



14 **Hidden** Reasons why You Can't Lose Weight

- You can't say 'no'
- You have trouble sleeping or you wake up still tired
- You have chronic digestive problems
- You feel sick and tired all the time
- People around you drain your energy
- You feel like your energy has been unplugged
- You waffle when surrounded by strong personalities
- You eat when you are upset, frustrated, bored or angry
- You don't feel passion, curiosity or a sense of purpose
- You feel anxious all the time and don't know why
- You have difficulty setting personal boundaries
- You feel anxious when someone near you is upset or angry
- You have trouble letting go of arguments and stresses of the day
- You find yourself repeatedly doing things you don't want to do



At a glance you may wonder, *weight?* *Really?*

“I am going to state some bold thoughts here.

If what I say here isn't true for you that is perfectly ok. I would rather not pussy-foot around the nebulous issues, and come right out and say what I think”

We live in our bodies.

- All of our experiences are translated through our physical bodies.
- Our bodies hold our unique personal resonance/we are energetic beings.
- Our bodies express the interplay of our emotions, thoughts and intuition.
- We are the most amazing bio-computer, a million times faster and more complex than anything we can imagine
- Your body does not lie

Let's look at each of these points one at a time from a holistic viewpoint

- **You can't say no**

I bet that when you were around the age of two, you discovered the word 'NO' and used it liberally. Your mantra as you walked on your wobbly legs was “no no no no no no”.

The answer to all questions and all directions was 'NO'.

No is a word of personal power. If you have trouble saying *no*, ask yourself why? When did you learn that it wasn't ok to exert your will? When did you learn that it wasn't ok to be powerful?

You know you are standing in your power when you can comfortably say YES or NO

- **You have trouble sleeping or wake up tired**

Insomnia often has exhaustion at the root.

Imagine your personal energy (Chi) as a bank account; what energy do you spend, how much energy do you earn, and how much of it do you save?

When you were born, you were supplied with 4 battery packs of energy (chi) that were supposed to last a lifetime. If you are female and have had a child or two, know that you have invested your chi when you were pregnant and lactating. If you have been ill, or had surgery, your energy would again be invested in recovery.

If you are carrying chronic low grade infections an allotment of your energy will go to keeping those microbes from taking over your body. If you are working flat out both at work and at home you will spend more energy just getting through a day.

If you are surrounded by demanding people and you can't say no... well you see where I am going with this.

Why insomnia? There are many different roots, but what it comes down to is *exhaustion*. It takes extra energy to get over the lip of sleep. This is why children get overtired and they can't settle down to sleep.

Exhaustion can have its roots in your digestive system, your glandular system (adrenals and thyroid), your nervous system, your immune system, or all of them together.

Our energy moves in exactly the same direction as our thoughts. If you invest in worry, that is where your personal energy is being spent. Many people have created a chronic *habit* of worry, which is a long term investment of your energy constantly sucked into a big black hole.

Where do you invest your energy resources? Do you take time to rest? Do you nurture yourself lavishly? Do you give yourself away? Do you allow others to take your energy? Do you squander your energy?

You know you are holding your power when you go to sleep easily and awake refreshed

- **You have chronic digestive issues**

The engine of digestion is the center of your primary glandular processes. This is the most important way we earn energy on a physical level. It takes the first eight years of our lives to strengthen and mature our digestive engine. Some adults do not yet have this strong system. Something got broken, stunted, damaged or overwhelmed.

Many people cannot comfortably eat complicated foods. An example would be a grain or a bean. These little kernels are whole food powerhouses; containing vitamins, minerals, essential fatty acids, complex carbohydrates and dense proteins. It sounds like a perfect addition to a successful diet, but many people cannot digest this complexity.

Another thing to ponder is the digestive system's affinity to 'upset'. When my little girl would say she had a tummy ache, I would ask her what was wrong. Most times there was an underlying social or emotional issue at work. Why is this? When we were an embryo in the womb, we started as a rod of tissue that matured until it split into two. One piece grew into the nervous system/brain/brain stem. The other piece grew hollow and developed into the whole digestive tube. In essence, our digestive tube is another area of the nervous system.

Do you hold and process emotions in your gut? What is your dominant emotion?

