine Light. We, and everything on earth, consist of the same building material. You're not alone. It's unconditional. It lives in you and everybody. It wants to feed you with love and wants to help you to be a strong loving person. Acknowledge yourself, be loving to yourself and help to spread love. Stop only loving yourself under certain conditions. Love yourself unconditionally. By acknowledging and loving yourself you're becoming stronger and stronger. That makes it easy to take good care of yourself. You stop feeding your eating pain centre. You stop listening to this nagging and negative voice of your ego. Chose to listen to the Divine voice inside you, you are His beloved child. The divine voice is an enormous positive voice. You're worth everything to live more healthy and are losing weight and slimming down. That's what you have to offer yourself and the world, multiply it, pass it on to other people who open up to this. Take a deep breath, it feels alright. Now you have opened up to It you're being conscious about the Divine Source of Power inside you, wonderful.

*

STANDSTILL

There's no doubt standstill will occur somewhere along this positive direction, your own pilgrimage road towards a slim and healthy life. It seems that the word standstill means you don't lose weight anymore and you see no more changes to your figure. Actually this is completely normal. It's a situation in which you don't see any changes on the scale, any changes to your belt and the tape measure for a while. If you look at it unconsciously you'll get angry and disappointed. Pay attention: that's the negative voice of your ego. Together with your not fully solved eating pain centre it will nag for food. Standstill means they take the chance to talk negative to you and work at your mood in a negative way. They still need pain, too much food, and especially want you to lose. Losing means falling back into old patterns. Right on time you realize becoming slim and healthy is not a battle but a choice.

*

The best thing you can do in a standstill is to keep up and continue eating by the daily menu, continue logbook 1, exercise, the breathing exercises, the visualization exercises and practice relaxation exercises (distraction). The other best thing to do is to stop weighing yourself, stop using the tape measure and leave your belt for what it is. The standstill you're aware of is only relative, temporary and a subjective feeling. It's caused by the Divine Intelligence inside you, simply to prevent your weight to go down too fast. Your body is taking a healthy time out so to speak.

*

Then the most important issue is not to be distracted or misled by any traps, hills, obstacles and mountains. They will want you to fall back into eating too much, eating moods and let you gain weight again. That's only negativity, keep up choosing positivity. Just continue walking the positive direction you took, don't weigh yourself for a while and don't use the tape measure. Write positive words in your logbook 1. Then it's happening: by keeping up the positive walking on your own pilgrimage road (continuing exercising and so on) you will notice subtle changes again after a while. Suddenly your belt is feeling more loose, so is your clothing. You'll notice your losing weight again when standing on the scale, on the same time and day as usual. Wonderful. The journey is continuing. Be aware of the fact that a relative standstill will happen again after a while, but now you know why. You know how it functions like that. You see right through the nagging voice of your ego. Your eating pain centre will disappear more and more. You react consciously. Standstill always seemed to be negative, but a standstill actually doesn't exist. Positive changes continue to happen, as long as you keep up going on in a positive way. Standstill is natural, relative and temporary. Choose to continue positive changes. Maintain what you have changed in a positive way.

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THERE IS AND THERE WILL BE NO FINISH

Did you always think everything would be over once you were slim? Did you only live for the outside goal somewhere in the future: being slim? Probably you never enjoyed yourself during the time of trying to lose weight? Everything was supposed to change and get better, only after you had gotten slim? Attempts to lose weight, without changing your way of thinking always lead to falling back into old patterns. It stimulates the going up and down of your weight (JO-JO effect). Is it possible you never thought about the reasons for eating too much? Is it possible you never thought about your health, your inside, your emotions and the traps that make you eat? Did you start to eat by any new diet again, with new courage, maybe with a supplement of weight loss products? Do you go back to old patterns and gain back the lost weight (or even more weight) in just a short period of time after you managed to lose weight, just like so many other people? Are you sad about this? All of this is history. *Surrender yourself to, and accept yourself and the Divine Source of Life, The Divine Cosmic Love and Energy inside you. With a tear and a smile you'll have to accept there is and never will be a finish regarding weight control and maintaining your health in your life.*

*

By changing the way you think and act, by changing your health patterns, by treating yourself in a loving way, you will change into the slim person you want to be for good and this person already has been in you always. Is it possible you never wanted to accept your body to put on weight quite easily? Did you live from resistance towards yourself? Your ego and eating pain centre were very happy with you living this way. You're much stronger you ever thought was possible. Right now you have the wonderful intentions to live on being slim, healthy and in good shape, and you will succeed. You will enjoy your life, yourself, your family, friends and so on. You will get a lot more beautiful experiences on the pilgrimage road of your life. Actually living is easy. There will never be a finish. Whenever you think you have reached the finish line you might start to pay less attention. Then it's logical you step into the first trap of food. There is and there will be no finish. Accept you will never be able to eat whatever you want constantly. Fortunately you realize you don't want this anymore, no need for that. Living, staying slim and healthy, asks for sincere actions and attention. You don't have to fight, go with the flow of your life. Every day brings life lessons, special experiences and surprises in a lot of areas. Greet every new day in love for yourself and with open arms. Be curious what kind of surprises life offers you every day. Just like the process of life the process of losing weight is more important than your actual goal. Enjoy working at yourself. Have faith, that calms you down. Everything's ok. Keep on walking your path of life with courage and a smile. You are beloved.

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WISHING YOU COULD EAT AND DRINK ANYTHING YOU WANT.

Are you jealous of people who are slim and seem to be able to eat and drink anything they want? Do you have a desperate desire you could eat and drink whatever and how much you want? Why would you be wanting this? Why would you like to eat whatever you want? What's so attractive about that? Are you disappointed to put on weight easily? It makes no sense at all to put problems outside yourself. The best thing you can do is take over responsibility for your own health, weight and figure. If you want to be slim and healthy, and think positive, then your actions will follow this, then the slim person inside comes out of you. In you there's a slim person hiding too. Your weight is more than you want it to be. You really shouldn't be wanting to eat anything you want every day. It's simply not healthy and costs a lot of money. If you really observe people around you, without judging them, you will see people who are slim and eat whatever they want. You'll notice slim and overweight people eating whatever they want. You'll also notice enough people who eat very conscious and healthy. The only thing that's important is that every person is responsible for his or her own health, weight and figure, on the inside and outside. Responsible for his or her own quality of life. What quality of life is good enough for you? Since you're reading this you must be aware of the fact that being overweight is not a good quality of life for you. Then it's not so difficult to let go of the idea of "wanting to eat and drink anything you want" for good. You know well you can't eat and drink anything you want. There's enough tasty food and drink you can enjoy. Now you also know it's ok to eat and drink a little bit "unhealthy" now and then without any consequences. That's not possible just every day, but again, why would you want that? What problem do you want to eat away by doing this? Don't pay any attention to what other people eat and drink anymore. This brings peace and keeps you in close contact with yourself. Accept you're responsible to take care of your own health and the quality of your life.

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Chose tasty, good, healthy food and drink. Feed yourself with love. Love your own body, anyway you have to live in and with it your whole life. Think positive intentions to take good care of your inside and outside body and mind. Feed your body and mind with good and healthy food and drink. You want to feel well, this is easy with healthy, dosed, food and drink. Let go of the past, it's gone. Now is the moment you're living and you shine. Lucky for you you're walking the new positive road. Continue with a big smile.

*

YOUR BODY IS YOUR HOME

Your body is the most precious gift you are ever able to “possess”, just like your health and your life. Your body is your home, it has to last your life long. You simply can't move, it's where you have to live in. It's your own divine temple, your palace. It's the vehicle you have to travel around in your whole life. Stop fighting against yourself, that makes no sense. It's really not difficult: accept your body for being your body and be grateful you're living in your body. There's no other choice, but that's just fine. You are beautiful and good enough the way you are right now: you're even becoming more beautiful.

*

There's a wonderful and powerful intelligence living in your body. It heals itself from diseases. Your self healing capacity is bigger than you ever thought would be possible, but of course you better not tease your body with toxic and bad stuff every day. Already your body has to work hard every day to remove all waste in a proper way. Your body and all its functions function well every day. Your intention is to take care of your body well every day, for the inside as well as the outside. Take care of your body with love and see to it your body get's sufficient exercise every day. Your food and drink are healthy and safe. You take care of balance between exertion and relaxation, and practice daily exercises to reduce stress. Your body tells you how it feels very well, listen to it and act by it. In this life you are your body literally. Whenever it tells you it's tired you feel tired. Then take care of sufficient sleep at night and relaxation. When your body feels energetic you are energetic and you can do more, exercise well, do more activities. Consciously you'll notice your body responds to healthy food much better, and functions better, especially when you don't eat too much. Do love yourself and your body, look inside every day. It's one continuing flow of infinite light, loving energy and intelligence. The Divine Source feeds and steers you every day of your life. Visualize you're breathing blue healing light into you and sending it through your body every day. You can see and feel the blue healing light in and around you every time you close your eyes, it's everywhere. Feel yourself happy inside your body and approve of yourself. Everything is connected and functions the way it's supposed to function every day. The only person you have to lose weight for is you. There's no reason at all to criticize yourself and your own body. The more you accept your own body, take care of it well, the better your body will function. Your body is happy noticing your positive changing health patterns.

*

You feel more balanced, all energy flows without trouble, because you and your body react in a positive way to all of these changes. Send love to yourself and all your organs every day. Love is an inexhaustible source, you are able to create infinite loving thoughts and actions. The more love you give to yourself, the more love you send out to the world. By doing this love is being spread, wonderful. Do have the intention, and write it down in your logbook, to live on in a healthy way, get old slim and healthy inside this body because you live in this body. Reconcile with yourself. Make friends with yourself, you are your own best friend. The friendship and relationship with yourself lasts a lifelong. Make peace with yourself and come home, home in yourself. Your beautiful journey of life continues, but with a slim and healthy life from now on. *You are living in the most beautiful palace; your home.*

*

PART C: PHYSICAL, MENTAL AND SPIRITUAL POSITIVE HEALING EXERCISES

Themes that tell you how to change old health patterns into new health patterns are described in this part. These new patterns guarantee you to slim down and get healthier. You're working towards long term results that will last. You will get slim for good, you will be capable of staying that way.

BREATHING EXERCISES THAT WILL MAKE YOU LOSE WEIGHT AND STIMULATE YOUR HEALTH

BREATHING EXERCISES 1 and 2: introductory

It's possible to improve and increase the quality and level of your metabolism and health. Wonderful. These breathing exercises stimulate the functions of your digestion organs and increase your metabolism. The longer you practice these exercises daily the more result you will get. Your weight will go down. Also these breathing exercises improve your total health, because they improve the functioning and blood flow in and through your digestion organs. They stimulate your immune system. Practice these exercises in a quiet surrounding, in concentration and love for yourself. It's better to combine these exercises with the visualization and consciousness exercise in this book.

*

NOTE:

It's 100% sure you will lose weight by only practicing breathing exercises 1 and 2 every day. The power from these exercises will be stimulated further on if you combine them with the visualization and consciousness exercise. You can lose more than a pound each week easily, by practicing these exercises for an hour twice a day. This because they increase your metabolism. In the text of this introductory I describe a shorter amount of time for practicing these breathing exercises. Why? My advice is to combine the breathing exercises with exercise 1 / exercise 2. That's much better for your total condition and the restore capability of your skin. Only if your physician advises you to first lose some weight without exercising (for medical reasons) it's wise to practice the breathing exercises for a longer amount of time every day. Of course you're free to practice the breathing exercises for a longer amount of time every day and practice exercise 1 and / or 2. However see to it not to lose more than a little more than 1 pound (half a kilo) each week to prevent you from stimulating the JO-JO effect.

*

Practice these breathing exercises daily from now on. Take time to learn to practice them the right way. Enjoy practicing them for a minimum of twice times a day. Take enough time and practice each session for a minimum of 20 minutes. (10 minutes for breathing exercise 1, 10 minutes for breathing exercise 2) You will notice you're expanding the time by itself slowly, because it makes you feel so good to practice these breathing exercises. Do one session in the morning, before you eat breakfast. Do so again in the afternoon, also before you eat something again. It's preferable not to practice these breathing exercises in the evening because they make you feel awake and energetic. Then it might become difficult to get asleep.

It's fun to add these exercises to your daily life. Practice these breathing exercises somewhere in a quiet spot in your home. It can please you to create your own room or space, with inspiring things. You can decorate your own altar. Practice these exercises with quiet, inspiring music. Chose what's best for you. Maybe you could listen to the Angels of the Sea, beautiful music by Dan Gibson for example. Then you have your own safe place from now on, away from the hectic outside world. Afterwards you can enter this hectic world with positive energy. You can invite other people to learn to practice these breathing exercises and practice them together now and then, if they're interested. Together you can share and exchange positive energy and experiences.

*

You're free to wear whatever you want to wear while practicing the breathing exercises, but you have to be able to move your belly backwards and forwards

freely. So your clothing has to be loose or wide, chose what suits you. You can practice these exercises wearing your house-coat, underwear or sports clothing. See to it the room has a nice temperature. Practice these exercises with closed eyes. In between you could take a break and stare, or practice the break exercise written in the text of the breathing exercises themselves. It's wonderful to learn to breathe in positive thoughts and learn to breath out things you want to get rid of. Your body and mind will accept this as a strong and powerful message and act by this.

*

Examples:

-While breathing in you think: "slim in", while breathing out you think: "fat out"

-While breathing in you think: "cure in", while breathing out you think: "obesity out"

-While breathing in you think: "health in", while breathing out you think: "illness out"

-While breathing in you think:"energy in", while breathing out you think: "tiredness out"

-While breathing in you think: "love in", while breathing out you think: "sorrow out"

-While breathing in you think: "(think the number of your desired weight)kilo / pounds in", while breathing out you think: "obesity out"

*

You're free to be creative yourself in this. Positive thoughts intensify these breathing exercises. Have fun and smile. Realize you are able to think whatever you want, no one can see what you're thinking. No one can look inside you, except the Divine Source of life, the Divine Cosmic Love and Energy. This source is *IN* you and foams more and more by every positive thought and every positive step. You can also chose to breathe in blue healing light and spread it around you while breathing out. (See theme breathing) Wonderful, slowly by slowly you're letting go of your old life style and are learning new principles that improve the quality of your health and life.

*

**BREATHING EXERCISE 1:
BREATHING EXERCISE TO INCREASE YOUR METABOLISM.
BREATHING EXERCISE TO IMPROVE THE HEALTH OF YOUR DIGESTION
ORGANS AND OTHER ORGANS.**

Preparation

If possible you turned on relaxing, inspiring, music. Take a solid chair, like from a dining table. You're able to sit straight up on this chair. Place your bare feet shoulder wide, and firmly to the ground. With bare feet you feel more connected to mother earth. Keep your shoulders down.

A:

Stare, feel yourself at ease. Breathe slowly and consciously. Rub your hands firm to each other, this generates positive energy. Be conscious about your hands getting warm. In the meanwhile count to 25 slowly. Then strike your hands firmly into the air a few times (with loose wrists, of the cuff) By doing this you remove any left negative energy. Place your warm hands in your neck, feel the warmth and positive energy. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

B:

Make fists. While holding your arms straight in front of you, elbows bend a little, you squeeze your fists firmly. This will generate more positive energy. Again count to 25 slowly while squeezing your fists. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

NOTE:

A and B are always necessary to prepare yourself for the breathing exercise. If you have enough time C to G are optional as preparation. C to F may tingle but shouldn't hurt. Drumming your body stimulates the blood flow to your skin and removes stress.

C:

Your hands are like the claws of a predator. Drum your neck area with your bend fingers, without real pressure. It shouldn't hurt, but feel like a tingling massage. In between keep your head bend forward (chin to chest), then keep it up straight again. While drumming count to 25 slowly. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

D:

With the same position (claws) of your hands you drum your whole belly. In between tighten your belly and let it relax again. While drumming count to 25 slowly. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

E:

With the same position (claws) of your hands you drum your upper inside leg, one hand and one leg at the time. While drumming each leg count to 25 slowly. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

F:

Drum your hips with flat hands, right hand on right hip, left hand on left hip. While drumming count to 25 slowly. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

G:

Stand up for a moment. Place your feet and legs under your hips. Your knees are slightly bend and stay right above your feet. Drum your buttocks with flat hands, let it tingle, right hand on right buttock, left hand on left buttock. Move up and

down from the top to the bottom of your buttocks. While drumming count to 25 slowly. Then strike your hands firmly into the air three times (with loose wrists, of the cuff). Then sit down again. Take a moment of rest and stare, sitting in front of your altar or an inspiring picture. Now you're prepared to practice the breathing exercise.

This preparation is needed for breathing exercise 1 as well as for breathing exercise 2.

*

BREATHING EXERCISE 1

1:

Sit straight, on the edge of the chair. Place your feet as wide as your shoulders are, firmly to the ground.

2:

Lean forward with a bend back and place your elbows in the little hole just above your knees. This spot tingles and stimulates the energy paths to your organs.

3:

Make a fist of your left hand, close your right hand around your left fist. Place your hands in the middle of your forehead like this, this is where your *third eye* is located. Lean forward in an easy way, keep your back bend and relaxed. Close your eyes and be conscious about the nice and safe place you're in. Keep your eyes closed while practicing the breathing exercise.

4:

Breathe in through your nose deeply and expand your belly as far as possible. Make your belly as round as possible, as easy as you can in 4 seconds. 4 seconds is a good rhythm. When you want to you can breathe in a positive thought. (Explained in introductory breathing exercises) You can feel the increasing blood circulation in your digestion organs, your belly organs and your whole body. Everything inside you wakes up and vibrates of energy. The Divine Source inside you smiles.

5:

Purse your lips (like playing a trumpet), by doing this you can exhale longer and more powerful. Breathe out through your mouth and pull back your belly, as if you want to pull your belly into your spine. Do this for 4 seconds too. Visualize how you give a firm massage to your belly and digestion organs while breathing out, pulling your belly towards your spine. You can breathe out something you want to get rid of. (Explained in introductory breathing exercises) Your organs wake up, full of positive power, the blood circulation increases. Everything inside you lives and wants to live. Your digestion starts to work. Keep your belly muscles tight for about 10 seconds now and then. (While holding your breath)

*

You can continue practicing breathing exercise 1 at a slow pace. You can alternate the slow rhythm with a short session (10 times) of breathing in and out fast. After breathing in and out at a slow pace (4 seconds in – 4 seconds out) 10 times you can, if you want to, alternate this with breathing in and out fast for 10 times. See to it to breathe out well. If you notice any dizziness then stop this fast session. Wait shortly, breathe normal. Then continue to practice breathing exercise 1 at a slow pace.

*

People who are known with hyperventilation are advised not to practice the fast session of breathing. Only breathing in too fast too many times can cause hyperventilation. After each inhale you need to exhale properly.

