

Clearing the Issues that are Keeping You Fat!

Seminar with

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Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century

To purchase the live presentation of this powerful program on CD go to:

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Intake Questions

1. How long have you been overweight?
2. Who else in your family is overweight?
3. What happened the last time you reached your goal weight?
4. What emotions are you trying to avoid with food or being stuffed?
5. What loss/emptiness are you trying to fill with extra food?
6. What would you focus on if you didn't obsess about food anymore?
7. How would you spend your time if you didn't eat compulsively anymore?
8. What is the downside of losing weight?
9. What is the upside of staying overweight?

Limiting Beliefs/Blocks

1. I don't believe I can reach my goal
2. I don't trust myself to keep the weight off
3. It will be too much work to keep the weight off
4. I will always have to deprive myself in order to keep it off
5. No one in my family is thin, or I inherited this body type
6. I don't believe I can change
7. I will get too much attention if I lose the weight
8. I am afraid of success, I never succeed
9. I am afraid I will still be unhappy even if I lose the weight
10. I can't give up my security
11. Other's will expect more of me if I conquer my weight problem
12. I don't deserve to be happy, successful and thin
13. It's too late for me, I have tried too many times, I don't care anymore, I have had this problem too long
14. It will work for everyone else but me, I am too complex, or unlucky

Emotional Themes

1. Deprivation
2. Abandonment
3. Loss
4. Loneliness/Emptiness
5. Anxiety
6. Guilt
7. Fear
8. Anger

The statements on these pages were taken directly from Carol Look's Weight Loss manual, *"How to Lose Weight with Energy Therapy"* which can be ordered at <http://www.CarolLook.com> which I highly recommend you purchase.

Body Image

1. What is your view of your body?
2. What parts of your body are you judgmental about?
3. What do you believe about your body?

Affirmations to Manifest Your Ideal Weight and Optimum Health

When you are in vibrational harmony with the following beliefs you can only have a fit, lean, healthy body. Work on changing the vibration your body holds first, then the choices will naturally fall into place to support you in creating a fit, lean, healthy body.

Use the following affirmations with an Energy Circle
(See "Remembering Wholeness," pg. 223).

I am healthy and lean
I give myself recognition beyond food
I love myself, I love my body, and fat just disappears
I look nice, I am active, I am enough, and I count
I am my ideal weight
I feel great in my clothes
I enjoy exercising several times a week
My body feels light as a feather
I eat small meals often
I am beautiful inside and out
I can say no
It is easy to find other things to do in the evening besides eat
I let down my walls
I am proud of my body; it did what I told it to do
My bodies' natural state is to be lean
I am fulfilled
Food is a resource I manage wisely
I am grateful for this body God has given me to express myself in
My metabolism works great
My body knows what do with what I give it
I am patient with my body as it learns new habits
I am proud of my body; it did what I told it to
Food consumption is balanced with energy output
Others notice how great I look and feel
My body creates perfection
My organs are relieved of overworking
I am slim and trim
My body responds to my thoughts
I am physically, emotionally, mentally, and spiritually balanced and healthy
I am whatever I think and feel I am

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