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Meta Metabolism

To create the optimised environment in your body for weight loss to happen you need to align your emotional body (mindset + emotional regulation) with your goals so that the wellness program can catalyse this for you.

I call this concept "meta metabolism"; some refer to it simply as Mindset. To effectively alchemise and dissolve any factors hindering your desired weight loss, a touch of experimentation and a playful mindset are required. The energetic signature of this approach is courageous, yet relaxed.

ATTACHMENT TO OUTCOME

The mental posture of letting go rests in releasing attachment to the outcome. The first thing that we must let go of, before any part of our body we deem unwanted, is attachment to that outcome. Of course that is challenging, we want what we want!

And yet ironically, it is the letting go of attachment to outcome that actually paves the way for change. It is my experience that finding acceptance and joy in what is, is a powerful catalyst for transformation and the most powerful position from which transformation can occur. That which we resist pushes back is a fundamental concept in Shamanic work.

CONTEMPLATION OR JOURNAL PROMPT

What if, for the rest of your life, you mainly remained healthy, energetic, content, successful at work, and adored by your partner, but - with the same body size? Could you find peace with that? It might help to ask yourself: What is it I believe the skinny(er) version of me has access to that I do not?

GREET THE VOICE

You are not the voice inside your head; you are the one who hears it. Whenever you hear a voice that says negative, mean, or rude things about your body, know that you are listening to an aspect of the mind that is stuck in a program. Through conscious awareness and repetition, you can detach from the identity of this voice and its strong negative feelings about your body.

Naming the voice as 'THE VOICE' (or some people even give it a name) means you have just entered a state of conscious awareness - It is from conscious awareness that you can reprogram the new story. This is not difficult but takes dedication and repetition. Once you hear the voice, then you, *courageously but relaxed*, tell that voice (something like..)

"Hello, I see you and I hear you. I'm sorry that you were once so hurt and shamed that you found these words to be true. That was the past and the past is gone. Although you have been welcome here, you are no longer welcome to speak to me in this way and I am replacing you with a new story. My new story is one where I am happy and proud of who I am, how I look and what my body can do. So to be crystal clear, you are no longer welcome here with that outdated, hurtful voice."

You may write out your response to the voice in your own words, or saying it out loud is even better. This must consistently be the response to this voice in order to alchemise this aspect of resistance. We are not here to appease that voice! We are on a trajectory in alignment with a much higher aspect of self.

RESTRICTIONS VS. ADDITIONS

Restricted diets rarely work in the long term because any processes driven by feelings of deprivation or lack will only reinforce negative beliefs about the body, keeping you trapped in a negative feedback loop. The reframe is to focus on the additions vs. the restrictions. The additions are the new healthy, healing and body-affirming foods and practices that serve to recode a new way of being for the body and move you towards your goals. Even with fasting! It is important to find your own words for this reframe.

Something like: "I am truly enjoying the addition of these new tastes and flavours and the sensation of hunger in my body...Drinking these liquids throughout the day is gifting me more time now that I am not preparing meals...The love sensation of my heart beating and blood flowing through my veins as I engage in this movement...These feelings are intense, yet I hold deep gratitude for them, as they form a deliberate part of my personal evolution..."

Feel free to tailor this to your own experience. Even if you sometimes feel like you're 'pretending,' or 'faking it' remember that your body and cells are attuned to your lead, following your energetic path. Let this be a guide on your journey.

by Emily Shaw