Explanation of hyperventilation:

Your brain give continuous orders to your lungs to breathe. This is a beautiful intelligence you don't have to think about. By breathing in your lungs take up

about 99% oxygen out of the air. The breathing centre in your brain measures the level of waste, carbon dioxide, in the blood that flows through it. Based on the level of carbon dioxide your brain tells your lungs to breathe. When you hyperventilate you breathe in oxygen too fast for several times, without breathing out properly. The level of oxygen in your blood rises, the level of carbon dioxide goes down. The stimulus to breathe normal disappears. You will faint soon if nothing's done about this situation. That will cause your breathing rhythm to restore, this because you're not able to breathe in too shortly after each other no more. The feeling afterwards is unpleasant and you'll feel very tired. If you hyperventilate take a little sandwich bag and place it in front of your mouth. Then you breathe in the air you breathe out again. The level of oxygen in your blood will go down, the level of carbon dioxide rises. Your breathing centre will stimulate your lungs to breathe normal again. Of course it's better to prevent hyperventilation to happen.

*

Therefore the breathing exercises in this book will help you to learn to breathe conscious and well, in a relaxed way. Also they will help you to breathe with your belly more. That will improve your health, stimulate and increase your metabolism and digestion. This will give you more energy. It will also be a daily relaxing moment for and with yourself.

*

BREAK

Practice breathing exercise 1 for at least 10 minutes each time. You can take a break if you have enough time. Then sit quietly and keep your eyes closed. You can practice this visualization exercise: let your body rest and visualize you're getting smaller and smaller. Become as little as an atom. Visualize yourself inside your stomach. You're protected and looking around in your own stomach. Everything functions and is moving. Your stomach makes peristaltic movements, digestion fluids come out of the wall. Your stomach is preparing itself for breakfast. Everything is starting to live. This breathing exercise starts up your stomach and other digestion organs to work, blood flow increases. By choice you can visualize yourself into different organs every day. By doing this you're connecting with yourself, your inside, more and more. This improves your balance and feeling complete.

*

END OF BREATHING EXERCISE AND FINISH

Open your eyes slowly and sit up straight. Everything feels fine. There's nothing more you would like to do than to stay here in this safe spot, on this chair. If you want to sit in lotus position, sit cross-legged position, or any other comfortable position you may do so.

*

1:

Put your thumb and forefinger together and pinch both auricles of your ears at the same time, from top to down. Pinch firmly. It should only tingle and stimulate the energy paths, but not hurt. Do this for three times after each other. Strike your hands and wrists loose in the air in between each time. By doing this you'll remove any present, left behind and unnecessary, negative energy.

2:

Strike your head around and around from top to down with both hands, without hurting yourself. Do so for about 25 times. This tingles too.

3:

Strike your left arm from top to down with your right hand three times in a row. The striking movement is pounding and massaging, from your shoulder to your fingers.

After finishing your fingers strike your right hand and wrist lose in the air in between each time.

4:

Do the same with your left hand to your right arm, also three times in a row. You feel energetic and relaxed as well.

5:

Strike your left leg from top to down with both hands, the same pounding and massaging movement as you did with your arms. Also do this three times and strike your hands and wrists lose in the air in between each time.

6:

Do the same with your right leg for three times.

7:

Take both hands and drum your belly several times. Strike your hands and wrists lose in the air for a minimum of 3 times.

8:

Finally strike your hands and wrists lose in the air for a minimum of 3 times.

*

AFTERWARDS

You may sit for a while and breathe in a relaxed way. You will feel awake, more energetic and yet relaxed. It's nice to take care of yourself. Observe, and be conscious about, your inside belly and digestion organs. Your stomach starts to bubble and you feel how this breathing exercise has massaged and stimulated your organs. Your metabolism is increasing.

*

With love and pleasure you prepare your breakfast after practicing breathing exercises 1 and 2. Enjoy your meal sitting at the table. This day is starting off well, make it a beautiful day. Whenever you practice the breathing exercises in the afternoon that will be the starting moment of continuing your day in a nice way.

*

**BREATHING EXERCISE 2:
BREATHING EXERCISE TO INCREASE YOUR METABOLISM.
BREATHING EXERCISE TO IMPROVE THE HEALTH OF YOUR DIGESTION
ORGANS AND OTHER ORGANS.**

Preparation

Prepare yourself for breathing exercise 2 the same way as described for breathing exercise 1

BREATHING EXERCISE 2

1:

Lie down in a relaxed way. If you need it place a pillow under your head.

2:

Place both feet as wide as your shoulders are, a little distance between your feet and buttocks. You're feeling fine and safe, connected to mother earth. Conscious about the safe spot you close your eyes. Keep your eyes closed during this breathing exercise.

3:

Breathe in deep through your nose. While breathing in make your belly as round as you can, towards the sky. Breathe slowly, 4 seconds is a nice pace. Only think of your nice and strong inhalation. You can even visualize your inhalation. When you want to you can breathe in a positive thought. (Explained in introductory breathing exercises) You can feel the increasing blood circulation in your digestion organs, your belly organs and your whole body. Everything inside you wakes up and vibrates of energy. The Divine Source inside you smiles.

4:

Purse your lips (like playing a trumpet), by doing this you can exhale longer and more powerful. Breathe out through your mouth and pull down your belly, as if you want to pull your belly into the floor. Do this for 4 seconds too. Visualize how you give a firm massage to your belly and digestion organs while breathing out, pulling your belly towards the floor. You can breathe out something you want to get rid of. (Explained in introductory breathing exercises) Your organs wake up, full of positive power, the blood circulation increases. Everything inside you lives and wants to live. Your digestion and metabolism start to work. Keep your belly muscles tight for about 10 seconds now and then. (While holding your breath) You can visualize your breathing out if you want to. You can see your belly organs move along with your breathing out, being massaged and filled with oxygen and energy. You may smile while keeping your eyes closed.

*

Practice this for ten times first, in a slow pace. Prevent yourself from breathing in too deep. It's ok if it doesn't go right immediately. Breathing by using your belly is already very valuable.

Variation:

Maybe not easy, but you can learn to bring variation to this breathing movement by letting your belly roll, like a belly dancer does, while breathing in and out.

5:

You can continue practicing breathing exercise 2 at a slow pace. You can alternate the slow rhythm with a short session (10 times) of breathing in and out fast. After breathing in and out at a slow pace (4 seconds in – 4 seconds out) 10 times you can, if you want to, alternate this with breathing in and out fast for 10 times. See to

it to breathe out well. If you notice any dizziness then stop this fast session. Wait shortly, breathe normal. Then continue to practice breathing exercise 1 at a slow pace. People who are known with hyperventilation are advised not to practice the fast session of breathing. Only breathing in too fast too many times can cause hyperventilation. After each inhale you need to exhale properly. *The explanation of hyperventilation is described in breathing exercise 1.*

*

BREAK

Practice breathing exercise 2 for at least 10 minutes each time. You can take a break if you have enough time. Then sit quietly and keep your eyes closed. You can practice this visualization exercise: let your body rest and visualize you're getting smaller and smaller. Become as little as an atom. Visualize yourself inside your small intestine. You're protected and looking around in your own small intestine. Everything functions and your small intestine is making peristaltic movements. Your small intestine looks like a beautiful pink tube, digestion fluids come out of the wall. Your small intestine is preparing itself for breakfast. Everything is starting to live. This breathing exercise starts up your small intestine and other digestion organs to work, blood flow increases. By choice you can visualize yourself into different organs every day. By doing this you're connecting with yourself, your inside, more and more. This improves your balance and feeling complete.

*

END OF BREATHING EXERCISE AND FINISH

AFTERWARDS

Practice the same procedure as after breathing exercise 1

*

CODE BLUE / CODE ORANGE / CODE RED

CODE BLUE

A:

It's good to evaluate the day on a daily basis during the process of losing weight. Look at yourself in an honest way: what were you thinking, feeling, and did you eat by the daily menu. Go through the day with yourself without being or getting too obsessed with this. If you think this is a good aid you can go on using it after you reach your desired weight and figure. From now on the best you can do is to live without any problem 90% to 95% of the week. This means the day is passing by nice and smoothly, without moments you think of unhealthy food or unhealthy food is a temptation for you. It's a day you have no problem at all to resist any unhealthy in between snacks or other unhealthy food. These are the days you are able to see food without feeling the need to go wrong and eat more than you actually want to. You prevent all of this to happen by sticking to the daily menu, drink water before you enjoy a meal, using simple aids to control your appetite and exercise for example.

*

B:

It's good to compliment yourself for days like these, be proud of yourself. Then you write down **CODE BLUE** in your logbook 1. Describe, in a minimum of 5 blessings, what made this day go by so successfully. By doing this you'll be understanding yourself better and make yourself stronger. Days in code blue will become a natural way of living during the process of losing weight. In time it will take less effort. This will become your natural way of living.

*

CODE ORANGE

A:

See explanation described at code blue.

B:

If it has been a day you experienced some weak moments not to take anything unhealthy, if you had trouble saying no to offered food at work, you finally gave in and ate something unhealthy write down **CODE ORANGE** in your logbook 1. Investigate why you experienced difficulty and took something unhealthy, describe it in your logbook. Maybe you were misled by seeing food too much. Was it just a day you had more appetite? That's possible, since you move more and practice the breathing exercises. This increases your metabolism. Think about the strategy to avoid code orange days, perhaps by drinking extra water. Maybe some more fiber tablets can help, or just learn to say no to food. (Without trouble and without feeling guilty) In the beginning it's ok to have some code orange days. Falling down and standing up again belongs to walking on the new road. Obstacles are normal. Look from a distance at a day like this and don't judge yourself about it. In spite of your good intentions it's not strange, but human, there will be some more code orange days at the start of this new direction. Work at it to let yourself have a code orange day now and then, like in the weekend, but let it be a conscious day. A day you simply continue eating by the daily menu with just one or two healthier added food products. (Like a piece of pie) However don't skip any healthy item from the daily menu, don't trade anything healthy for unhealthy. Finally you will find this very easy to do and code orange days will become rare.

*

After being patient with yourself you'll notice it's getting more and more easy to live within code blue days. No stress. Your eating pain center dissolves slowly. The daily need of your eating pain center to comfort itself with too much food and drink will disappear by your love, attention and patience. By doing this the pain you hurt yourself with disappears. In time you only will be able to eat less bigger portions. It's unrealistic to expect to never have a code orange day again.

*

After reaching your beautiful desired weight and figure stick to this healthy pattern. Then it's time to start working at keeping your reached weight and figure.

*

CODE RED

A:

See explanation described at code blue.

B:

Write down **CODE RED** in your logbook 1 after a day it was one big problem to keep up a healthy eating pattern. Investigate why you were unable to stick to the daily menu. Be honest to yourself and write down everything unhealthy you ate, and how much, in your logbook. Describe how you felt afterwards. Allow yourself a maximum of 1 code red day a week. Have the intention a code red day will become very rare in the future. A code red is a day on which you ate way too much, unnecessary, unhealthy food, maybe even as an eating mood. (BED) It's a day you left the daily menu. Work at it to let yourself have a code orange day now and then, like in the weekend, but let it be a conscious day. A day you simply continue eating by the daily menu with just one or two healthier added food products. (Like a piece of pie) However don't skip any healthy item from the daily menu, don't trade anything healthy for unhealthy. Finally you will find this very easy to do and code red days will become rare.

*

After being patient with yourself you'll notice it's getting more and more easy to live within code blue days. No stress. Your eating pain center dissolves slowly. The daily need of your eating pain center to comfort itself with too much food and drink will disappear by your love, attention and patience. By doing this the pain you hurt yourself with disappears. After eating and drinking too much unhealthy products you'll notice your stomach and bowel system objects. You'll feel too full, tired, it doesn't feel well.

*

Finally you create the situation in which code red days become very rare, they're not healthy for your body and mind. **CODE RED** days are bad for your self image, self confidence and self appreciation. In the nearby future you will mainly live in code blue days, with a conscious code orange day now and then. This will become the basis of maintaining your reached desired weight and figure, and keeping it stable. You work hard to reach this situation.

*

CLOTHING THAT SUITS YOU

You might take a close look at your wardrobe. Try on all of your clothes, take a good and conscious look in the mirror. Especially keep all clothes that suit your present figure. It's important your clothing compliments your present figure and personality. Donate all clothes that don't compliment you, or don't fit well, to a charity organization that collects clothing for poor people. Donate all clothing that's too big or too small also. Clearing up clothing is letting go too. Was it always difficult for you to clear up your clothing? What are you afraid of? Eventually you will feel relieved, you'll get stronger and more determined by clearing up. Donate these clothes with love. If necessary buy some new clothes that compliment you at this moment. Don't feel ashamed and go to the stores in a self conscious way. Only buy at stores where you're certain to get an honest opinion if clothes compliment you. You might go with a dear friend, someone who is honest enough to really tell you if clothes compliment you or not. Don't buy too much because your figure is changing. Don't buy too small clothing in advance and hoping it will fit somewhere in the future. Probably you did so in the past, it makes no sense and you put a strain to yourself. Wait until you reach your desired weight and figure to buy new clothes. Then it's much more fun to look for clothing that will compliment your positively changed self image and figure. Look at a better way to yourself, your clothing, and change your wardrobe so it compliments your changing figure and self confidence. Chose your clothes carefully and wear clothes that really fit well. You're beautiful the way you are right now. It's very pleasant to notice clothes are becoming too big. You're losing weight and slimming down. Donate clothing that's becoming too big to a charity organization too. Did you keep too big clothes in the past, in case of.....? That's a trap: incase of will mean you will undermine yourself. In your subconscious you think you will gain some weight sooner or later. In certain circumstances you might let go of yourself and gain weight because there's still this bigger size clothing at home? Although it might be brand new, donate all clothing that's too big. See to it to remove these kind of obstacles and traps yourself. Ah, this makes you feel stronger too. What a relieve. Keep on paying attention to clothes that will compliment your personality, also after reaching your desired weight and figure. You can dress up to fashion trends if you want to, but only if these clothes really fit, feel well, and suit you. You're smiling and continuing your road with self confidence.

*

CONSCIOUSNESS DURING THE PROCESS OF LOSING WEIGHT

You could practice this once a month.

*

What a wonderful feeling. You already lost weight. Your weight went down from.....kilo / pounds tokilo / pounds. You started to lose weight, change your figure and live more healthy from..... (date). You're practicing the breathing exercises, relaxation exercise and visualization exercises. Everything goes well. You're describing your progress in your logbook 1, your personal travel guide and reflection. You're growing mentally and spiritually every day. This book has literally become your personal workbook, you shade and make notes of what you find important to yourself. Your clothes fit better and are starting to get too big. It's a nice satisfaction to take care of yourself and dress yourself well. You're enjoying every meal at the table. You're experiencing less appetite and less code orange and red days. You see to it not to lose too much weight too fast. Your body already feels much better, more energetic, lighter, and moving is getting more easy. Already you can tighten your belt by now. Looking at the tape measure you see the size that's gone. You have learned to step on the scale less often. It's much more fun to look at your changing figure in the mirror. It's less emotionally charged to use the tape measure and belt to measure your progress. Do enjoy your results so far, your changing body and your happy mood. Looking into the mirror you see the shape of your figure changing. You have every reason to be very proud of yourself.

*

A funny but effective idea? Do the following thing. Take any two bags you like, no matter what color or text. Put the weight you lost so far into these bags. Chose how: sand, bags of salt, stones, it doesn't matter. Then lift these bags and try to hold them for 10 minutes. You're becoming very conscious of the weight you lost. Soon this becomes heavy to hold, be conscious about the fact you had to carry this extra weight around until now. It's great you lost this weight. Then put away these bags, doesn't matter where. Whenever you might experience a difficult moment in the future, a moment your day might turn into a code red day, lift these bags. Then again realize how valuable you are and how much effort you have put into losing this weight. It's most likely you never want to gain this weight again. Try not to put this as a burden on to yourself and smile at yourself with humor. This is only an aid to keep your weight, not to hurt yourself. The quality of your skin is getting better and you take care of it well every day. Keep on walking on the new road with enthusiasm. It's wonderful to work at your total health. You conquered several obstacles on the pilgrimage road of your life and you will continue conquering anything you'll encounter on this road. When possible stick to the date you want to have reached your desired weight, if necessary change the date. The date is a realistic reachable date.

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CONSCIOUSNESS AFTER REACHING YOUR GOAL

It's a big celebration. Today is.....(date). You have reached your desired weight of.....kilo / pounds. You have every right to be very proud, especially because you reached your goal in a healthy and safe way. Maybe you were more focused on your outside in the past, now you worked at your inside and your outside. You ate in a safe way, didn't skip meals and started to move / exercise well. You fit everything needed to live a good quality of life into your health patterns. Every day you look at yourself in the mirror, with self respect, approval and joy. You're beautiful, beloved and you shine. It's very nice to understand how everything in you works, your home. Go on being conscious about taking good care of yourself and keep balance. This will require work. Your body and mind are not used to keep a stable, low, weight. You're not used to see the same weight on the scale every week and every month. It's possible it made you nervous in the past, it might have had a negative influence. You know better now. *There's nothing more positive to experience than to see the same low weight on the scale all the time: whether you stand on the scale once a week, once every two weeks, or once a month.*

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A funny but effective idea? Do the following thing. Take any two bags you like, no matter what color or text. Put the weight you lost into these bags. Chose how: sand, bags of salt, stones, it doesn't matter. Then lift these bags and try to hold them for 10 minutes. You're becoming very conscious of the weight you lost. Soon this becomes heavy to hold, be conscious about the fact you had to carry this extra weight around until now. How great you lost this weight. Then put away these bags, doesn't matter where. Whenever you might experience a difficult moment in the future, a moment your day might turn into a code red day, lift these bags. Then again realize how valuable you are and how much effort you have put into losing this weight. It's most likely you never want to gain this weight again. You'll act in a positive way by this.

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Put 2 kilo (about 5 pounds), or a maximum of 3 kilo (about 7 pounds), in a separate bag, like written in the text above. **This is going to be the maximum margin above your now reached desired weight.**

Lift these bags whenever you might reach this margin above your now reached desired weight. Carry this bag with 2 or 3 kilo for at least 10 minutes. The feeling won't be nice. Realize you want to go back down to your desired weight and the weight of today shouldn't increase more. Try not to put this as a burden upon yourself and smile at yourself with some humor. Finally this is no more than a simple aid to help keep your right weight, not to hurt yourself. Go on practicing the breathing exercises, visualization exercises, and maintain a good balance between body and mind. Keep on practicing relaxation exercises and / or meditation. You will never fall back into old patterns because you feel much better now. You are very self confident about the way to keep your weight and figure stable. You can keep this book close by, repeat themes whenever necessary. Write down your good intentions into logbook 2, together with the special date of today. Obstacles will occur again in the future, that's part of our lives. Don't be misled or distracted and continue walking this healthy and positive road. Take your weight on the same moment and scale, certainly not more than once a week. Keep up a margin of 2 to 3 kilo above your now reached beautiful desired weight. See to it your weight stays under this margin. Never change the belt you're wearing again, that's a good gauge. Carefully investigate the way your body and mind are responding to a little expansion of healthy food, this because your metabolism has increased and improved. The pilgrimage road of your life is continuing in a beautiful way.

