

## List of the Five Key Areas of Focus in to Recovering Relationship with Self/Food

1. **Live in the Moment.** Let go of timelines.

Knowing that living in the moment is the **ONLY** way to ever be completely and fully aligned with your inner beingness on all levels.

What this means... Is that time and space are actually only a matter of where our focus is. **Time is only a concept.**

- **The Past:** To prove this theory, close your eyes and place your focus on something in the PAST... something that gives you great pleasure. Now, here realize that you are in actuality living in the present moment, but also receiving information from another previous experience. The past experience and present experience merge into one. You are affecting that past experience as you think about it. The experience is actually being experienced differently in however you are processing the event. You can influence past experiences by changing the way that you think about them.

If you have had an experience, that brought you pain, in the past, compassion and forgiveness can actually shift that in the moment, bringing you immediate results. Those things that are strong triggers can be released gradually by moving belief systems. So, if you have had a food that has caused you to feel shameful... look at how you are currently reacting to that and how your body is responding to that. Ask yourself is there any way to feel better about the situation. Is it in eating less? Can you just be purely thanking in the energy the food is giving your body? Can you experience joy in the way that the food tastes? This is shifting the past experience to a pleasant experience.

- **The Future:** The same theory applies to future events... Close your eyes and conceive a vision of something that you would really like. When the desire is strong, you may feel a sense of discomfort; a gap where you are and where you want to be. If, in the moment, you can close



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that gap by giving yourself some trust or faith, you can lessen that gap. By doing this, you are creating from a NOW moment something that you will summoning in the future. Anytime that you think positively – you are positively affecting future events. Anytime that you are thinking negatively, you are negatively affecting future events. When you worry about your weight, what you will eat, or how others will view you... you are creating pain.

So – to summarize... time is only a concept. You are always living in the NOW moment. Your focus takes you into the past and the future. You can literally change momentum of these experiences by how you feel and what you believe to be true.

2. **Unconditional Love.** Let go of any requirements for love other than love within yourself.

To do this:

- **Let go of conditions.** Living a heart centered life that is free of needing conditions for happiness, includes... knowing that you have control over how you feel.
- **Become aware.** Becoming fully aware of how you feel at any moment will give you a barometer to fully engage in activities while allowing your gut instincts or intuition to guide your moment by moment decisions.
- **Become satisfied in the moment.** This means that you allow contrast in your environment to happen without fully engaging or deep diving into the drama. Trust that whatever is happening is happening for you.

**Let's go over an example.** Let us say that you have an unfortunate incident in a relationship, maybe someone does something that leaves you with a feeling a resentment or anger. Instead of trying to change that person, change the way you look at the situation. Change how you perceive the information being provided to you. Focus on how the event is guiding you to truer understanding of yourself.

Here, you focus on what you have control over, your feelings and guide those into an increased level of happiness. The event or person no longer



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has control over you. Here, you free yourself. So whether it is a person or food – you allow yourself some form of freedom.

### 3. **Non-judgment.** Let go of judgment.

Non-judgment of the new space we are creating. Dropping the “bad/good” and letting it be. This removes our need for worthiness or value. This removes the need for labels. The space we create is not something we have to achieve – it’s just a state of being.

#### **Pause right now and take a moment.**

- **Exercise on non-judgement.** Notice what thoughts come to mind immediately as we talk about judgment. Really, anything that we put a name or result on, is a judgment. So simply as even the things we name (ourselves, animals, the air, the sky). We place a perception or judgment on this. Labeling can make things easy for our communication or discernment, but in the truest form of who we are, they really don’t exist. We are simply energy in different forms. Food can be thought of like this. Food, in whatever form is energy... it fuels our body. Here we remove the label of bad and good. We know and trust what is best for our own body. We know that the nutrients and vitamins the food holds is what our body needs in that moment.

### 4. **Empowerment.** Let go of blame.

**To achieve or activate higher levels of happiness and to recover the relationship you have with yourself,** you must let go of the idea of being a victim or having a need to blame others.

*Quote: “We could bear nearly any pain or disappointment if we thought there was a reason behind it, a purpose, to it.” — Rabbi Harold Kushner*

Here, when questions arise to as “why” things are happening, you may refer back to Step 3 (non-judgment). **Not judging incidents as bad or good.**

When things happen that **bring us to a peak discrimination of what we don’t want, we get much clearer on what we do want.** The contrast allows us to see ourselves in a different light. The key is to understand the extreme power in this



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cause and effect analogy. The stronger the contrast, the stronger our desire, and the more momentum that we put into creating something new. It's just important to not get hung up in the pain of the situation.

**For example**, if you underwent (or have considered) weight loss surgery it was because you wanted or desired something very strongly... it may have been a better form of health or maybe even strength and endurance. That led you to where you are now. For that to actually come to fruition, you must want that more than you want something else.

5. **We change our perception.** Let go of old patterns of thoughts and belief systems that don't allow you to live your full potential.

We allow for our **guidance to go where it can hold new possibilities**. This allows us to interpret how we **view life differently**. This can take practice. Practice comes in retraining your brain and emotional state into the new.

**An example here**, perfect for this, is wanting to feel happier about the overall choices you are making, leaving you with a **renewed sense of control**. First, to change, you must know that new possibilities can exist. **You must do whatever it takes to continue to focus, and re-focus on what that now looks like.**

- What does it look like to be happy and content?
- Maybe it is a smile on your face.
- Maybe it is that you experience a sense of peace.
- Maybe it is in that you have a stronger sense of trust that all is ok.
- Maybe it is that you have a profound sense of love for yourself and others.
- Maybe it is that you are able to find thankfulness in the smallest of things.

**Quote:** According to the Dalai Lama, one of my happiness heroes, he writes:

*“One begins identifying those factors which lead to happiness and those factors which lead to suffering. Have done this, one then sets about gradually eliminating those factors which lead to suffering and cultivating those which lead to happiness. This is the way.”*

