

October Supplement

More on reaching your ideal Weight:

A couple of weeks ago I sent out a newsletter talking about ideas to implement in order to reach your ideal weight. In that issue we talked about setting an intention and supplementation. This week I'd like to talk about affirmations.

I don't know how many of you have worked with affirmations before, but I have on and off over the years. Initially I thought that using affirmations were supposed to replace my old negative thinking. And as diligently as I used them, it became apparent to me that this was not entirely true. In fact, sometimes the more I used them it seemed like only more crap thinking (that's a technical term) came up, and so, more often than not, I ended up discarding their use. I have since found out that these affirmations were doing exactly as they were designed to do!

Affirmations are indeed important for increasing my store hold of positive beliefs, but not before bringing up "stuff" (another technical term) I may need to look at. What does that mean??

Let's look at this affirmation:

"I am lean, happy and healthy".

How lean am I? Well, if I am beginning a weight loss journey, likely not very. My mind knows this too and will generate all sorts of arguments . . . Like "you are not!" . . . and "really, how happy are you?" . . . and "that healthy thing . . . Ha . . . Just look at that symptom over there!"

So, we say . . . Thank you mind and look a little closer, maybe dig a little deeper, and maybe get some help or support . . . Or . . . Just drop the judgment about where we really are, knowing that we are on the road to that better feeling place in each and every moment. I am where I am today . . . No judgment. There is freedom in this. Forget the past, forget the future. I am now here and I choose lean, happy and healthy! It is my desire.

And so I choose affirmations based on my desire . . . And then prepare myself for the insights it brings to my awareness. I get to learn about myself, and I get to practice dropping judgment and loving myself for being exactly where I am . . . Along with having a great desire, a desire, in this case to be "lean, happy and healthy".

So, pick an affirmation and play with it. Try it on. Write it in a notebook 10 times a day . . . In different colors . . . With your left hand. Say it to yourself throughout the day when you think of it . . . Place it around your house . . . On the bathroom mirror, on the fridge, on your car dashboard. See what it brings up . . . See if it doesn't help you with your intention. Let me know what you are learning.

For those of you who perhaps would like even more in the area of affirmations, Learning Strategies has a couple of subliminal CD's that you can find on my website (www.beyondwell.com) One is called Ideal Weight, and the other Automatic Pilot . . . (for helping in changing negative self talk). I am a big fan of subliminals. They can help get the wanted message in deeper and past the "smart" conscious mind!

And finally . . . I leave you with a quote that comes from Abraham Hicks. It arrived in my inbox today, and I thought . . . Perfect timing! I'll leave it with you.

On Food:

I love to eat.
Food is my friend.
I always choose well.
I know what to do.
There is a lot of variety in my life.
My body knows what to do with it.
I'm coming more and more into alignment.
It feels good to eat.
It feels good to feel my body.
Food is for family.
Food is for entertainment.
Food is for refreshment.
Entertainment is a big part of food.
Food is for frolicking.
Food is for celebration.
Food is for love.
Food is about love.
Food is about maintaining this magnificent vessel.
Food is my friend.
I adore my body.
My body is so good to me.
My body knows what to do.
I'm so in alignment.
I am so connected to Source.
My Source adores what I am eating.
My Source has inspired this eating.
My Inner Being is eating through me.
My Inner Being is adoring what I am eating.
My Inner Being is maintaining the energy of my body.
My metabolism is carefully attended to.
My machine is functioning perfectly.
I'm fueling it just right.
It's performing just right.

My moments are powerful moments.
Life is so good to me.
Food is my friend.
Food is fuel.
Food is fun.
Food is so good.
My body is so stable.
My body is so sure.
It is made of up so much intelligence.
It knows what to do.
I am in alignment with all of this.
Life is so good.
When do we eat!?!?

Abraham – Houston 1.4.03