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DAILY MENU

This is a healthy, no nonsense, menu. No wonder diet. Wonder diets don't exist. This is going to be your structure: a daily menu (per day) for 2 weeks. After 2 weeks start with week 1 again. Then after 2 weeks go on backwards. Furthermore take care to vary and try to change days yourself after 1 to 1 ½ months. For example then you could eat the menu of Saturday in week 1 at Sunday, the menu of Sunday at Saturday and so on. Do you find this too much trouble just stick to the structure of the weekly menu in this book for a while. Strive to compose a daily menu by your own needs in the future. Eat by this menu, unless your physician or dietician tells you to eat a different menu, unless you want to eat by Ayurveda or any other kind of food. Off course the portions are less big, in time you'll get used to this. Anyway it really is needed to eat something every 1 ½ to 2 hours. Your digestion wants to work, with all its intelligence. Your digestion and metabolism work at their best when they have to work all day and it prevents you from getting appetite. It's wise to vary regularly and change the sequence of the meals now and then. You could eat dinner as breakfast for a week and by doing this you'll surprise your body and brain. Otherwise your body and brain can get used to the same pattern. Further on vary with the OR-choices. Your efforts will be rewarded by perseverance and keeping up. *Don't forget everything and all power is present inside you. You will reach your goal.*

See to it to eat more uncooked and raw vegetables. See to it to eat less meat less often. There are good and healthy products available instead of meat. You have to fry them. Therefore vary with ready to eat products as well, like goat cheese and mozzarella. Since you're working at yourself you might as well strive to buy products consciously, from biological products to meat from animals that had a good life. By doing this you work at a good quality of your own life and you'll pay a good contribution to the quality of life on our beautiful earth. Fruit is part of taking care of your health and should not be skipped, it's even wise and healthy to eat fruit 5 times a day. To eat something in between you can buy low calorie or low carbohydrate bars. See to it to always carry a bar like this, or apples, with you, in case you do get appetite and might be attempted to eat something else (unhealthy). You can buy carbohydrate poor bread at good bakeries and some supermarkets. Also see to it to have (rich in fibers / light) crisp bread / crackers and / or rice crackers (low calorie) with you or at home. As soon as you start to eat less bigger portions you could get some more appetite, since your brain and your stomach have gotten used to larger portions of food. It takes time, for you, your brain, your body, to get used to the new situation.

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Somewhere in the past you activated your eating pain centre. Your eating pain centre has gotten used to be fed with a lot of pain often, this means a lot and particularly unhealthy food. It will nag, learn to ignore it and your eating pain centre will dissolve slowly. The negative voice of your ego will nag to be comforted with food too, it wants you to fail. Be conscious all the time you're not that voice. The positive voice inside you is very happy that you are listening to the positive voice and let It steer your valuable life from now on: the Divine Source of Life, the Divine Cosmic Love and Energy. It was always there inside and around you. It's very glad you took the only positive direction on the pilgrimage road of your life consciously. It's normal to get appetite in between now and then, then eat something of the light and low calorie items listed above.

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Enjoy what you eat, always eat at the table and don't skip any meal. Keep your metabolism working, it wants to work. Stop eating while walking or shopping. Drink water, add lemon or lime juice, take fiber tablets. You do all of this to get used to

smaller portions and to prevent yourself from getting appetite. Drink at least half to half and a quarter of a gallon of fluids every day. It's good to drink tea daily. Drink at least 2 mugs of Pu-erh tea a day. More variations needed? You'll find enough food sites on the internet, or consult a dietician. After reaching your desired weight, and you will really reach it, you can experiment to eat a little more, or try more variations. However you'll have to keep on exercising, practice the breathing exercises and follow the rules how to burn fat. If you exercise for at least one hour a day this menu might not contain enough calories. Listen to your body and mind carefully and maintain a good balance. Then eat some more healthy food. Losing too much weight too fast, much more than a pound each week, is no good. You'll feel less energetic physically and mentally, and stimulate the JO-JO effect to work.

BREAKFAST (every day)

2 slices of brown bread buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

(Brown bread = brown, with fibers, alinson, wholemeal bread, heavy wholemeal bread)

OR 1 slice of brown bread and **1** slice of carbohydrate poor bread buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

1 bowl of raw / uncooked vegetables, 4 to 6 ounces
(you can eat this separately or put it on your bread with cheese)

1 slice of low fat cheese and cheese spread (10+ or 20+) and light jam

Pu Erh tea or coffee without sugar
(with milk: no coffee creamer, but skimmed (warm) milk)

IN BETWEEN: 10:00 to 10:30 am (every day)

1 slice of carbohydrate poor bread, buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

OR

2 rice crackers, buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

1 slice of low fat cheese and cheese spread (10+ or 20+)

OR

1 apple

OR

1 light (low calorie) bar

OR

1 low carbohydrate bar

OR

1 comparable product

Pu Erh tea or coffee without sugar
(with milk: no coffee creamer, but skimmed (warm) milk)

LUNCH (every day)

2 slices of brown bread and **1** slice of carbohydrate poor bread, buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

Your choice of slim filling (try to reduce the amount of meat fillings)

1 bowl of raw / uncooked vegetables, 4 to 6 ounces
(you can eat this separately or put it on your bread with cheese)

1 slice of low fat cheese and cheese spread (10+ or 20+) and light jam

AND 1 glass of skimmed or semi skimmed milk **OR** yoghurt

Your choice, **1** piece of fruit

IN BETWEEN: 15:00 to 15:30 pm (every day)

Your choice, **1** piece of fruit

OR 1 light (low calorie) bar **OR 1** low carbohydrate bar

DINNER (or as lunch and the lunch listed above as dinner)

EVERY DAY: 1 bowl of soup, preferably vegetarian

EVERY DAY: 1 bowl of skimmed yoghurt, custard (or other skim desert), or 1 piece of fruit.

EVERY DAY: 7 to 8 ounces of vegetables = 4 big spoons

You can chose to eat a part of your vegetables as raw / uncooked vegetables. It's allowed to eat extra raw / uncooked vegetables

Make variations with the color of the vegetables, like green vegetables on Monday, red vegetables on Tuesday and so on. See to it your food has an attractive composition of colors, that will make you more satisfied and contented.

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LISTED SELECTION:

4 potatoes, size of an egg, (preferably with skin, this contains the most vitamins), = about 7 ounces

1 big potato

4 ounces of ready to eat potato salad

7 ounces of mashed potatoes (**4** potato spoons)

5 to 6 ounces of rice (**3** potato spoons)

5 to 6 ounces of French fries (**3** potato spoons)

7 ounces of pasta (**4** potato spoons)

5 potato croquettes

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3 to a maximum of 4 ounces, preferably lean, meat or meat replacement

Meat replacements = vegetarian products: goat cheese, mozzarella, vegetable burger, spinach burger, soy sausages, soy nuggets, tofu, Mexican burger, and so on

4 to 5 ounces of fish

3 fish sticks

2 fried eggs (the egg yolk for a maximum of once a week, because of the level of cholesterol)

3 to 4 ounces of vegetarian croquette / goreng fried rice croquette

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A small portion of red sauce ((balanced) ketchup)

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Goreng fried rice or macaroni (**16 ounces**) = **8** potato spoons

Oven dish / hotchpotch (**16 to 18 ounces**) = **5** potato spoons

(vegetarian) Small pizza for 1 person

Soup as a meal = two deep plates, with raw / uncooked vegetables in it

One plate of soup as a meal, together with 1 slice of brown bread and 1 slice of carbohydrate poor bread

WEEK 1
Eat by the structure of the daily menu and eat the EVERY DAY items
Dinner variations every day: (see listed selection for details)
MONDAY:
4 potatoes
3 to 4 ounces of meat or a vegetarian replacement
TUESDAY:
Hotchpotch
3 to 4 ounces of meat or a vegetarian replacement
WEDNESDAY:
4 potatoes
4 to 5 ounces of fish or 2 fried eggs
THURSDAY:
Soup as a meal
3 to 4 ounces of meat or a vegetarian replacement
FRIDAY:
5 to 6 ounces of rice
3 fish sticks
SATURDAY:
5 to 6 ounces of French fries
3 to 4 ounces of vegetarian croquette / goreng fried rice croquette
SUNDAY:
7 ounces of mashed potatoes
3 to 4 ounces of meat or a vegetarian replacement

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WEEK 2:
Eat by the structure of the daily menu and eat the EVERY DAY items
Dinner variations every day: (see listed selection for details)
MONDAY:
Soup as a meal
4 to 5 ounces of fish
TUESDAY:

1 big potato
2 fried eggs

WEDNESDAY:
7 ounces of mashed potatoes
3 to 4 ounces of meat or a vegetarian replacement
THURSDAY:
Pasta
3 to 4 ounces of meat or a vegetarian replacement
FRIDAY:
4 potatoes
3 fish sticks
SATURDAY:
Goreng fried rice or macaroni or pizza for one person (vegetarian pizza if you take meat as well)
3 to 4 ounces of meat or a vegetarian replacement
SUNDAY:
5 potato croquettes
3 to 4 ounces of meat or a vegetarian replacement

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IN BETWEEN: 21:00 pm (every day)

1 slice of carbohydrate poor bread, buttered with (light) margarine, or margarine for a good level of your cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

OR

1 rice cracker **OR 1** piece of crisp bread, buttered with (light) margarine, or margarine for a good level of cholesterol and good for your blood vessels (with omega unsaturated fatty acids)

1 slice of low fat cheese

It's allowed to eat extra raw / uncooked vegetables

OR 1 light (low calorie) bar **OR 1** low carbohydrate bar, **OR 1** piece of fruit

AND 1 glass of (skimmed / semi skimmed) milk **OR** yoghurt

If you want to drink a glass of hot skimmed milk before going to sleep.

This daily menu is structured and concrete. Furthermore it offers you enough challenge and variation for the coming period of time. Have faith in yourself. Finally you'll be able to vary more and put together your own daily menu. If you want to eat a different dinner than recommended for that day then chose dinner from the listed selection. Take a deep breath, lift your head and keep on walking on this positive road.

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DINING IN A RESTAURANT

Probably eating out was a misleading trap on the road of slimming down and getting healthier so far? Usually this resulted in a code red day? Is having a code red day bad if you want to eat out in a restaurant? The answer is no (not bad) if you chose to let this day be a code red day consciously, 1 day of your weekend for example. These kind of days will become history more and more, because finally you won't like these kind of days anymore.

*

The answer is yes when you go to a restaurant with the intention to have a code blue day. When this day turns into a code red day it doesn't feel right, you bother yourself and will feel guilty. The only important thing then is to look at yourself and investigate what made you eat too much. Describe this in your logbook 1. Was it seeing food with your eyes once more? Were you not able to deal with the pressure put on to you by other people to eat? Having dinner in a restaurant is a nice challenge to stay with your beautiful self.

*

Preparation:

Going out to eat doesn't have to be difficult. Learn to stick to your daily menu until dinner. You're not going to think "I might just as well eat anything I want because I'm going to have dinner in a restaurant also". Then you'll walk away from yourself. Just take 2 glasses of water before going out to eat, with lemon or lime juice added. Take some fiber tablets.

*

It doesn't matter to what kind of restaurant you're going: it will always fit within the daily menu.

You have these kind of options:

-Take 2 first courses and dessert, instead of a first course and a large main course. Most restaurants won't do difficult about it.

-Eat a vegetarian meal. It will be tasty and healthy, it contains less calories than a meal that contains meat.

-You can skip the first course and dessert.

-You can chose to drink water and limit alcohol to one glass of wine, or drink no alcohol.

Look at these options and try them, you can go out to eat and have fun. You might take pleasure in thinking of other options. Don't let yourself be influenced by other people. You're capable enough to make it a nice evening.

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An even bigger trap, and therefore an even bigger challenge, is to have dinner in a restaurant where a buffet is served. (Asian, Western and so on) Of course it might be wise not to go to a buffet for a longer period. Also prepare yourself to a buffet physically and spiritually and you'll get pleasure in doing this. It's not that difficult. At the buffet you start by eating uncooked / raw vegetables. By eating this food consciously and slowly things won't get out of control, you'll feel full soon. At the buffet you can also eat by the options in the text above, like eating a first course twice. Any good restaurant will serve a large selection of vegetables and raw / uncooked vegetables with a buffet. This also is a big challenge to not eat with your eyes, your ego and your yet not completely dissolved eating pain centre.

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Learn this strategy. It will also be a good strategy to maintain a stable situation after reaching your desired weight and figure.

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DON'T EAT WITH YOUR EYES

A misleading trap is when you see food. In the past you probably ate food, unconsciously of yourself, purely and solely because you saw food in front of you. It even might be difficult to get out of this habit, but at least be conscious from now on seeing food is a misleading trap. Then you can act consciously. Of course you see food everywhere; with family, friends, in stores, at a market, at work, and so on. Already you learned not to go anywhere with an empty stomach, it could cause you to step into this trap more easily. Right now you're using simple aids to control your appetite, help your stomach get smaller, and will give you a satisfied feeling sooner. Whenever the trap of seeing food occurs (no matter what kind of food), you'll be conscious of this trap. Then drink 1 to 2 glasses of water, with some lemon or lime juice, and fiber tablets. Eat an apple, a light calorie bar, or a rice cracker. You'll notice you're not hungry at all, but that seeing food still activates your eating pain centre. It's used to get food (pain). The negative voice of your ego also will keep on trying to convince you you're not going to succeed in slimming down. You just don't listen to these voices and from now on you listen to the positive voice of the Divine Source inside you, It will help you to reach your goals.

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Your eating pain centre is definitely dissolving and will disappear. Your ego will shut its mouth, based on your positive health patterns. You're doing a great job not to eat with your eyes. You're getting more and more perseverance and power. Slimming down, living happy and healthy, is not a game with winners or losers. It's just a choice, a road, the ego and eating pain centre can't stand it. Breathe relieved. Be proud of yourself the way you treat yourself with love.

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HOLIDAYS, PARTIES AND BIRTHDAYS

Holidays, parties and birthdays are a lot of fun but also an important trap why earlier attempts to lose weight failed until now. You lose self control easy at holidays, parties and birthdays. “ You throw caution to the winds” completely sometimes. Why? Most of the times this happens by negative thinking, thinking it’s going wrong already. It won’t help to stick to the daily menu today, because there will be a lot of other food. Investigate yourself why you’re doing this. Are you being influenced by other people? Most people have the attitude of: “it’s a party, so it’s ok to eat and drink everything I want to”. Is it ok to eat and drink everything, and too much, simply because it’s a holiday, party or birthday? Are you misled by seeing food with your eyes instead of paying attention to your stomach? Were you convinced having fun is only possible with a lot of food and drink? Were you not eating enough during the day to go to the party with too much appetite and overeat? It’s not difficult to realize what effect these kind of days had: feeling full and uncomfortable, possibly judging yourself, feel ashamed, and think you’re weak because of the lack of self control. You fed your ego and eating pain centre with all of this. By eating and drinking this way you saw to it to maintain the JO-JO effect. From eating not enough to overeating. This lies behind you, it was a time of innocent unconsciousness and placing the responsibility for yourself outside yourself.

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It’s not necessary at all to overeat and drink to have and share fun, and laugh. Walk on the middle of the road. Eat at least six meals a day on holidays, birthdays and parties too. It’s just ok to eat a piece of pie or a few snacks now and then. That doesn’t mean you throw caution to the winds and overeat. What you eat you eat slowly, consciously, and with pleasure. Don’t feel guilty when you do eat a piece of pie. Your ego and eating pain centre want you to feel guilty. You know you’re going to stay on the positive road. Eat healthy bites / snacks if you don’t want to eat pie or other less healthy food. Everybody serves some certain kind of healthy food on a party (cucumber, carrot, broccoli, celery and so on). Learn to say no when other people put pressure on you to eat more than you want to (oh come on, have fun, eat). Having fun has nothing to do with eating or drinking. You are in control over yourself, you are your own boss. You’re capable enough to create, and have, fun without letting other people to tell you to eat. Also don’t eat with your eyes. You’re learning to think positive. Anyway you’re much more fun being yourself, strong and with your own will. You really won’t fall back into old patterns if it goes wrong a few times. Look at your thoughts, and behavior, from a distance. Don’t judge yourself, just leave everything for what it is at that moment. No more guilty feelings, then walk further on the positive road the following day without any trouble. You won’t be misled or distracted. You will reach your goal.

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INVESTIGATION

The daily menu offers structure to work at your healthy and slim life, on your pilgrimage road. Make a list and describe all healthy and unhealthy food and drink you like, or you think you like, in your logbook 1. Observe how you react to food and drink consciously from now on. Observe your reactions directly after, after an hour and even if and how you still react after one day. Investigate your reactions to food and drink from now on, take one step at a time. Do it whenever you feel like wanting to observe your reactions. Your walking on the middle of the road, no need to get obsessed.

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Little by little you'll get more self conscious about you, your body and mind, in everything you respond well and you don't respond well. By doing this it will get easier all the time to chose food and drink that makes you really feel well, to which your body and mind respond well. That will be food and drink that makes you feel energetic, that doesn't make you feel tired or bring changes to your defecation. Unhealthy food as well as healthy food and drink can give unpleasant and unwanted reactions to your body and mind. You have all the possibilities to get knowledge about theories and principles like cold-warm food, about what you should do or not do with diary, Ayurveda and so on. By doing this I developed a huge knowledge regarding the way my body and mind respond to food and drink. I wish you the same.

*

More and more you're improving the quality of your health and life, and you're making the right choices. You don't eat with your eyes no more, you're learning to eat consciously. Walking on this positive road means you're going to delete products that don't make you feel well. These might even be products you thought you indulged yourself with. By investigating to what kind of food and drink you do or don't react well, and describing a list in your personal logbook 1, you're capable (if you want to) to change the structure of the daily menu. Make yourself more independent by deepening yourself in dietetics. Soon you'll be capable to compose healthy variations and combinations in the daily menu. Finally this is needed to maintain being healthy and slim, after reaching your desired weight and figure. Your life is beautiful.

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LAUGHING AND HUMOR

Laughing is good and healthy for you. Laughing makes positive energy flow. Today is the day you're living, what a gift. Today is all you've got. It's going to be a nice day, simply because you're going to make it a nice day yourself. See to it to create humor in your daily life. Laughing about yourself can work in a healing way. Laughing reduces stress and strengthens your immune system against diseases. Laughing helps to breathe in more oxygen to bring into your valuable body. Laughing stimulates the producing of endorphin and spread it through your body. The hormone endorphin gets into all your organs and tissues and reduces pain. It's not difficult to laugh at least three times a day. Laugh about yourself as often as you can.

