

# Lighten Up Emotionally

## It's all part of your Becoming Balanced Journey

Underlying mental and emotional stress can be a roadblock that lengthens the time it takes to lose weight. This stress can cause you to want to deviate from your healthy lifestyle, using food as a means to help ease this stress when really it needs to be resolved or just let go.

**In the below exercise, we have listed different areas in people's lives where they tend to carry unresolved stress. These are things that you may never think about or tend to push down into your subconscious.**

All of these issues that we hold onto rob our bodies of energy on a daily basis. Your body uses energy to hold onto this baggage. Take the following analogy, for example. Say your body has 60 watts of energy, like a light bulb, to use daily to function. If you have issues you have never dealt with, you can expend 20-30 watts of this energy in negative thoughts, such as guilt, grudges, fears, or insecurities from past experiences. This leaves you with only 30-40 watts of energy left to run your bodily functions, help your body retain a resistance to deadly diseases like cancer, focus on work, family, and spirituality. No wonder most of us are tired.

There is not enough energy left to maintain all our needed functions when we waste energy on negativity and stress. The mental exercise below will help you to "lighten up" mentally to match your body's weight loss. As you rid your body of fat, fluid and toxins in the **Becoming Balanced** program, it is the perfect time to release pent up emotions from your mind as well. Just as you need to correct and reset the body hormonally, you also need to correct faulty thinking patterns referred to as "limiting beliefs." A "limiting belief" is something you hold as true in your mind that may limit you in how you think, how you develop and prevent you from becoming all you potentially are meant to be.

Consciously reversing "limiting beliefs" will change the way you think about your body, your relationships, and often the world around you. This true renewing of your mind, body, and spirit will allow you to become all you were meant to be with nothing holding you back.

### Examples of Limiting Beliefs:

- *People are generally not helpful when I need it.*
- *I never do well on tests.*
- *I have never been able to keep my finances straight.*
- *I always fail at losing weight.*

**Please take time to think through and answer these questions on the next page.**

**Perhaps take some quiet time with yourself over some hot tea. This is an important part of your BeBalanced journey.**

**It is best to write a response to each of these questions, and address them directly.**

**This helps you know what you need to focus on during your quiet time of prayer/meditation. This is meant to be an exercise in awareness. Understand that it is hard to change thoughts and ideas that are buried so deeply that the conscious mind is not aware of them.**

## **Childhood Traumas**

Was anything in your childhood traumatic for you and still haunts you today?

**Examples:** Being stung by a bee, teased by others for a specific reason, being scared of failing in school, death of a close family member, an inappropriate sexual experience, or experiencing physical/emotional insecurity.

## **Parental Issues**

Do you have unresolved feelings towards your parents whether they are now deceased or living?

**Examples:** Feeling like your parents did not really love you or did not love you unconditionally, feeling like there was a high standard of perfectionism that made you insecure, fearing parental criticism, loss/death of a parent, abandonment issues, or resentment of the lack of parental discipline while growing up.

## **Self Esteem Issues**

Do you have feelings of anger, shame or general insecurity for something about yourself that needs to be altered?

**Examples:** What you do not like about your body, your personality, your mental/verbal skills?

## **Where you are in life right now**

Are you living an authentic life, a life in alignment with who you are supposed to be on this earth? Are you living out your purpose and mission to serve mankind?

Do you feel you are not where you should be in life right now, or not where you expected to be at this time? How do you feel about that? Are you resentful, angry, or fearful things may never change? Do you feel like a powerless victim, blaming everyone but you?

**Example:** Things that will help clarify the above questions. How do you feel about your job, your current home, your current mate, or your family situation? Are you using your skills and talents daily to help others? Do you have an outlet for your creativity that satisfies you?

## **Belief System**

Having a strong belief system is really important in giving you true comfort. You may have noticed that lot of people have adopted what their parents taught them, but never analyzed their beliefs in the light of the mature person that they've become. Upon further study, you may find that your actual beliefs may not be in alignment with what your particular religious denomination teaches. Often times, our minds are too busy to think more deeply about what we truly believe.

Many people are intimidated by the process of examining their beliefs. Sometimes, it may bring peace to look around at other major faiths in the world and see the unexpected beauty and commonality with your own.

**Questions:** Do you feel alive in your faith? Does it all come together for you? Is it rational by some standards? Do you accept that there are some things you will never know for sure but must accept by faith? Does your faith answer your questions of why there is pain and suffering in the world? Does your faith provide you comfort during life's trials?

## **Love**

Coming to terms with love and how to do it, feel it, and show it is a huge thing in life. After our basic needs of food, water, and shelter are met, love is perceived as the most important need.

**Questions:** Do you really feel loved by yourself, God, your spouse, your friends, and your family?

If not, work on first loving yourself and loving God. This will enable you to love better. It is truly a capacity that can be learned. As you learn to love more, it will be reflected back to you by those around you. The more you love, the happier you will feel.

## **Day-to-Day Stress**

Your day-to-day schedule is what you have created for yourself. It is a true reflection of your life on this earth. Not feeling happy and fulfilled with your schedule can cause many problems both mentally and physically.

**Questions:** Do you feel rushed all the time? Do you have enough time to tend to your basic needs, such as bathing, exercise, and eating without rushing?

Do you have a creative outlet on a daily basis or some free time to relax or read to stimulate your mind?

Do you have time set aside for spiritual growth whether reading, praying, meditating, or doing meditative exercises like yoga or Tai Chi?

Is your emotional tank on empty at the end of the day because you gave to everyone else and have not been nourished yourself?

## **Conclusion**

Who you are today is no doubt a reflection of all the decisions you have made up to this point in your life. Even though you have free will, there are certain laws of the universe you cannot break of course, like gravity. Within those laws is a tendency to attract situations into your life which are necessary to help you become a better person and learn the lessons you need to learn. You can either see things as opportunities brilliantly disguised as impossible situations or you can let them weigh you down mentally, resulting in depression and anxiety, and ultimately resulting in excess weight and disease. You have the power to choose!

**Part of the Becoming Balanced program is looking into all aspects of your psyche, as your thoughts and beliefs have truly affected your body weight, the possibility of disease, and your current mental state. The fat will go away on this program, but it is up to YOU to cut the emotional baggage that is weighing you down. Once that happens, then you are free become all you were meant to be!**