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Laughing is a good workout for your facial muscles, there are multiple important muscles in your face. You'll get less wrinkles by laughing and training your facial muscles, that's very good since you're losing weight. Laughing is an intense workout for your abdominal muscles too. Laughing a lot will make you lose weight too: laughing burns extra calories. Laughing one hour a day, in combination with eating less and healthier food, and exercising, will guarantee extra pounds in weight loss. It's not difficult to laugh one hour a day by laughing a few times in the morning, afternoon and evening. Think about the humor you like the most and strive to create a sufficient amount of this type of humor every week. Think about what kind of humor you like the most on television. Try to watch a healthy dose of humor regularly when you watch television. If possible buy comedy you like on DVD. You can look for books with humor. Whenever you experience an unpleasant moment in which you think about food you can watch a humorous DVD and laugh. This can be another method of taking your thoughts away from food and not to give in to thoughts about food. Doing this will also make you able to laugh about yourself. Take a look into a carnival mirror, you can even buy one. Then it's possible to laugh about yourself, whenever you want to. You can look into this mirror together with a friend and have a good laugh together.

*



Create humor and fun at work, with friends. Where it's proper you'll help creating a healthy dose of laughing every day. Do you dare to go to work wearing a red clown's nose? Do so, start working seriously. Keep up, although your colleagues will laugh. Finally when you can't keep up yourself anymore you'll all have a wonderful moment of laughing together. Maybe you can already laugh just thinking about this idea? Maybe you have the courage to wear your red clown's nose driving your car, in the bus or train, or just walking through town and enjoy the reactions of people

passing by. There are so many simple ways to improve the quality of life. Just go on with a big smile. Ask friends to go to a laugh workshop together and make it a fun happening. You can organize such a workshop at home. See to it to let humor be open and honest, don't use humor about delicate issues or humor that can damage people. Strive to stimulate humor and laughing in your surroundings. React in a positive way to humor of others. Live from possibilities instead of impossibilities. Life is about laughing because life smiles and laughs at you in a positive way.

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LOGBOOK 1

Keep your logbook 1 during the process of losing weight from now on, until you reach your desired weight and figure. Please don't get obsessed with this. It's an aid to describe your road, to look at yourself honestly, to get to know yourself better and to learn from yourself. Your road is the road to a slim and healthy life. Go to the store and buy a simple notebook, or a luxury logbook / diary if you want to. Everything's alright. Write down the answers to the questionnaire in your logbook. Describe your own progress, process and product, daily. Value your day with code blue, orange or red and note it down. Describe, concerning your personal process, how your day went by, how did you keep up your eating pattern. Try to look at yourself honestly and describe what might have been difficult. Think about how to change that, without judging it.

*

The final product is your goal: a realistic desired weight, figure and a slim and healthy life. Describe, concerning your product, what kind of result your efforts of the day bring. Be loving and kind to yourself on a day things don't work the way you want it to work. Strive to achieve a good balance in yourself, make yourself strong to live in code blue most of the days. Strive to really reduce code orange and red days. You're worth it to slim down and live healthy. You can use this logbook to learn, grow, move on and reach your goals. You're free to think of a suitable way to write in your logbook 1. You could write it as a little story every day. Too much work? Then write short and powerful lines.

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It can be pleasant to make a picture of yourself once a month. Put it in your logbook 1 and smile at the visual positive changes.

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Example: code blue

- 1: Today I experienced no difficulties to eat healthy at all, because.....
- 2: There were some temptations. Someone brought pie to work. I listened to my body. I had no appetite and didn't eat pie, despite colleagues asking to join them.
- 3: I feel strong learning to say no to temptations, this makes me feel.....

*

Furthermore it can give you even more positive power to count your blessings every day and to write down at least 5 personal blessings every day.

The glass is always half full and by looking at life this way you look at everything you have, instead of looking to everything you don't have. It's part of creating your own happiness.

Examples:

- 1: The sun was shining beautifully, I went outside to enjoy my lunch break while the sun was shining at my face.
- 2: I practiced the visualization of my desired figure outside and I feel content.
- 3: I took the time to enjoy dinner.

And so on

You'll get conscious about how easy it is to see at least 5 blessings every day.

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LOGBOOK 2 / after reaching your desired weight

Today it's.....(note date) It's a celebration, you reached your desired weight. Your weight today is.....kilo / pounds. Your figure is getting more beautiful all the time. You lost a total of.....overweight kilos / pounds, and you did so in a beautiful way. You have all the right to be very proud. It's a wonderful feeling to know how much self confidence you build up. You have learned to enjoy working at a slim and healthy life. This goal was very important to you, the way you did it actually is even more important. This is a solid foundation to continue your life. Everyone around you is responding in a positive way to your changed weight and your charismatic aura. You have everything and all power inside you to maintain this beautiful weight and maybe do a little more work at your figure. The road of life will show traps again. Therefore it might be wise to keep up logbook 2 from now on. What fits you? Think about it and decide for yourself. Will you go on writing in your logbook 2 every day or once a week? No one tells you what to do, so chose a method you feel good about. You can go on writing down 5 blessings (or more) each day, just like in logbook 1. You can go on describing why you experienced some difficulties in certain temptations. This might be done once a week, like a week evaluation. Whatever might happen, just continue working at your slim and healthy life in a positive way. You will maintain this situation. You will succeed and never fall back into old patterns again. Why? Simply because you feel too good, too beautiful and too happy. It would be terrible to lose these results, you feel too responsible for yourself, your weight and figure, to let that happen. Your personal logbook 2 can be of help, an aid, to maintain your right weight and figure.

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MIRROR / SELF IMAGE

Is it hard to look at yourself in the mirror? Do you actually try to avoid looking in the mirror? It's really not necessary. The mirror is a beautiful instrument to see yourself the way you really are every day: a beautiful person and surely good enough the way you are right now. You are a beloved person, coming from of the Divine Source of Life. Do learn to enjoy looking at yourself. Accept yourself unconditionally, there's no need not to like yourself when you look in the mirror. Make peace with the mirror and have a strong self image. Life is worth living more than anything else. You spoke out your best intentions to the universe: a realistic weight, slim, a desired figure and to be healthy. You're moving towards this goal. The future is not here yet. Today is the day you're living. Right now you're looking at your image with overweight, but it's nothing more than it is: just outward form. It's your body and you'll have to live with it today. Do love yourself and your body, you can't trade it for another body. That's not necessary too. You have the right to be you, be happy with yourself. Take time to learn to look at your naked self in the mirror shortly every day. It's a moment just only with and for yourself. Look at the contours of your body and approve of yourself. Because you're doing a wonderful job your body, and it's contours, will change. Combine looking at yourself in the mirror with visualizing your desired figure. Touch your body, feel your contours and your beautiful skin, standing in front of the mirror. Close your eyes and visualize how you touch your slim body, go over your slim contours. Being overweight is not what you really are, the slim person in you is slowly, but surely, coming out into the world. By accepting yourself every day you're improving your self confidence. Take time to learn to present yourself to the world with a self confident attitude. Shine and smile, it will have a positive interaction between you and other people. Very conscious of yourself you see every positive change, no matter how small. Smile at yourself in the mirror and live with a positive attitude every day. Visualize your desired figure every day, with your eyes closed as well as looking in the mirror. Act self assured, as if you already have your desired figure. Think yourself slim, this will become the truth. Positive thoughts and a positive visualization are becoming the blue print of your future.

*

SELF IMAGE

Put your head up and stand in front of the mirror self assured. See the real you: *beautiful*. You'll see and enjoy every change. Every day you see yourself you're realizing that you're slimming down. As beautiful as you are today: it can only get more beautiful. You're good enough as it is, accept your outside form. What made you doubt yourself? Are you still being influenced by the words, the influence, of other people? Are you unable to handle any pain from your past, your youth? Nobody has the right to hurt you, for what reason ever. *Today is today, the past is gone. You are here for a reason.* No one lives for nothing. Your pure you is the beautiful presentation of the Divine Source of Life, the Divine Cosmic Love and Energy. That's what you are. Stop doubting your self image. The Divine Source of Life steered you to read these words today. It's sad you had to go through pain and sorrow. Doubting yourself made you weak to food and drink. Your ego and eating pain centre were steering you too much by this. The suffering you went through on the pilgrimage road of your life makes you get stronger than ever before.

*

Start every day by looking at yourself and speak out to yourself you're slim. By doing this you're creating positive thoughts. Positive thoughts bring positive energy and do help you to take actions to become and stay slim. The Divine Source of Life

is helping you to reach this. You notice positive thoughts make you feel happy and these thoughts come true. You're worth everything more than anything else. Do love yourself, love your beautiful inside as well as your beautiful outside.

*

Enjoy yourself, your life, and the positive direction you took. Speak this out to yourself in a loving way every day. By saying and thinking you're slim already daily you stimulate a positive self image and you act by this. In your thoughts you see the real figure that suits you and belongs to you. Visualize your desired figure every day and feel the beautiful contours of your body in front of the mirror. It feels very nice. You're working at the figure and self image you deserve from now on: a realistic reachable figure. Stop to place too high demands on yourself and your figure. Stop thinking you have to meet all expectations and demands of other people. With pride you're working at your own positive self image. It's good you're here. You're a beautiful person, fascinating , always good enough the way you are at this moment. Close your eyes to connect with the Divine Source, you're being healed. After some practicing it's no longer necessary to connect yourself with the Divine Source. You are always connected to the Divine Source. You are Divine.

*

NOT ON MONDAY, BUT TODAY!

Look at yourself in the mirror with some humor and smile at yourself. Funny actually, how good were you (like everyone) to fool yourself in several areas? How often did you plan to start losing weight tomorrow or on Monday? Probably this caused you to overeat yourself the day or the weekend before, simply by projecting the thought “this is the last time I can eat everything I want to”. Your behavior followed your way of thinking that you were allowed to celebrate the weekend by eating whatever you wanted. You thought you could indulge yourself because you would really start to slim down seriously on Monday. Did you feel guilty after indulging yourself with food the weekend before Monday? Did you also eat away these guilty feelings? Did you start losing weight tomorrow or Monday by being too hard to yourself and the whole attempt to lose weight failed within a short period of time, because of this? Then you were back to nothing. You’re breaking through this vicious circle. Everything had to do with your desire to slim down, but you didn’t acknowledge and didn’t accept your problem. It’s possible you were led by the negative voice of your ego and the asking for pain voice of your eating pain centre. It’s most likely you also thought slimming down would only be possible by being very hard to yourself, follow a very rigid diet, and wouldn’t be able to live a happy life anymore. These kind of thoughts didn’t do any good to your behavior and so every attempt to lose weight was doomed to fail before you even started.

*

It’s no longer necessary to make up any excuses. Now is the moment to change in a positive way. Every moment of your life is an opportunity to change. Changing means working at a good health and a slimmer body is part of that. Changing means making fun in life. Be happy you’re able to change, yes you can. Living is enjoying. You thought slimming down would mean you would never be allowed to eat anything “nice” again. You thought of nice food as being sweets, candy, pie, fries and so on. Now you know it’s ok to eat a little bit of this kind of food just now and then. Now you realize everything you eat is nice. Especially healthy food that gives energy is nice and makes you feel much better. *Smile again at the thought tomorrow or Monday and write down this sentence with big letters.* Then look at it, smile at it, throw it away in the trash bin triumphantly and walk further on the positive road of changing. You are in control from today on. It’s your life. Did you ever think this would feel so wonderful?

*

QUESTIONNAIRE

Take time to think and write down your answers in your personal logbook 1.

1: Your age is.....years.

If you're under age:

What do your parents think about the idea of you wanting to lose weight, change your figure and live healthier?

How do you think your parents can support / help you in this?

How do you talk to your parents about this and how do they react? What does that do to you?

2: Your height is

3: Your present weight is

4: The perimeter of your belly is

5: Your BMI is

6: The belt you use is on itshole

7: How much kilo / pounds are you overweight? How many kilo / pounds would you like to lose?

8: How do you feel, being overweight?

How does it influence your self image?

How does it influence your ability to move?

How does it influence your relations with other people?

How does it influence your social life?

How does it influence your work?

9: What's your social situation?

Under age and I live with my family. (Parents, brothers, sisters?)

Single.

No relationship, but I share a house / rooms with(roommates for example)

Living together / married, no children. Age partner?

Living together / married, with children. Age partner and children?

10: Do people in your surroundings (partner, children, roommates, family, friends, colleagues, school and so on) influence your eating habits?

YES: What kind of influence is this? (negative / positive), why are you influenced by this? How do you react to this influence and why?

NO: Why do other people have no influence (positive / negative) to the way you eat?

11: Why are overweight?

12: Why aren't you able to have, and to maintain, a realistic slim weight and figure?

-What do you need in your life to reach and maintain this?

13: What's the biggest trap/problem to make you start eating when you really don't want to eat?

14: Do you love yourself unconditionally?

YES: describe what makes you able to love yourself and do keep this up. What do you need to even love yourself more? What kind of influence does your surroundings (partner, children, roommates, family, friends, colleagues, school and so on) have on the love for yourself? Why, and how does this make you feel?

NO: what is the reason (reasons) you can't, or are not allowed to, love yourself? What do you need to start, and maintain, loving yourself? What kind of influence does your surroundings (partner, children, roommates, family, friends, colleagues, school and so on) have to not love yourself? Why, and how does this make you feel?

15: Look in the mirror. What do you see, what's your self image?

Do you think you're beautiful the way you are right now?

YES: I do think I'm beautiful because Why? (do hold on to this)

NO: I don't think I'm beautiful because What do you need to find yourself beautiful?

16: did you try once, or more often, to lose weight?

YES: because

The attempt failed because

If you did so: how many times did you start losing weight on Monday? What kind of influence did starting on Monday have to your eating patterns in the weekend before, and why?

NO: because

17: I did try to lose weight before and managed to slim downkilo / pounds inweeks / months.

18: What kind of (crash) diets did you try? How did they make you feel?

What were the results?

For how long were you able to maintain these results?

How much weight did you gain afterwards? Why?

How does all of this make you feel?

19: How often do you eat a day?

I eat abouttimes a day because

20: Do you eat breakfast every day?

YES: because

This makes me feel

NO: because

How do you feel during the morning? What's the influence to your eating habits for the rest of the day by not having breakfast?

On what time of the day do you finally eat something?

21: Do you skip meals?

YES: because

How does this make you feel?

What are the results of this?

NO: because

How does this make you feel?

What are the results of this?

22: Do you always eat at the table, no matter where you are?

YES: because

NO: because

Yes as well as no: what influence do other people have to you to eat, or not eat, at the table?

23: How many times do you snack, eat something unhealthy, while walking / shopping, at work and so on?

NEVER: because

Every day because

At least a week because

To all answers: what does it mean to you? How does it make you feel?

24: Do you always see to it to eat something before going to the supermarket?

ALWAYS: because

SOMETIMES: because

NEVER: because

YES:

NO:

Does it influence what you buy? What kind of influence is this?

25: Did you investigate before the way you react to food products?

YES: because

After eatingI feel

(you can use this sentence for multiple food products if this fits the case)

NO: because

26: Describe the type of unhealthy food and drink you're used to eat / drink daily or several times a week.

Make a list and describe every product that's unhealthy, contains a lot of calories, contains a lot of (single) sugars, a lot of fat, contains a lot of chemical colorings, flavorings, scents and so on.

How much meat and meat products (weight) do you eat daily, and what kind of meat and meat products?

Describe honestly why you eat and drink these products every day (week).

Calculate how much money (estimated) you spent on too much, unnecessary, food and drink every week.

How does this make you feel?

27: Do you drink alcohol?

YES:glasses a day / week.

I do this because

What kind of influence do your surroundings (partner, children, roommates, family, friends, colleagues, school and so on) have to how much alcohol you drink?

Positive, because The influence makes me and means to me.

Negative, because The influence makes me and means to me.

NO: because

28: Do other people see you eat too much or do you say no to everything when other people are around?

YES: how do your surroundings react to this?

NO: what makes you turn down everything, pretend you're strong, and why do you eat too much (unhealthy) food only when you're alone?

29: Do you suffer from eating moods (BED, binge eating disorder) now and then?

Yes, since, because

On what moments (when) do you suffer from eating moods? What moments of the day / night mainly?

What happens why you get eating moods?

Then what do you eat?

How do you feel during and after an eating mood?

Do you throw up after an eating mood sometimes?

How does this make you feel?

Are you having an eating mood by yourself or do other people see you have an eating mood? No, I see to it to be alone to indulge into an eating mood because

Yes, how do people respond to your eating mood?

NO: although I'm overweight I never suffer from eating moods because

30: Do you smoke?

YES: I smoke since, because

How much do you smoke?

I smokecigarettes / self rolled cigarettes a day / week.

This costs me (money) weekly, monthly, a year.

What's the influence of smoking to your breathing and lungs? (do you cough, produce mucus for example?)

How do you feel physically by smoking?

How do you feel mentally by smoking?

What influence does smoking have to your mood?

What influence does smoking have to your endurance?

What influence do your surroundings (partner, children, roommates, family, friends, colleagues, school and so on) have to your smoking?

How does this make you feel?

How does the skin of your face and body look because you smoke?

How does this make you feel?

Did you try to quit smoking?

YES: because

Why didn't you succeed stopping to smoke until now?
How does this make you feel?
Why do you keep up smoking? I continue smoking because

NO: I never tried to quit smoking because

What does this mean to you?

31: Do you have a scale at home?

YES:

What positive or negative influence does the scale have to your eating patterns, mood and self image?

How often – on what moments – do you weigh yourself? How does this make you feel?

Do you tell other people about your weight?

What do you think about this? How does this make you feel?

32: Do you move / exercise a minimum of 30 minutes (or more) daily?

YES: because

My kind of daily moving / exercise contains

What's the effect? How does this make you feel?

NO: I don't move / exercise a minimum of 30 minutes daily because

What's the effect? How does this make you feel?

33: Did you ever try products to lose weight? (from pills, powders, drinks, slimming down gel and so on?)

Yes: I tried

(write down what you remember)

I try products to lose weight because

So far I think this has cost me

(money)

The result of using products like this is

How does this make you feel?

NO: I never tried any form of weight loss product because.....

Remember you don't have to explain any of this to anyone. (except maybe to your physician or other professional aid). This is your personal workbook.

RUDY DELPHINO

SCALE 1 / SCALE 2

SCALE 1

Weighing yourself too often has no surplus value on your road to a slim and healthy life. You're strong enough yourself to change your weight and figure, without expressing this in kilo's / pounds. You're becoming one with yourself spiritually more and more. You're getting conscious about your inside and outside more and more, you're learning to feel how much you weigh approximately. You're strong enough to keep your weight and figure in the right prospective, without weighing yourself obsessed every day, every morning, every evening, too often. It's good to take back control of yourself, together with the Divine Source. For how long did you give the scale the control over yourself? How much sorrow did you feel seeing your weight? Did the scale give you bad thoughts and a bad feeling over yourself? Sometimes you saw you lost a little weight, standing on the scale. Sometimes your weight was the same as before and at other times you saw you had gained weight, standing on the scale. Were you dependant on the scale to value yourself? Did you allow the scale to give you a bad day, simply based on seeing the number of your weight? How often were you sad by thinking you would never lose weight? Did these thoughts give you emotions of sorrow?

*

Was overeating yourself a result of standing on the scale? Was this type of overeating giving you even more bad feelings? Do you recognize the negative voice of your ego and eating pain centre? Did you obey their negative voice? Did you allow them to let you drown in negative thoughts and feelings after every disappointment on the scale? Did it make you get eating moods easy?

*

You have started to break through this other vicious circle. You can chose to weigh yourself only once a week, once every two weeks, or even just once a month from now on. It might feel as a scary idea, but be determined to do it. See to it to have an accurate digital scale. Put it on solid ground somewhere and leave it at the same spot. The positive outcome is clear to you, you're breaking through your dependency of the scale. Take some time to look in the mirror and determine if your weight is right, learn to feel this inside you consciously. Also it's easy to feel if your weight is right, goes up or down, by your clothes, the same belt and a measure tape.

*

But don't you need to tell everyone you lost some pounds? Are you afraid to lose control if you don't weigh yourself? No, first you'll get compliments for losing weight. You'll have to lose weight by yourself, in time people will notice your weight loss and changing of your figure anyway. By the way, after a while you'll have a standstill. Sooner or later you will reach your realistic desired normal weight. By wanting to control this by using the scale too much causes fear and the risk of eating moods. You are going to reach your desired weight and figure without needing the scale too much. Don't be obsessed with the scale no more. Also don't get obsessed with the measure tape and your belt, just enjoy this road: working at a slim and healthy life. This is your own pilgrimage road.

*

Decide what's a realistic weight for you, based on your height and figure. Write down your start weight in your logbook 1. Note the date you want to weigh again: 1 week, 2 weeks or 1 month after taking your start weight. Think well about this and decide. Make a choice that won't put a psychological burden on to you. When you do experience trouble or annoyance, then only weigh yourself once a month the coming period. Your road to slim down and live healthy is just a matter of time, it

takes perseverance. You might weigh yourself once a month the first 3 months and then reconsider your weigh moment again. You will really feel relieved being freed from the influence of the scale to your thoughts and feelings. Make the scale the item it was made for: a simple instrument to take your weight now and then. You are responsible to live a healthy daily life and to maintain a normal weight. You don't need the scale as a dominant controller to be self responsible. *You have all the power and are taking control over yourself. Everything and all power to slim down, live and stay healthy, is present inside you.*

*

Please go on with scale 2 after reaching your desired weight.

*

SCALE 2

This is an important day, it's(date). You have reached your fantastic desired weight ofkilo's / pounds and you changed your figure in a beautiful and realistic way. Actually it (the process) was (and stays) a beautiful road. You have learned to enjoy changing yourself. You can be very proud of these wonderful achievements. By the theme scale 1 you have learned you're not depending on the scale. Write down you reached your desired weight in your logbook 1. Close logbook 1. You may write down your present weight in logbook 2.

*

The coming period of time will be very important. There will be no finish. Right now this situation has to become and stay normal reality to you. Stay in touch, open yourself to, stay connected to the divine Source of Life, the Divine Cosmic Love and Energy, inside and with you. Your body is not used to stability, a stable weight and figure, yet. If you let go of the new learned patterns your body will store fat again. Then you will gain weight again. Be aware of the fact that it will take months to a year, maybe longer, to keep the balance. You have to go on working to maintain your reached present weight. Keep it stable, finally everything in you, your brain and your body will accept the new programmed blue print you installed.

*

Think well about the scale again. Reaching your desired weight and starting logbook 2 is a new important phase in your life, on your own pilgrimage road. Continue walking the positive road. Are you going to weigh yourself once a week, once every 2 weeks, or once a month? Write down the pros en contras of every choice and chose what makes you feel right. No one can really prescribe how often you should weigh.

*

In the past you probably listened to the voice of your ego sooner or later by seeing the same weight on the scale for weeks. The negative voice would say: "see I told you, all effort for nothing. You won't lose more weight. You won't be able to keep this weight". Fortunately you have learned to listen to the positive voice of the Divine Source. The Divine Source tells you: "You're doing a wonderful job by keeping this weight for several weeks already". You don't let yourself get influenced by the negative voice of the ego no more. *In the future this is no more than a little voice of an ego, you are not this ego.*

*

Now you have reached your desired weight. Everything's alright. You're listening to the positive voice. Now it's only right and important you see the same weight every time you weigh yourself. You want to keep this weight, so it's very positive you work to maintain this wonderful weight and see this weight every time you step on the scale.

*

No JO-JO effect, no falling back. Your scale will show this weight week after week, month after month. Together with your belt and the present size of your clothes you have the instruments to maintain this weight and figure. Don't put this (your personal) book about losing weight in the book case. Be conscious and accept a just reached weight won't stay the same by itself. Experiment with the daily menu and you can try to – listening to your body and mind – expand your menu a little. (If you want to) Especially expand with healthy food and maintain a healthy food and life pattern. Keep on striving to only have a code orange or red day just now and then.

Keep a margin of 5 (maximum of 7) pounds above your present reached desired weight as your maximum weight. See to it to never go above this weight, because then you'll be unsafe and negative falling back can happen. If you gained, by what circumstances ever, those 5 pounds then work yourself back to your desired weight. Write this manual about the maximum margin, and your intention to maintain your reached figure and weight, in your logbook 2.

*

Now it's time it will become "normal" to be slim. Now it's time it will become "normal" you're having the same weight all the time. For other people It will become normal to see you being slim. Because there will be no finish it may stay special to you, without talking about it too much, to maintain this weight and figure. It will get easier all the time to maintain your present weight and figure.

*

Look in the mirror, smile and be proud of yourself. If you want to you may speak out the following positive thought: *I continue my positive road and I won't be misled or distracted by any obstacles, traps and mountains. I will see through everything and stay focused. I will climb every mountain.* This is going to be a beautiful day. Your beautiful journey of life continues and, together with the Divine Source, you are the director of your own life and the quality of your life.

*

TAKING CARE OF YOUR SKIN

Take care of the skin of your body and face with love every day, on the outside as well as the inside. The skin is the largest organ of your body. It needs extra care from now on, because it has stretched by being overweight. Although your skin is very elastic it has suffered from your surplus of pounds. Preventing loose skin, scarves and wrinkles by slimming down means taking good care of your skin. Science tells us we can't bring fluid into our skin: our skin is impenetrable for fluids. Science also tells us what's important in taking care of the skin: grease it every day, don't take a sunbath too often too long, be just as careful with a sun-trap shelter. Smoking and drinking too much alcohol is damaging your skin too, just like too much unhealthy food and not drinking enough fluids daily. Your outside, your figure and skin, is the reflection of the health of your inside. Taking good care of your inside will show on the outside. Find skin care products that you like and that contain vitamin E. There are also good products to find that prevent scarves while slimming down. Do prefer products that are not tested on animals. Take skin friendly (PH neutral) products to take a shower. Then dab your face dry instead of wiping it dry roughly. Dab your hear dry too. Then take care of your total skin. Turn it into a nice, loving ritual every day. Follow the contours of your body, arms and legs, consciously. Observe your skin and its condition well. Take care of your face and skin again after sports and sauna. It's nice and good to combine taking care of your skin with visualizing your desired figure every day. Taking care of your skin is also a good moment to practice visualizing.

*

It's ok to massage the surface of your body with skin care products firmly, but in a loving way. You can ask your partner / friend to massage your back with a skin product every day, you can do the same in reward. Be careful with your face and use your finger tips to grease your face. Only use light pressure and work from your nose to the side. (Horizontal) Your facial muscles are delicate, too much massage can even stretch them. Use your finger tips to make drumming movements under and around your eyes.

*

Ok, that's the outside. Furthermore you're doing a great job eating healthier and drinking enough fluids, by doing this you're taking care and feeding your skin from the inside out. Sufficient and good sleep is important for your health and the quality of your skin too. Food supplements? You're eating healthy now, so that's good. See to it to eat healthy vegetables that contain anti-oxidants: broccoli and garlic for example. Get enough vitamins and minerals by eating enough fruit daily. Still losing weight and moving / exercising more is demanding a lot from your skin. You can think about supporting your skin a little extra from the inside out by taking supplements, just take them as prescribed by the manufacturer and don't take more than advised. A daily vitamin E supplement is good for your blood system, muscles, and it's a strong anti-oxidant. Furthermore vitamin E is needed for the vitality and quality of your skin and your hair. Selenium-Zink stimulates your metabolism and strengthens the vitamin E function. Zink is also needed to make your body take in vitamin A, it's needed for building protein and the influence of enzymes. Enjoy taking care of your valuable face and skin in a loving way daily. Turn taking care of your skin, from the inside as well as the outside, into a continues daily habit within taking care of and loving yourself.

*

THE MIDDLE OF THE ROAD

It's more healthy to live according to *THE MIDDLE OF THE ROAD*. Take time, and be patient, to learn this. The middle of the road simply means you don't live by going to extremes, this counts for all aspects of your life. Regarding your weight, your figure and your health this means you're not letting go of everything and yourself and that you're overweight. Then you're too fat and indulge yourself with (unhealthy) food, don't exercise (or not enough) and live unhealthy for a longer period of time. That's letting yourself go to an unhealthy extreme, you're getting obsessed with food.

*

The other extreme is to deny yourself everything, be on a too strict diet, to only think about your weight and food, get moody about it and move / exercise too much. You're getting compulsive and spasmodic by getting slim. Slimming down like this is becoming an obsession. Obsessed behavior is just as damaging to your health as it is with eating unhealthy and being overweight. In both cases going to extremes will bring thoughts of not being happy, and the following sad feelings.

*

Regarding your weight, figure and your health living according to the middle of the road means you will work towards a realistic weight, figure and good health with love and patience. You eat a minimum of 6 meals a day, don't skip any meal and move / exercise sufficient every day. It's healthy to smile, laugh, and to listen to your body. Every day is the only moment you're living, strive to enjoy it. Create a party every day. Your goals are obvious and clear, but *how* you get there is more important. This means you're eating by the daily menu one day, because everything is going smooth. There might come a day you're not able to stay with the daily menu, because (for what reason) you can't keep up. Then don't try to be spasmodic, that will cause stress and will lead to an uncontrollable eating mood easy. Do investigate why you experience trouble to stay with the daily menu, what problem you just have to deal with. Eating something "unhealthy" is not bad now and then, it's just ok in living by the middle of the road. Living too rigid or letting everything go doesn't work in the long term. It's important to have a relaxed attitude, to take time and to be patient, slimming down and improving your figure and health. Think well about what living by the middle of the road can mean to you in *all* areas of your life. The middle of the road is a healthy road on your pilgrimage road, your beautiful life.

*

USING A BELT

Besides using a tape measure and a scale it's wise to use a (the same) belt. Use this belt to see and measure the visual result of your slimming down. Use it to feel your belly and waist literally. If you don't have a belt go out and buy a nice one. You need a belt you can put back in holes. Dress up and put on the belt. See to it your belt isn't too loose or too tight. Count the hole you put it in and how much holes it could get more loose. Use a belt suitable for your posture and how you're built. (not too small or too large) Write down the starting position by the date of today in your logbook 1.

*

It's wise and advisable to never make the belt more loose (wider). This would mean you gained weight and that's not going to happen again. Whatever might happen, your belt stays in the same position (hole) it's in at that moment. Through time you're losing weight and changing. Then one day you notice your belt is getting too loose. You're happy, you lost weight. Then you adjust your belt and make it a little more tight by putting it back one hole. Write down this position, and the date, in your logbook 1. You can add it to the minimum of 5 positive blessings of that day.

*

From now on this position of your belt is *the* position. It's not good to put it more loose, until you've reached a final position. That's the moment you reach your realistic weight and figure. See to it to keep it at that position always from that moment on. Enjoy your belt getting more loose and adjusting your belt till then. There is a trap involved. Whenever you go through a code orange or red day it's most likely your belt and clothes will feel a little too tight. You will feel like adjusting your belt a bit more loose at that moment, to give some space to your belly. If it does happen you're having a code orange or red day, and your clothes and belt will get more tight, just leave your belt at the same position. This will make you feel uncomfortable, but so be it. You'll get conscious about the fact that gaining weight, or eating too much, is very unpleasant as well. Don't give in to the temptation to change your belt. Don't give in to the temptation to eat even more. It sounds annoying at first, but it's not. It's just a simple method to help you maintain your weight and figure and to not fall back into old patterns.

*

Your belt will become a steady aid to reach and maintain a slim and healthy life. After reaching your desired weight and figure it will stay a simple aid to keep control over your weight and figure instinctively. By not changing the position of your belt, no matter what happens, you won't eat too much and you're using it as an aid to keep up a stable weight. It really is a more pleasant aid than the scale for that matter.

*

VACATION

Most of the time vacation, according to maintaining balance, walking the middle of the road, didn't go well. Your surroundings didn't have a positive influence either. Your ego and eating pain centre took their chance again. It seemed positive, but actually you projected negative thoughts to which you acted. Did going on vacation mean you would say to yourself: "it's vacation time, everything's allowed". Probably you also thought: "I don't have vacation to work at my figure or weight". Probably you're able to fill out this list of negative thoughts further. It's not bad since this was a period of fooling yourself unconsciously. *The word vacation was synonymous to enjoying yourself and enjoying yourself was synonymous to eating everything you wanted to.*

*

Did you eat everything you wanted during vacation, usually even more and unhealthy as usual? Were you thinking to spoil yourself, and others, and create fun by eating? Did you eat pie in the mornings? Was it suddenly normal to drink alcohol every day? It was vacation, wasn't it? Were you only being lazy? Who's going to move / exercise on vacation? Did you ask yourself if you really had appetite? Yes, your ego and eating pain centre were really happy, they got fed the way they wanted to. You did notice gaining weight and got tired. Your body, mind and the Divine Source were protesting. Did you just neglect everything? Especially wear easy and loose clothing during vacation.

*

For you too, the big disappointment came after vacation. At home your clothes felt too tight. The scale showed the gained weight. Did you get angry with yourself? Were you thinking negative about yourself? Did this result in comforting yourself with food even more? Sometimes you managed to lose a little weight again, but most of the times you accepted the fact you had become heavier.

*

It was no fun celebrating vacation like this. Now you're learning to create fun without connecting it to food and drink. Keep up balance and walk on the middle of the road. Just make this agreement with yourself: *vacation is wonderful, I'm going to enjoy it, but no way I'm going to gain weight.* Speak this out to yourself as a healing positive thought and write it down in your logbook. Then you will act by it and this will become true.

*

You don't have to slim down during vacation, unless you want too. At least see to it your weight stays the same. Keep up your healthy lifestyle. This will mean you can take sweets now and then, if you really need to. From now on bring structure to your eating pattern and exercise during vacation. Don't let yourself be influenced by other people in this. (No matter who) You will really feel much better by continuing the healthy life pattern you started now. During vacation you do have time to practice your breathing and visualization exercises. Also close your eyes regularly during vacation and breathe in blue healing light. Although you can find yourself in a totally different place on earth you're always connected to and living in the Divine Source of Life, the Divine Cosmic Love and Energy. *Every spot on earth, every human being, every animal, every flower, the ocean.....comes from and exists in the same Divine Source of Life.*

*

Are you taking a vacation in a warm climate? It will cost your body more energy to get rid of the heat than it uses energy at colder temperatures. When the weather's warm just continue eating by your healthy daily menu and take a little extra now and then, then you won't gain any weight at all.

*

All of this will makes you feel well and enjoy everything consciously. You're really entitled to enjoy your vacation. After coming home again simply continue walking on the positive road, determined to succeed. No disappointment, no unnecessary anger. You have every reason to be proud of yourself.

*



VISUALIZATION AND CONSCIOUSNESS EXERCISE / MOVEMENT OF ENERGY

This is a beautiful and important exercise for you, practice this exercise in a quiet place at home too. (see introductory breathing exercises 1 and 2) This exercise stimulates slimming down too and will improve your health. During this exercise you will visualize a colored ball, using the colors red, orange, yellow, green, blue, indigo, and violet. Every color corresponds to a certain part of you. You'll get conscious about, and will stimulate, your body and mind totally. It's advised to practice this exercise daily and to combine it with breathing exercises 1 and 2. Also you might practice this exercise separate from the breathing exercises, then practice it as a meditation / relaxation exercise. Of course you can practice this exercise quietly outside, in the garden, or on a bench somewhere in nature. Just like slimming down learning to visualize (to see with your eyes closed literally) will take time. Enjoy doing it. Whenever you notice your thoughts start to wander just keep practicing. There are no obligations involved, no stress. Every detail you do visualize is valuable. Read the manual of this beautiful visualization exercise a few times. Try to remember as much details as possible so you can practice it soon without having to read the manual anymore. It will become a positive blue print inside your head. After practicing it with your eyes closed a few times you will be able to practice it yourself, with your eyes closed, without having to read the manual in between. In the beginning it's ok to open your eyes in between to read the next step, then go on with your eyes closed. Even reading the text of this exercise will be relaxing and healthy.

*

PREPARATION

You can chose to prepare yourself by the extent preparation of the breathing exercises. It's nice to play relaxing, inspiring music. Wear easy, loose clothes. See to it the room where you practice this exercise has a pleasant temperature. (Or outside on a wonderful quiet sunny day) Take a bench or a dining table chair and sit up straight. Place your feet as broad as shoulder distance, firmly to the ground, preferably with bare feet. You will feel more connected to mother earth with bare feet.

*

Look straight ahead peacefully. Breathe slow and consciously. Let go of everything.

*

A:

Rub your hands firmly to each other, this generates positive energy. Be conscious about your hands getting warm. In the meanwhile count to 25 slowly. Then strike your hands firmly into the air a few times (with loose wrists, of the cuff) By doing this you remove any left negative energy. Place your warm hands in your neck, feel the warmth and positive energy. Then strike your hands firmly into the air three times (with loose wrists, of the cuff).

*

B:

Make fists. While holding your arms straight in front of you, elbows bend a little, you squeeze your fists firmly. This will generate more positive energy. Again count to 25 slowly while squeezing your fists. Then strike your hands firmly into the air three times (with loose wrists, of the cuff). Now you're well prepared. Keep your eyes closed while practicing and visualize everything. It's no problem to take a short pause now and then, and then continue.

*

NOTE:

This exercise is about moving positive energy by turning your arms. You can practice this exercise, as a variation, as meditation. Then sit up straight, hold your arms low in front of you and just hold the ball. You don't move anything, sit up straight and visualize every step from 1 to 11.

*

VISUALIZATION AND CONSCIOUSNESS EXERCISE**1:**

Sit up straight with your feet placed firmly to the ground, as broad as your shoulders. Keep your shoulders down. Close your eyes, you're safe. Visualize a big ball (like a beach ball) right in front of your body. See the ball in front of you literally.

*

Bring your hands together and press the ball into a smaller ball. Now the ball is between your hands, your arms are straight forward, at shoulder height. Your elbows are slightly bend.

*

Make a coming and going, squeezing, movement with the ball. With your eyes closed you see the ball getting smaller and bigger by your squeezing movements.

*

Practice the squeezing movement for about 25 times, in a slow relaxed way.

*

2:

Turn the ball round and round by turning your hands round, in a steady supple way. (Like the instigation of a steam locomotive) Keep on visualizing how you're turning the ball around and visualize the ball is getting the **fire red** color of earth.

*

The red ball is turning through your legs completely. The red ball is connecting you to mother earth more and more. Feel how you're connected to earth. You're sure-footed to the ground and life. You know your goal, you're really seeing the road towards it clearly. You know what you want and you're strong. Feel beloved, known and acknowledged. You're on this beautiful earth to live a happy life. Think about nothing else anymore.

*

Keep on turning the red ball like this for about 25 times slowly, but firmly. (Or just as long as you like) You feel at ease and are only concentrated on visualizing.

*

3:

While you keep on turning the ball you visualize it changing into the beautiful color orange. The turning ball moves towards the lower part of your body. The color really shines, like with a sunset.

*

The illuminated orange ball turns through the lower part of your body completely. You feel how it massages and stimulates your pelvic organs: your sexual organs and the last part of your bowel system (rectum). You're so beautiful. You are satisfied with your sexuality. You may enjoy your sexuality and the energy in and out of your sexual organs. This is a powerful and positive energy. The orange ball turns through your pelvic and sexual organs, it feeds them with energy and love. Feel and see how beautiful your own pelvic and sexual organs are, feel the beautiful loving energy from this area. Cherish the beautiful emotions of your creativity and your sexuality,

physically as well as mentally. Your sexuality was given to you by the Divine Source of Life, accept yourself.

*

Keep on turning the orange ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

4:

By slowly turning on you visualize how the ball changes into the beautiful bright color **yellow**, the color of the sun. The turning ball moves to your belly.

*

Full of energy the ball is turning through your belly and digestion organs and stimulates the way they work. That's your stomach, pancreas, liver, bowel system and kidneys for example. You're conscious about your valuable belly organs. What a wealth. These are your organs and it's just wonderful to realize how well they work separately and work together. What an intelligence. You're taking good care of them because you're depending on them for good health. You are the sun, you shine, and you're bringing balance into your life. You are in balance. The surplus of fat on, in, and round your belly, and everywhere is disappearing slowly but surely

*

Also keep on turning this bright yellow ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

5:

You're into visualizing totally. By slowly turning on you visualize how the ball changes into the beautiful color **green**, the beautiful color of an emerald. Keep on turning slowly. The turning ball moves to your heart.

*

The ball starts to turn through your heart. You see and feel your heart as a strong healthy pump. It pumps all needed blood, full of healthy food products, love and oxygen, through your total body. The emerald green color brings love into your heart. You are love. You're a beautiful person. You are kind and loving to yourself, your body, your mind, other people, the environment, animals, nature, life and mother earth. You're one with, and in, the Divine Source of Life and are enjoying the Infinite Unconditional source of Love inside you, through you and with you. You have every right to love yourself, and others, unconditionally. Love is far out the most important aspect on and in mother earth. Love can be spread. What a wealth your heart is functioning so well. When you have a (for you) realistic healthy weight and slim figure your heart will have a top condition and then it really won't have to work so hard. Your heart is happy.

*

Keep on turning this emerald green ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

*

By slowly, but firmly, turning on you visualize how the ball changes into the beautiful color **blue**. The light is magnificent bright azure blue, like the color of the infinite beautiful ocean. Keep on turning slowly. The turning ball moves to your throat, just beneath your head.

*

The azure colored ball is turning and turning through your throat area and stimulates your speech and communication centre that's situated here. The blue light feeds your speech and communication centre with love, it feels peacefully. It brings love into your voice. You're getting more and more conscious about the fact that you want to, and are able to, communicate with love to yourself and other people. You chose your words and language

carefully. You're honest towards yourself and others and avoid unnecessary ugly and damaging words that can hurt. Do enjoy the way you're communicating with yourself and others and stop walking over yourself by pleasing others too much. Your voice is beautiful and valuable, therefore you treat your vocal cords with love. You see to it not to use products that can damage your voice and communication.

*

Chose your words carefully. However don't hesitate to stand up for yourself. If necessary you react in the right way when people direct to you in an unfriendly way for example. You react with feedback, with the right and proper words. You stand up for yourself and say what's on your mind.

*

Keep on turning this azure blue ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

7:

By slowly, but firmly, turning on you visualize how the ball changes into the beautiful color **indigo**. The light is magnificent bright bluish, a color between blue and violet (purple). Keep on turning slowly. Visualize the turning ball moving towards your forehead. Your **third eye** is located here.

*

With your eyes closed you can see how the ball literally turns through your forehead (your third eye). This is the centre of your consciousness. The indigo color massages your third eye and stimulates your consciousness. You're conscious about the way you can use all present positive energy inside you. Full of love you realize who you are: a beautiful loving human being. A beloved child of the Universe. A beloved child of the Divine Source of Life. You're living in and from Cosmic Love and Energy. Visualize the indigo color and totally become one with the Divine Source of Life inside you.

*

Keep on turning the indigo bluish ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

*

8:

By slowly, but firmly, turning on you visualize how the ball changes into the beautiful color **violet (purple)**. Keep on turning slowly. Visualize the turning ball moving just above your head, spreading it's bright violet light.

*

The violet colored ball now turns through the top of your head. The beautiful light massages your crown. Your intuition is located here. It gives directions how to handle and deal with people and situations. The violet light stimulates your intuition. You're growing and learning to be more conscious about the present Divine intuition all the time, to listen to it and to act by it. By doing this you feel how you can handle situations, whether people suit you or not, it gives answers to questions and insecurities living inside you. Strive to strengthen your intuition. Furthermore you're developing your compassion.

*

Keep on turning the violet ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

*

9:

You find yourself sitting quietly, peacefully and relaxed. With your arms forward, slightly bend, you keep on turning the ball. Visualize the light of the ball slowly

getting all above named colors mixed through each other. ***It's just wonderful to see the fire red, orange, bright yellow, emerald green, azure blue, bluish indigo and violet mix together in the turning ball. Now all colors turn around and through you.***

*

Keep on turning the colored ball like this for about 25 times slowly, but firmly. (Or just as long as you like)

*

10:

Remain seated peacefully and place your under arms and hands on your upper legs. Put the thumb and forefinger from both hands to each other, sit relaxed. In the meanwhile keep on visualizing the ball, with all its colors, turning in front of you, through and around you. It almost seems as if you're out of your body and are one with everything around you. You see how the ball is getting bigger and bigger.

*

11:

While your under arms and hands rest on your upper legs you visualize the ball slowly coming to a stop. The colored ball hangs in the sky in front of you and moves slowly up and down a little bit. You still have your eyes closed. Clearly you see three beautiful playing dolphins swimming towards you in a loving way. Their eyes show happiness and shine. They're as happy as they can be. When they reach you the left and right dolphin place themselves next to the colored ball and stay there. They are tumblers, magnificent blue grey colored.

*

The left dolphin makes contact with you. She lets you know her name is ROSA (rose), she smiles at you lovingly and her positive energy goes right through you. She is really beautiful.

*

Now the right dolphin makes contact with you and lets you know his name is CONSUELO (comfort). He's a beautiful tumbler and has a magnificent smile. You caress him and even get more energy, almost too much. The skin feels as smooth as wash-leather.

*

The middle dolphin makes contact with you. It places its snout to your mouth. Intuitively you tingle your lips and the dolphin kisses you, it's very emotional. He lets you know his name is DELPHI. (Unconditional love) These are 3 of the dolphins of the Light and live right by your side in the subtle world. Delphi tells you they're always there for you, even when you feel troubled. They love you unconditionally. Wherever you are, you just have to close your eyes to see your 3 smiling friends. Delphi tells you soon you will meet a 4th friend of the Light, Amistad. Feel this infinite positive energy. Now the three of them touch your face and kiss you. They tell you it's alright to love yourself as unconditionally as they do, because unconditional love (and sharing and spreading it) is the most important element on mother earth, between and for people, animals, nature, all valuable life and mother earth herself. Then they swim in front of your forehead and kiss your third eye. This is almost too much, they stimulate your consciousness and intuitive abilities with their sonar waves. Wonderful. They help you to let all energy flow through you freely from your toes to your belly to your heart into your head. ***Accept this and let your shield of overweight dissolve, you will never need to hide your beautiful self behind this shield again.***

*

The 3 loving dolphins create a big smile and dive underneath the big colored ball. They stay there for several moments, the colored ball rests upon their snouts. They smile and wink at you, it makes you feel happy.

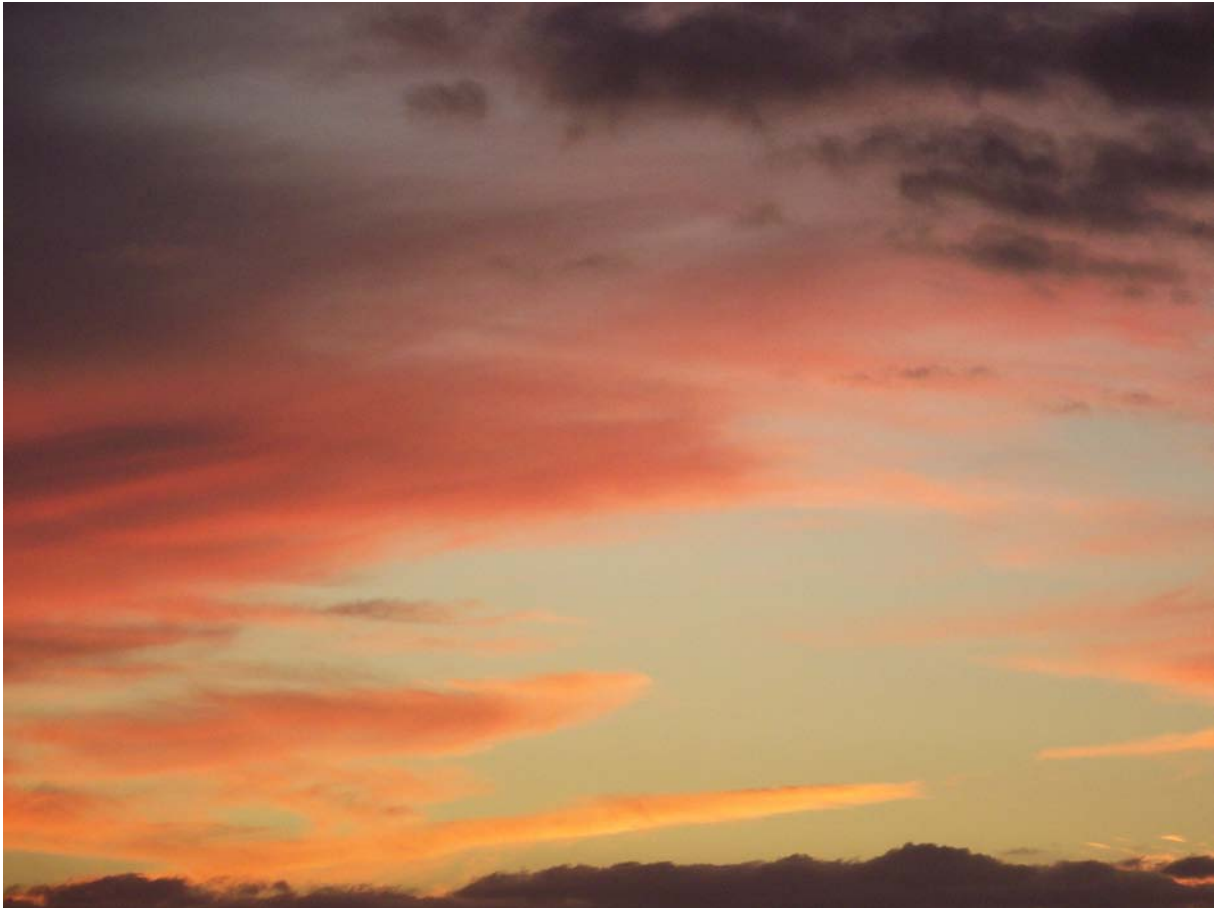
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Then they throw the big colored ball a mile high into the air, with immense power and energy. You remain seated straight up and relaxed, following the colored ball high into the sky. It hangs still for a short moment. All you see now is a small colored ball.

*

The colored ball explodes into thousands of colored pieces. Thousands of colored pieces whirl down. At first they fall onto you quietly and you find yourself in the middle of an ocean of colors. All colors, fire red, orange, bright yellow, emerald green, azure blue, bluish indigo, violet, begin to turn through each other, in and around you, like a tornado. How beautiful, how wonderful to be part of this. You can enjoy and watch this as long as you want to.

*



*

See how ROSA, DELPHI and CONSUELO keep on smiling to you. Finally they salute you and swim away peacefully. They're not really gone. You know they will always come back, have and feel confidence.

*

Sit like this for awhile. (Or just as long as you like)

*

END OF BREATHING EXERCISE AND FINISH

AFTERWARDS

Practice the same procedure as after breathing exercises 1 and 2

*



VISUALIZING YOUR DESIRED FIGURE

There's a blue print in your brain that makes you see yourself as too fat, since you're experiencing overweight. It's a wrong made picture, you made it yourself and stored it into your brain. No matter how you look at yourself in the mirror, you see yourself as too fat. If you don't change this and make a new blue print you will continue looking at yourself in the mirror as being too fat, no matter how much weight you lose. You just have to work on your inside and outside, slimming down and working at your self image. Your desired weight is a clear goal. You wrote it down in your logbook 1. Start visualizing your future desired figure from today on. This will become your new picture and you will slowly dissolve the old one. Take a good look at your naked self in the mirror. Then close your eyes and see yourself as slim as you're going to be. Clearly, and realistic, you see the new slim contours of your body, from your shoulders to your arms, from your chest to your belly, waist and legs. Hold on to this image and project it into yourself every day, with your eyes closed. Don't get compulsive or obsessed by this. It might be difficult to learn, that doesn't matter. Visualizing demands practicing and repeating, but finally you'll be able to visualize with your eyes open. To start you can also use a picture of when you were slim (slimmer) and concentrate on that beautiful image. This will really become the new blue print, your brain will react to that and then your body will react too. Both will focus on the new blue print. You are and become what you think. This becomes the truth and you will act by that, as if you already have this figure. Furthermore you do so by walking straight up, self assured, take care well of yourself, dress yourself in nice clothes that compliment you. No one can tell you how much time it will take to dissolve the old blue print, probably you even fall back into old patterns now and then. Just go on visualizing, and acting by, the new blue print. The old blue print will definitely be dissolved. We're talking about the blue prints regarding overweight, but be conscious about the fact that you (and I) made blue prints for all kinds of thinking and behavior. If you want to you can change any blue print you want, only realize it takes effort and time.

*

Move your hands gentle over your total body, eyes closed, every day. Enjoy touching your own contours, skin, and visualize how the shape is changing and getting slimmer. You're beautiful, your skin feels healthy and smooth. You feel and see the positive changes of your figure very consciously. Visualizing your future figure works extremely powerful and is as important as eating healthy and moving / exercising more. Your body follows the way you think. By visualizing yourself as slim everything inside you is working to become slim. If you don't act this way from now on there's a serious risk you will keep on looking at the old blue print as being the truth. Then soon you will have lost weight, but you'll still look at yourself in the mirror as being too fat. That will produce annoying thoughts and feelings. You're risking to never become happy with yourself, even after becoming slim and getting a more beautiful figure.

*

It's good to also practice visualizing your future and desired figure while exercising. There are forms of exercise where you can close your eyes to visualize your slim figure regularly. If you want to you can use a music player with headset too. Use inspiring music of your own choice. At the gym / sports centre you will find sports equipment that is suitable to visualize your slim figure while exercising, like the cross trainer, walking belt (only walking), home trainer, stepping machine and rowing machine. These are forms of equipment that will make you move your legs and hold the handles with your hands. It's wonderful to close your eyes while moving and to see and feel yourself moving in perfect balance. By doing this you're able to seclude yourself from everything around you and visualize yourself as slim.

The more often you do so the new blue print will be programmed as the normal standard inside your brain. Furthermore think *I AM SLIM* regularly and visualize every letter of *I am slim* inside your head. See the words and letters in your head clearly, with your eyes closed and program them into your brain.

*

Besides visualizing your slim figure, while moving on cardio equipment, you can recite (repeat, sing) a mantra in your head or listen to recorded mantra music on your head set. You'll get peace inside your head, it will help healing. Whenever you practice muscle toning exercises, like your hip muscles or abdominal muscles, preferably, do so with closed eyes too. Breathe out consciously while tightening your muscles and breathe in while relaxing them. Concentrate on that specific area with your eyes closed and visualize this area as slim, healthy, and beautiful. This will become the blue print inside your brain too. Enjoy learning these new insights and principles. There are almost no group lessons to close your eyes while moving because they need you to coordinate all the movements with your arms and legs. You could fall down by closing your eyes. There's one nice exception: spinning (or RPM). Because spinning is performed on a bike, on music, that's standing still you're able to close your eyes regularly if you want to. During spinning lessons, especially during the climbing sessions, you will see several people cycle with their eyes closed. See for yourself and try this sport to see if you like it. Spinning also takes time to build up condition, search for lessons where the instructor tells you to adjust the resistance of the bike to your condition and to listen to your body. Spinning is a conditioning sport that burns a lot of calories. The special climbing programs demand that you don't get out of breath. Wonderful, then you get to burn fat well. The other nice thing is that spinning allows you to also visualize your desired figure. Therefore spinning is a sport that allows you to practice multiple principles regarding changing your health, reducing your weight, changing and improving your figure at the same time. Since no one else can see your visualizations: Rosa, Delphi, Consuelo and Amistad are right beside you, laughing, dancing, jumping and turning somersaults to the music, and are strengthening you. You even manage to see them with your eyes open better. They're always there.

*

Furthermore you can deepen yourself in how mountain crystal works. It's nice to wear mountain crystal as ornament (necklace), on heart level. Mountain crystal increases the energy field around you in a positive way. *This will stimulate your energy field and your visualizations will become even more powerful.*

*

One or more salt lamps, made of salt stone, stimulate positive energy in your home. (Living room, bedroom) You won't smell or see it, but the products that come into the air are good for your lungs and your breathing.

*

WALKING

Walking at a pace of about 3 to 3 ½ miles per hour is a perfect way to slim down and to stay slim and healthy. It's an easy form of exercise at a low intensity level. Walking allows you to breathe well and supply your body of a sufficient amount of oxygen. After 20 minutes this will start fat burning. Walking hardly puts any strain to your joints. *Walking in God's nature puts you in contact with all life from and in the Divine Source of Life.*

*

You might consider to take a dog. When you're able to adopt a dog in unconditional love you'll create steady structure into your life. Many dogs (animals) wait for a new owner in animal shelters, they long for unconditional love and care. They long for a warm and safe home. The animal will surely give you unconditional love and loyalty in return. An animal from an animal shelter will be thankful for a lifetime. Preferably chose a dog that has to walk a minimum of 30 minutes each time you go walking with him / her. You'll have to walk at least 3 times a day and you can't skip a day. A dog is a loyal friend, always happy getting attention and going outdoors with you. Besides eating less and more healthy it's a perfect way of weight control. Walking with your dog benefits your total health. Only take in a dog looking at your personal circumstances well and honest, and communicating well about it with the people you live with. You have to look at the finances, housing, and time. Of course you save money by slimming down. Still, owning a dog is a big responsibility. If needed you'll have to contract a dog walking service to walk your dog when you're at work. Maybe a good friend, your children, neighbors, parents, will walk your dog but anyway you can never skip walking a day again. Please consider this well.

*



*

Another easy fine option is to be a volunteer at an animal shelter in your neighborhood. Of course you could ask a friend / friends to join you, maybe friends who are also working at losing weight. By considering and overlooking your circumstances you could go to an animal shelter once, or more times, a week to walk a dog for at least 30 minutes. The animals and the animal shelters will be very happy, you obligate yourself to move sufficiently in a friendly way. You make

appointments when to come to walk with a dog, or even with more dogs. You'll work at all your goals: slimming down, changing and improving your figure, get healthier, staying slim and healthy. It even doesn't cost you any money. Keep on walking on your beautiful pilgrimage road with a smile. You bring joy to the dog you walk, the dog will be very happy he / she met you, on his / her own pilgrimage road. When you think of hardship then animals also walk a pilgrimage road considering the common seen animal grief.

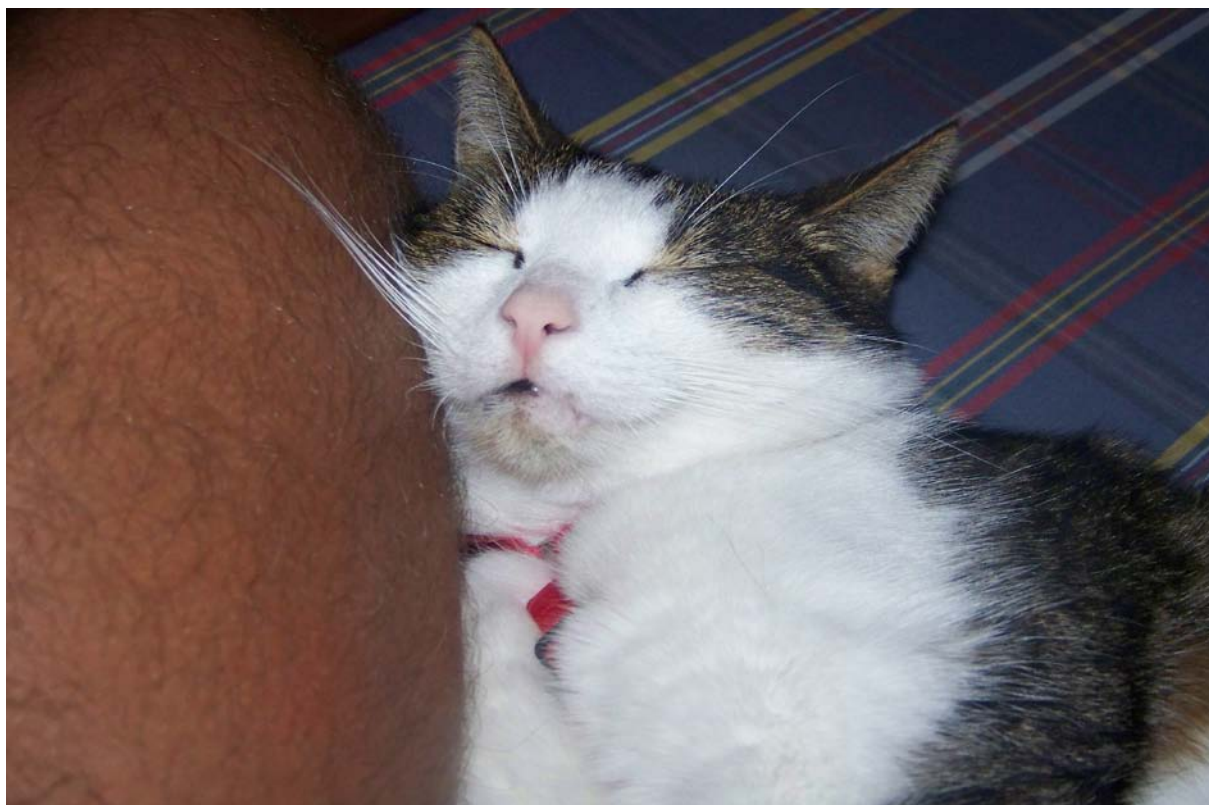
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Another option is to join a walking club. You'll get a walking logbook. Walking days / routes in beautiful nature are organized regularly. There will always be a wide range of distances to choose from: 3, 6, 10, 20 or even more miles. This can also be a perfect option to do with a good friend / friends and to support each other during the process of slimming down and getting healthier, and after reaching your goal. If you have a dog, he / she can join you. Buy proper quality walking shoes, good enough to support your feet, ankles and back.

Whatever option you choose, walking for longer than 30 minutes a day is a very effective dosed way to slim down and to stay slim. *Nature polishes your soul.*

A favorable circumstance is that your blood pressure will become lower as soon as you caress and hug a dog every day, it will get lower by caressing and cuddling *any animal* daily. This reduces stress, you'll get more at peace and relaxed.

*



*

Caressing a dog, cat, donkey, every animal, releases serotonin in your body. This will make you feel more happy.

*

***PART D: PHYSICAL, MENTAL AND SPIRITUAL POSITIVE HEALING AND
DISTRACTING RELAXATION EXERCISES***

You took the positive turn to become slim and healthy, this road will also know difficult moments. Everything's part of this road. In this part you'll find relaxation and distraction exercises. They're a beautiful aid to support and help you to reach your goal. The exercises improve the quality of your total health.

BREATHING

It can be of help to look at an image of healthy lungs and internal organs, the first time you're going to practice this exercise. It will help you to visualize your own lungs and the inside of your body from now on. It seems self evident, but your lungs are of life interest. Your lungs are valuable, if you take good care of them they will just do what they're made for: breathe, breathe in oxygen from the air and deliver it to your blood system, breathe out waste (carbon dioxide). Your lungs do their work and are steered with Divine intelligence. With every breath you take you supply yourself with valuable oxygen, so you spread energy in and through you. Close your eyes a few times each day and visualize the inside of your lungs. Your lungs are clean, have a beautiful healthy white color, and work well. Especially to burn fat you're depending on healthy lungs. To burn fat you have to exercise longer than 20 minutes, without any pause, at low intensity. During the process of burning fat your total body is in need of a large amount of oxygen. By visualizing your lungs you will breathe slower consciously and that feels nice. Breathing well lowers your blood pressure and reduces stress, good for your total health. Breathing well and deep can lengthen the duration of your life. What a pleasure to be able to breathe with clean functioning lungs. This visualization exercise takes just a little bit of time and you can practice it as short, or as long, as you like. At the same time it's a peaceful moment. There will be perfect moments enough: while traveling by train or bus, having a break, outside on a bench, in the sauna, in the woods, by the sea, after the earlier mentioned breathing exercises, in bed just before going to sleep, and so on. Sitting up straight is ok, to lie down too. In bed it's a wonderful method to relax and get sleepy, turn back into yourself and literally close yourself off from the hectic outside world. Sitting up straight your shoulders are loose and down, your back is straight with your feet placed firmly to the ground. Comfortable in bed let go of everything, relax your body and all your muscles. Breathe at a slow pace and then breathe in *Blue Healing Light*, full of oxygen. Blue Healing Light? It was always there already, everywhere, part of the Divine subtle world in and around us. Most people only want to believe what they can see outside themselves, with their eyes. When you find silence and you're quiet, get conscious of yourself and the Divine, you'll see the other world in and around us. Of course you can start with lightening candles in blue tea-warmers, then it might be easier to see beautiful blue light. With a little practice you'll be able to see it with your eyes closed soon. Focus on following the Blue Healing Light: it goes into your mouth peacefully. Let it circulate inside your mouth for a little while. Then it moves from your throat into your trachea. (Front side of your neck) You see all the cilia in the wall of your trachea, totally clean, they don't have to work hard. (So you don't have to cough) Right now you're breathing in the Healing Blue Light through your mouth, alternate with breathing in through your nose and see how it moves from your nose to your throat. By concentrating you're breathing relaxed more and more.....

*

The Blue Healing Light slowly moves on through your trachea. In your chest you see the trachea dividing itself into 2 pipes. 1 goes to the left lung, your left lung has 2 lobes and is a little smaller than the right lung because your beautiful pounding heart is located under your left lung partially. On the right side the trachea divides itself to the right lung, this lung has 3 lobes. Your eyes follow the inside of your lungs, see how they breathe relaxed. Be conscious and try to expand your belly in the meantime and improve your belly breathing. Practice to expand your belly, while breathing in, this is better for the health of your belly organs. Keep your eyes closed and the Blue Light fills up your lungs with every breath you take. Every time you breathe out you surround yourself with Blue Light. It feels very nice. The Blue

Light is everywhere: *in you and totally around you*, there's enough. It feeds you with infinite unconditional love. With some practice you're able to follow the Blue Light into the smallest, beautiful healthy, elastic lung vesicles. You're able to look so close you can see the smallest atoms and molecules vibrate, steered by Divine Cosmic Love, Intelligence and Energy. Now your lungs are filled with Blue Healing Light totally and through your lungs you're sending it to your heart. Using your blood system your heart pumps the Blue Light to all of your organs and all parts of your body. Keep on breathing in a relaxed way. Breathe and feel at peace. Your body is valuable and a miracle. *You are valuable and a miracle*. Breathe out peacefully. Pull in your belly slowly and consciously while breathing out, towards your spine. Fill your total body and mind with love and energy. It's a strong loving energy inside you. Become one with the Blue Light in and around you slowly. You can breathe in the Blue Light as often and as long as you want to, and wherever you want to. After practicing a few times you'll notice you're able to see the Blue Healing Light whenever you want to, even with open eyes. This will be quite easy to do eventually. You can learn to visualize the Blue Light everywhere inside your body, from your intestines, kidneys, liver, pancreas, your head, heart, arms, legs, toes, into the smallest blood vessel. Your body is filled with so much loving energy and intelligence. Feel everything relaxing inside you. You're happy with your own body and yourself. Everything's functioning well. Practicing this exercise for only one minute is ok, if you have more time to practice it's ok too. Practice it for a few times each day. You'll notice it feels well, you'll do it more often and longer by itself.

*

Smile at yourself and create a very nice day, *it's your day*.

*



BREATHING EXERCISES 3, 4, 5 and 6

INTRODUCTORY

These exercises are nice to practice in between, before going to bed, every moment of the day, and will give you a moment to share with yourself. A moment of conscious relaxation and paying attention to your body, mind and breathing. It has a positive influence to your total health. It just isn't about losing weight only, but also to get and stay healthier over all. Especially you can practice these exercises at difficult moments, when you're thinking about food. Then you change your thinking and will react in a positive way. Surely the coming period it will take time to get used to eating less food. Change your way of thinking by leading yourself away from food by practicing these breathing exercises for example. For in between you can chose one of these exercises, or practice them all, whenever you feel like it. Breathing exercises 3, 4, 5 and 6 will hardly take a minute of your time. Of course you can practice them as often and as long as you want. Also try to practice breathing in Blue Healing Light (see theme breathing) in these breathing exercises. You have possibilities to vary. These exercises are also very powerful when practiced outdoors. If you like you can play inspiring music at the background.

*

Breathing exercise 3

1:

Stand in straddle position. Keep your knees slightly bend, straight above your feet. Let your arms hang loose.

*

2:

Bring your hands together, in front of your belly. The inside of your hands aimed up, towards your head.

*

Breathe relaxed and look straight ahead. Think about nothing anymore.

*

3:

Breathe in through your nose, with power and belly out, while bringing your hands to your chin. See introductory breathing exercises 1 and 2: you can breathe in a positive thought.

*

4:

Hold your breath and turn your hands, with your fingers up, towards the sky. Now the inside of your hands is directed away from you.

*

5:

Breathe out very slowly, put powerful (Like playing a trumpet), pull belly in, while stretching your arms forward. See introductory breathing exercises 1 and 2: you can breathe out a negative thought.

*

6:

Bring your arms down slowly, till they are next to your body. Slowly turn both shoulders backwards once.

*

7:

Keep in position like this for a moment, look straight ahead. Breathe relaxed.

*

Repeat this breathing exercise **3** times. It will be more powerful by breathing in a positive thought and to breathe out something you want to get rid of every time. Find pleasure in practicing. No one can look inside your head so you're free to think whatever you want to think.

*

BREATHING EXERCISE 4

See introductory breathing exercises 3, 4, 5 and 6.

*

1:

Stand in straddle position. Keep your knees slightly bend, straight above your feet. Legs slightly bend. Let your arms hang loose, beside your body, inside of your hands pointed forward.

*

Breathe relaxed and look straight ahead. Think about nothing anymore.

*

2:

Slowly bring your arms up, inside of your hands pointed towards the ceiling / sky, till shoulder level. Breathe in through your nose, with power and belly out. See introductory breathing exercises 1 and 2: you can breathe in a positive thought.

*

3:

Hold your breath for a moment when your arms reach shoulder level, and turn the inside of your hands towards the floor.

*

4:

Bring your arms down slowly, till they are next to your body. Breathe out very slowly, put powerful (Like playing a trumpet), pull belly in. See introductory breathing exercises 1 and 2: you can breathe out a negative thought if you want to.

*

5:

Slowly turn both shoulders backwards once.

*

6:

Keep in position like this for a moment, look straight ahead. Breathe relaxed.

*

Repeat this breathing exercise **3** times. It will be more powerful by breathing in a positive thought and to breathe out something you want to get rid of every time. Find pleasure in practicing. No one can look inside your head so you are free to think whatever you want to think.

*

BREATHING EXERCISE 5

See introductory breathing exercises 3, 4, 5 and 6.

*

1:

Stand in straddle position. Keep your knees slightly bend, straight above your feet. Legs slightly bend. Let your arms hang loose, beside your body.

*

2:

Bring your arms together in front of your belly. (Close to)

*

Breathe relaxed and look straight ahead. Think about nothing anymore.

*

3:

Slowly sway your arms round, up till above your head, while breathing in through your nose, belly out. See introductory breathing exercises 1 and 2: you can breathe in a positive thought.

*

4:

Hold your breath shortly while bringing your arms down till your elbows are at belly level and your hands are at face level, inside of your hands pointed from you.

*

5:

Slowly, like playing a trumpet – with power, breathe out through your mouth while bringing (stretching) your arms forward, pull belly in. See introductory breathing exercises 1 and 2: you can breathe out a negative thought if you want to.

*

6:

Bring your arms down slowly, till they are next to your body.

*

7:

Slowly turn both shoulders forward once.

*

8:

Keep in position like this for a moment, look straight ahead. Breathe relaxed.

*

Repeat this breathing exercise **3** times. It will be more powerful by breathing in a positive thought and to breathe out something you want to get rid of every time. Find pleasure in practicing. No one can look inside your head so you are free to think whatever you want to think.

*

BREATHING EXERCISE 6

See introductory breathing exercises 3, 4, 5 and 6.

*

1:

Stand in straddle position. Keep your knees slightly bend, straight above your feet. Legs slightly bend. Let your arms hang loose, beside your body. Make the straddle wide, so when you bend your leg down (to the left or right) your knee stays straight above your foot. When your straddle is too small your knee will go over your foot when you bend your leg. That can harm your knee.

*

2:

Turn your right foot to the side a little. Your left arm is low, next to your body, the inside of your hand turned to the right. Bend your upper leg down a bit, see to it your knee stays above your foot. Keep your left leg straight. Right arm besides your body, relaxed.

*

Breathe relaxed and look straight ahead. Think about nothing anymore.

3:

Slowly breathe in through your nose while bringing your left arm forward and up till shoulder level, belly out. Now the inside of your hand is pointed towards the ceiling / sky.

See introductory breathing exercises 1 and 2: you can breathe in a positive thought.

*

4:

Hold your breath for a moment. Turn the inside of your left hand towards the ground.

*

5:

Slowly, like playing a trumpet – with power, breathe out through your mouth while bringing your left arm down, till next to your body, pull belly in. See introductory breathing exercises 1 and 2: you can breathe out a negative thought if you want to.

*

6:

Finally turn your left arm forward once, slowly but with power.

*

Keep in position like this for a moment, look straight ahead. Breathe relaxed.

*

7:

Change leg and arm and practice the same movement with your right arm to the left.

*

Repeat this breathing exercise **3** times. (Each arm 3 times) It will be more powerful by breathing in a positive thought and to breathe out something you want to get rid of every time. Find pleasure in practicing. No one can look inside your head so you are free to think whatever you want to think.

*

GUIDED RELAXATION EXERCISE

INTRODUCTORY:

It's well possible you'll experience some difficult moments on your road to a physical, spiritual, slim and healthy life. Maybe you find yourself ending up in a code orange or red day, in spite you don't want to. There can be moments it's difficult to fall asleep or you find it difficult to relax. You're learning to look at yourself from a distance and not to judge about it and just leave the situation as it is. Don't fight against yourself, let it go and accept the moment for what it is. Say to yourself: "Ok, this is what I think and feel at this moment". Then just don't do anything with it, that will bring peace and quiet. Because everything will pass by this moment will pass by too. You will climb every mountain. The written guided relaxation exercise in this theme can be a beautiful method to create distraction in such a situation. A guided relaxation exercise means you visualize the story you're reading, or is read to you. It will stop the stream of daily thoughts. It's even ok if you fall asleep. It's a form of meditation because it will lead you away from the ordinary stream of thoughts. It's a wonderful relaxation exercise that suits living a healthy life, keeping balance between body and mind. It prevents and reduces stress. Even just reading this guided relaxation exercise is already distracting you from everything else and reduces stress. You're free to extend the story. This exercise will take some practice too. While visualizing it's possible other distracting thoughts will cross your mind. Just by not paying attention to these thoughts you leave them for what they are and they will disappear, the pause between these distracting thoughts will get longer. Just take your time to read this exercise. It's nice if you can speak it out and record it. Maybe your partner, or a good friend, can read it to you. You can read it to your partner, or a good friend, too. You can help and support each other. It's pleasant to use a quiet, warm, voice reading it to you or reading it to someone else. Reading it to each other like this reduces stress too. Wait a few moments – pause - where you see.....(points)

*

Practice this exercise in the living room, bedroom, in your meditation room. It's nice to light some candles in blue tea light holders. (Blue Healing Light) See to it the room is quiet and has a nice temperature. It can be more inspiring to play beautiful dolphin music, or sounds of the sea music. Make yourself comfortable, lie down and put a pillow under your head. After reading the story a few times you probably know the story and then you can live the story inside your head, without reading it. The meaning of this exercise is to visualize it all within yourself, with your eyes closed. See everything in real, it is real. You're going to be the central figure. Enjoy it, it's good for you, good for physical and mental relaxation. It will do good to your breathing, heart, and your blood pressure. Hopefully you'll get enthusiastic and you want to find more guided relaxation exercises, they are also practiced in courses. It's amazing to realize the immense freedom and power you have inside you and your head. Just like visualizing your desired figure you can visualize (see) anything you want inside your head. Don't think about what other people might think of it, simply because nobody can look inside your head. That's a wonderful freedom. From a spiritual point of view your pilgrimage road is getting more beautiful all the time, you deserve the pleasure of this exercise. It will improve the quality of your total health. Maybe you'll even get new ideas how to spend your vacation.

GUIDED RELAXATION EXERCISE / GUIDED FANTASY: STORY

You're on the beach, it's quiet and you're relaxed. Lie down on your big soft beach towel, it has a picture of a shining golden sun. The soft and warm sand supports you, it feels wonderful. Your head is resting on a pillow, your arms beside your body, legs together. Wonderful, you're about to make a beautiful journey. You're going to experience everything in an active way and see, hear, feel, and smell every detail. Just let it happen to you. Your breathing is getting relaxed. Breathe with your belly. Breathe in slowly.....breathe out slowly.....The warmth of the sun to your skin feels nice. The beach is deserted. It's ok to close your eyes, because nobody else is around. Everything's fine, *you're safe*.

*

You're on the floor, see and feel yourself consciously. Consciously feel your body and muscles from your feet....., lower legs....., upper legs....., your lower body....., belly....., upper body....., your heart....., your lungs....., your back....., your head....., your arms....., end with your hands....., and relax. *You find yourself at the most beautiful place on Mother Earth: inside your beautiful self*. You hear the whispering of the palm trees close by and you smell the lovely scent of coconut and the salty sea. Just near your feet the soft sand changes into a layer of white shells. The sea is calm. All waves end at the beach of white shells. With your eyes closed you feel how the comfortable warmth of the sun feeds and warms your body. Everything feels alright. Nothing's important no more. How nice this is....., comfortably warm..... How wonderful to be here. Slowly you're becoming one with nature, with the sun and the sea. Time to relax, because you already worked so hard at yourself. You're in no hurry.....

*

Time doesn't exist no more....., you're letting go....., smile..... You're laying on the beach in a very relaxed way and enjoying the whispering sound of the palm trees, the waves and the sea, the warmth of the sun to your skin. Don't try to stop any distracting thought that comes to your mind. Just tell this thought you'll make time for it later, not now. So the pause between thoughts becomes longer. Breathe with your belly.....Slowly you're breathing in....., and out..... Softly you hear the sea whispering your name. Yes, you hear it clearly. The waves are singing and whispering your name, over and over again.....It makes you even more relaxed and even a little sleepy. What a fine moment. No past, no future. This is now, now is fine. What a beautiful journey.

*

The tide is getting high. The water touches your toes cautiously. The waves continue whispering your name. Follow the whispering sound into your body, from your toes till your fingers, and back. Now the water reaches your ankles, it feels tingling. It's ok. Everything happens at a slow pace and you're not afraid. Slowly you feel yourself becoming more heavy. The water of the sea has come all around you. Laying on your beach towel you notice you're being carried by the water and you're starting to float. You're coming loose from the beach, the temperature stays lovely. You keep your eyes closed, breathe relaxed, feel the sun to your soft skin. You're becoming one with the sea and the sun. You feel connected to the Divine Source of Life. You feel the vibrations of the Divine Cosmic Love and Energy inside you, with you, through you and everywhere around you. You feel yourself getting heavier.

*

You float like this at the same spot for awhile, no fear. You float further, out to the sea. It's a nice feeling to float along with the sea and the music. Funny, the heavier you get, the more you float. The sky is clear blue above you.....The sun has a golden color.....Around you the sea has an azure blue color.....You feel happy....., satisfied..... Beautiful white seagulls are flying next to you. They make no sound and smile at you. Then they fly on. You see a small island in the

distance. It has a beautiful white beach and whispering palm trees too. Without opening your eyes you see a group of playing dolphins swimming towards you. Close by they make somersaults above water level and they try to impress you with the most wonderful somersaults. Soft lukewarm drops of water touch your body. You hear beautiful high whistling sounds, they communicate this way. They're happy sounds. They keep on playing for awhile and then they gather around you. Then you recognize your three friends, the tumblers Rosa (Rose), Delphi (unconditional love) and Consuelo (comfort). (See visualization and consciousness exercise) Already they had promised to be there for you always, you just have to close your eyes for a moment. You're touched. Rosa, Delphi and Consuelo come close to your face and you look at them one by one. You look at them straight into their eyes. They look at you too. You only feel one form of energy: *unconditional love*. Their unconditional love comes right through you in waves of energy. Congratulations: you're getting conscious of the subtle Divine world in and around you. *This is the world you don't need eyes for to see it. You feel and see this world with your consciousness.*

*

It's almost too much, all this loving energy goes right through you and you almost get the feeling to explode. It's really intense and beautiful. Breathe and just lie there on your beach towel. All the dolphins hold your towel with their snout and let you float. You're even letting go more of everything, and your body, and you surrender to the safety of this group of tumblers completely. You reach out and touch their soft skin with your hands. You came home to this loving family. Besides Rosa, Delphi and Consuelo they're all beautiful tumblers, all colored clear blue and grey. You're enjoying it all and would like to save this moment for ever. Then you see a different colored dolphin in the middle of this group of tumblers. This dolphin is bigger than the others and she's totally pink. It's just breathtaking and you're observing this beautifully colored pink dolphin. Her eyes are very small and she's practically blind. She's laughing exuberantly. She's slowly swimming towards you and bringing the tip of her snout close to your face. You can feel all positive energy. While floating like this she touches your nose. Her sonar is sending loving waves of energy right through you and she starts to communicate with you. Without talking you are in touch with each other. First you hear her saying something in Spanish to you: "Yo soy una delfin rosa, soy una delfin Orinoco; muchas amor de delfin el rio Amazonas". She tells you she's a pink Orinoco dolphin and bringing you lots of love from the dolphins of the Amazon river in Brasil. What a wealth. Her name is Amistad which means friendship. She really came to see you and wants to be friends with you. She lets you know you're special and unique, she'll be your friend too from now on. She's living in the Amazon river. This river is troubled water, therefore she doesn't need eyes and sight. It makes no sense in this river because she and her family wouldn't be able to see anything anyway. Amistad is perfectly happy and does everything with her sonar, her feelings, and her intuition. She wants to let you know how proud she is of you and how you're working to change. Amistad is very happy to see that you discovered everything and all power is present inside you, how wonderful it is to be happy with yourself and to take good care of your total health. She tells you your outside is the reflection of your inside, actually therefore the inside is more important than the visible outside. She really wants to help you to develop and improve your self confidence, and especially your intuition, in a positive way. You surrender in full confidence completely.

*

You're comfortable like this, you don't feel your body no more. You go up in everything around you and are one with the sea, the waves, the sun, Rosa, Delphi, Consuelo and Amistad. You feel yourself getting more heavy and notice you're getting underwater slowly. Once underwater you smile and notice you can breathe

normally and consciously. The underwater world is really beautiful. The light of the sunshine is broken into thousands of sparkling lights by the surface of the water. The light of thousands of diamonds shine on to the sandy ocean floor. The dolphins carry you to the soft ocean floor peacefully. Relaxed you lie down on the ocean floor. You still hear the waves whisper and softly singing your name at the surface of the sea. Slowly, with your belly, you breathe in..... and breathe out..... Rosa, Delphi, Consuelo and Amistad are smiling at you. What a joy. Then you get to hold Delphi's dorsal fin. Controlled, but fast, Delphi swims underwater for a distance. What fun to be pulled at high speed like this. You see Rosa, Consuelo and Amistad swim along, with laughter, lovingly touching you with their noses. They keep on sending loving energy into your body.....They are very happy to be here together with you.

*

Delphi stops swimming and lets you sink to the soft warm ocean floor. Delphi, Rosa, Consuelo and Amistad touch your body and you put your loving arms around them. You all become one and breathe together at the same pace..... From a distance a ball is slowly rolling towards you. Coming across the ocean floor it gets bigger. This ball has an azure blue color, overwhelmingly beautiful. Right near you the ball has become huge. Your friends are really laughing and having fun. You're all happy. Together with Rosa, Delphi, Consuelo and Amistad, you become one with this azure blue ball. You notice you're standing up straight, within the ball. Rosa is standing up straight to your left, her snout to your left cheek. Consuelo is standing up straight to your right, his snout to your right cheek. Delphi is above you, his snout resting on your head. Amistad is standing straight up, right behind you, her snout on your right shoulder. Everything's fine, together you're one source of energy. You get conscious about the fact the big blue ball is the ultimate expression of the Blue Healing Light. An expression of Divine Energy. Your friends the dolphins live in the subtle Divine world too. They are the dolphins of the Blue Healing Light. They are always around you, close by to help you and support you with love.

*

Now everything is turning into an intense blue color and together you dissolve in infinite, positive, unconditional love and energy. This is the most safe place inside yourself..... You stay like this for a awhile, forgetting time, and just as long as you like. You reach out your arms, hands and arms together, the inside of your hands turned upward. This makes you able to receive everything. Delphi is swimming in front of you and lets you know you deserve all the best. He rests his snout in your hands. All emotions vibrate through you and you would like to stay here forever. You're home. The Blue Healing Light is bringing peace. Everything is love, love is everything.

*

At ease, eyes still closed, you slowly count back from 10 to 0. Think a positive loving word after each number. It's ok to speak the word out at a soft tone.

- 10: *LOVE*.....
- 9: *ROSA*.....
- 8: *DELPHI*.....
- 7: *CONSUELO*.....
- 6: *AMISTAD*.....
- 5: *POWER*.....
- 4: *HEALTHY*.....
- 3: *THANKFUL*.....
- 2: *JOY*.....
- 1: *FRIENDSHIP*.....
- 0: *LIGHT*.....

*

Open up your eyes in a relaxed way. You are, and feeling, strengthened, thankful to be you and being alive. Go on like this, always in unconditional loving guidance of Rosa, Delphi, Consuelo and Amistad. Whenever you want, whenever you need it: You can always reload yourself with Rosa, Delphi, Consuelo and Amistad. You may always return to this place. Stay here for a while if you like, in this relaxed way.....

*

Some examples of beautiful video clips on You Tube:

- Olivia Newton John: The Promise, Dolphin song
- Enigma: Dream of the dolphin
- Vincent Bruly: Les Dauphins et Baleine: Chant

*



MEDITATION

You're becoming more capable of looking into yourself all the time. Observing your mind you experience your head is producing thoughts constantly. It can well be you never realized how busy your head is, this takes a lot of mental energy. It's human though. Part of these stream of thoughts is even about food. One thought after another, like thoughts have their own will, is about appetite, you want something to eat, see food and crave for it, what will you eat later or this evening, and so on. In the meanwhile you're experiencing problems because of your overweight, although you told yourself it doesn't bother you at all. You're changing. You stopped thinking about how much time it will take to change. Everything's alright and part of your own beautiful pilgrimage road. Meditation is a good daily occupation in keeping balance in your life. Meditation works in a healing way to your total health.

*

Meditation is emptying your head, breaking the never ending stream of thoughts. Meditation creates peace and quiet into your body and mind. It offers distraction of food when you tend to fall into a code orange or red day. Meditation suits a lifestyle with creating daily resting and relaxation moments. Then you're taking care of keeping good balance between exertion and relaxation. It creates space in your head, it will get more quiet inside your head. Make some daily time for meditation in your life and relax and take a lovely moment for and with yourself. You can create your own safe place at home, also to practice the breathing and visualization exercises, your own inspiring place. You can decorate your own altar, but it may just as well be a quiet place with only a few candles or beautiful blue tea light holders. You can use an image or picture of Buddha to stare at without thoughts, and deepen yourself with his wisdom. A picture or image of Jesus can work inspiring and relaxing to look at. Jesus is Unconditional Love. Use a picture or image of dolphins, a flower, or a crystal. Anything you like to use to stare at to empty your head is ok. When the picture, image, and so on, is a source of inspiration to you it will work more powerful. Meditation is like praying and offers you the possibility to be in contact, be one, with the Divine Source of Life: the Divine Cosmic Love and Energy, the Source that connects everything and us all. Take time to meditate, the longer the better. You can meditate at any time of the day, but no obligations. Maybe you like the smell of incense, they can help to focus on meditation in a loving way.

*

To meditate it's important to sit relaxed, with a straight back. Preferably sit in lotus position. (Like tailor position) It will be tiring in the beginning. It can be easier to stay seated in this position on a low meditation stool, or sit on a pillow. It's ok to change position in between, or hang loose forward with your back for a few moments. Anyway, tension and getting tired will get you distracted and then you won't be able to continue meditating. Place you arms on your legs, slightly bend, thumb and forefinger of each hand put to each other. By doing this you will close the circle of energy of and for yourself. That's good, because you close yourself from the outside world for a while. Alternate by putting your hands to your lower belly in front of you, in the same position. *Like this you just can be in silence*, but if you like use soft inspiring music. Anything that breaks the daily stream of thoughts is good. After some practice meditation will go easier by itself.

*

MEDITATION:

Close your eyes shortly and breathe in the Blue Healing Light. By doing this you will concentrate on the Blue Healing Light and you will forget about other thoughts. You see Rosa, Delphi, Consuelo and Amistad right in front of your face. They are

your friends, the dolphins of the Blue Healing Light, they're always with you, they will never leave again. They too stand for pure and unconditional love and positivity.

*

Slowly open your eyes and concentrate on your breathing. Look (stare) at an inspiring object, picture, and so on. Try to think of nothing. In the beginning you can practice by counting back from 25 to 0 very slowly, make the pause between numbers longer all the time.



It's important to keep conscious attention while meditating. When you get sleepy it's not meditation anymore. That's ok, then you get relaxed, you used your time just to relax. Learn not to judge about thoughts that appear in between. When you pay attention to these appearing thoughts you will start to think about them and create new thoughts. By not paying any attention to thoughts that appear they will disappear by themselves. It will take time and practice, that's ok. You'll notice you're getting better in creating longer pause between thoughts. This will bring silence into you and your mind. *Silence looks empty, but that's not true. You'll be in more conscious contact, be one even more, with the Divine Source of Life, the Infinite Divine Cosmic Love and Energy.* You're letting go. Silence contains infinite power. This silence will bring directions how to go on, or answers to problems and questions in your life, by itself. Therefore learn to be more quiet and empty your head, that will create space. You are acknowledged, you are beloved and you feel love. You're getting into your meditation and stay staring with attention. To meditate for about 15 to 20 minutes is good, but you can meditate as long as you like and as long as you're able to keep concentrated.

*

While meditating you can sing and repeat a mantra if you like. (Recite) You can repeat it in your head without voice too. You can search for a mantra you like and make it your personal mantra. By reciting a mantra there will be no room for other distracting thoughts. It's wonderful to recite a mantra in your head while exercising on equipment at the gym / sports centre. Then you can close your eyes and alternate visualizing your desired figure with reciting a mantra. A mantra is a form of sound that protects your mind from negativity. A mantra can change the energy and atmosphere of your mind in a positive way. Every syllable is filled with spiritual power. By repeating a mantra your breath and energy will be loaded with the positive energy of the mantra. You may look for mantra's that you like, or use the example from this theme.

*

NAM MYOHO RENGE KYO

Speak out this mantra as nam-mio-ho-ren-ge-ki-o.

Tina Turner is reciting this mantra in the movie about her life: What's love got to do with it. Tina had a problematic relationship with her husband Ike before she became world famous. He humiliated and abused her all the time. After Tina learned to meditate she found her Divine inner strength and power, and was able to free herself from this situation. This mantra is easy to recite and sounds pleasant in your head. This mantra embodies personal growth in, and from, difficult times. Tough times won't last, you'll come out stronger and better. The literal meaning of this mantra: *the more thick and deeper the mud the better and more beautiful the lotus flower (you) blossoms!*

*

At the end of your meditation session you may close your eyes again for a few moments.

*

It's nice to meditate with more people too, it creates even more positive energy. Courses are offered. It might well be your employer offers meditation at work. You'll find enough possibilities. You can alternate sitting meditation with walking meditation.

*

WALKING MEDITATION

It's just wonderful to walk in nature, on the beach, along a river, without thoughts. Pay full attention to the magnificent details and enjoy the beach, the sand, the light, the sea, the salty smell, the wind, trees and how they smell, flowers, the silence. You can walk around your favorite tree. Walk with your hands in front of your lower belly, thumb and forefinger of each hand to each other, and concentrate. Breathe in and out slowly with your belly as much as possible. The daily stream of thoughts stops. In silence you'll become one with God's nature. Nature is the expression of the Divine Source of Life, the Divine Cosmic Love and Energy, too. Then you create space to receive answers to questions or problems in your life too, questions and problems considering the pilgrimage road of your life. You can practice walking meditation as long as you want to or like, and alternate with meditating at home. Whenever you think you're ready to finish walking meditation sit at a tree (or your favorite tree) for a few moments, or just sit on the beach, at a river bank, and just stare in front of you.

NATURE WILL ALWAYS POLISH YOUR SOUL.

*

*You act by what you think
Acting is steering your life
You become what you think
You'll be the way you think*

*

It's wonderful to discover quality improving possibilities regarding your life. You could watch beautiful movies regarding changing, walking the middle of the road, reciting mantras, perseverance, meditation. Beautiful movies like:

What's love got to do with it: about the pilgrimage road of Tina Turner's life.

Little Buddha: about the reincarnation of the soul into the next life, along with a beautiful depiction of the life and essence of Buddha.

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Rudy Delphino

-TAKE THE POSITIVE TURN TO BECOME SLIM AND HEALTHY ON THE PILGRIMAGE ROAD OF YOUR LIFE-

***-LOSE WEIGHT FOREVER, STAY SLIM FOREVER –
-LIVE HEALTHY AND HAPPY-***

It's a wonderful and special moment in your life: you're holding this book in your hands. This means you're going to improve the quality of your life. *This book found it's way to you.* You're standing on an important intersection on your own spiritual pilgrimage road. Take a good look at all the directions. What turn do you take? Take, and walk on, the positive direction. It's a sunny way, full of light. Most people who want to lose weight only focus at their outward appearance. Most people only work at their outward appearance and fall back into the JO-JO effect after the attempt of losing weight. How about you? With the themes, principles, 7 pillars, and daily menu in this book you will discover the secret of losing weight for good. You will work at your beautiful inside and outside. You will develop spiritual consciousness regarding your self image, the way you think and behave towards your health patterns, your weight and figure. You will change the programmed patterns in yourself. By practicing the principles from this book you can and will lose weight, get healthier and stay healthy, in a healthy loving and spiritual way. By working with all the practical, psychological, and spiritual principles from this book there will be no way back to your old health patterns. By using this book on your road to your slim and healthy life you don't want to turn back to your old health patterns, simply because you changed yourself in a positive way forever. Also this book is suitable for people who lost weight and want to keep the lost weight off. Also this book is suitable for people who don't need to lose weight but want to work at their health and work at improving the quality of his or her life.



Rudy Delphino, Delphino Centre, Wilp, Netherlands. Teacher in nursing, male nurse, fitness instructor, personal coach in losing weight. Instructor of breathing exercises, breathing therapy to raise and change your metabolism forever, meditation, relaxation and visualization exercises. To lose weight forever, to change your figure and live healthy, the author has brought together practical knowledge, psychological aspects, experience and spirituality, in Loving handles.