You know you are at ease when you digest easily and efficiently

- **You feel sick or tired all the time**

Your body creates energy on all levels of your being, all the time. Your digestive engine uses crude food and extracts the energy from it. Your heart pumps and creates kinetic energy and your thyroid and adrenal glands store this energy. Your bones and teeth store energy for a rainy day. Your nervous system is your electrical wiring. Your glandular system co-ordinates where your energy needs to go at any given time. You breathe energy in with every breath.

You get energy from emotional interaction with people around you. You get mental energy from the energy you create by thinking about interesting things and projects. You get energy from being involved. You get energy on a spiritual level by being transported out of yourself by losing yourself in a creative process or by listening or playing music.

I remember one evening after I had put my daughter to bed I was tidying up her toys. She had some Barbie dolls. They were naked and I decided to quickly put some clothes on them. I came back to myself hours later. All of the dolls were dressed beautifully, their hair was done in elaborate ways, and they were all lined up and posed.

This is an unusual activity for a 30 year old, but I lost myself fully into creative play. We generate creative energy by indulging in play and exploring things we are passionate about. The name for this is 'Cantilation'.

What activity do you lose yourself in? Do you allow yourself this creative time often?

You restore your vital energy day by day by nourishing yourself on all levels of your being

- **People around you drain your energy**

On a cellular level we generate an atomic field. This field moves out beyond our physical body. We also have an etheric, emotional, mental, astral, spiritual and probably a whole lot of other cosmic interaction we don't know anything about yet. We can call this an aura, or a bubble or an energy field, your 'personal space' or whatever.

The point I want to make here is no matter what you call it, when somebody blunders into it, you don't like it. When you meet someone for the first time are you ok with them giving you a hug? Probably not. You are probably more comfortable with them hanging out in your mental body zone while you greet them with a hand shake.

Interest in vampires in our culture is an interesting phenomenon. There are energy vampires and you can probably name a few in your own personal sphere. When you are around them for any length of time, you become exhausted. You could notice this as physical fatigue, but you could also become mentally tired, or emotionally drained. Guess what? It is probably real.

Ok, no one is looking. Who or what circumstance drains you like a copper-top?

You are an energy being and you can effortlessly hold your own on all levels of your being

- **You feel like your energy has been unplugged**

Sometimes we do this to ourselves. I am sure there is a clinical term; but I call it ‘playing dead’. As long as we have signs of life, someone around us is going to notice and beat us down again.

If you are not doing this to yourself, this becomes a long investigation into the ‘woo hoo’ zone to find out whom or what has their digs into you and is draining you.

When do you feel you need to hide your power? What do you do instead?

You are safe showing the world how strong you are

- **You waffle when surrounded by strong personalities**

Don’t assume that there is malicious intent here. Some people are naturally titans. Imagine any unstable heavenly body coming in close to the planet Jupiter. Can you see the problem?

The solution is for you to get properly anchored and grounded. Many people do not know how to do this. Something simple to try on your own is to start walking...daily. Walk in the woods or in a park where you are surrounded by nature. Take up yoga, dance or Tai Chi.

Find your inner co-ordination and feel your spine anchoring into the earth. Feel how big you really are.

If you waffle on an emotional or mental level, using the information about ‘energy drain’, your instability may be in your ‘energy anatomy’. The same solution is needed. Get yourself anchored and grounded. Exercise the spiritual muscle. Find a meditation or a daily practice/book...anything that gets you solid and keeps you on track 24 hours at a time.

What is the one thing you could do to get anchored? Does it work? Can you stick to it?

You are your best YOU and your divine path is your OWN

- **You eat when you are upset, frustrated or angry**

If you are eating when not hungry, or eating past the point of full, consider that you are eating for 'other' hungers. This could be some hunger emotionally, or for a project of your own, or some inner soul desire unexpressed.

You may have a very articulate wise 'gut' and you are *stuffing down* your truth. Some people *emote* everything in their lives through their gut. ***Excess weight has unhappiness at its root.***

What emotion sets you off? Is there a truth that you would like to express to yourself?

You are able to nourish yourself on all levels of your being without apology

- **You don't feel passion, curiosity or purpose**

Let's assume for a moment that we are here for a divine purpose. Long before we had parents, husbands, employers and children, we were created just for this time of the world and have something unique and valuable to share.

If we are stuck in a circumstance that does not allow for that spiritual expression, very strange things begin to happen. We can have physical symptoms (see the digestion explanation). We may have flaming skin (rosacea) or candida fungus (dimmer switch) depression or migraines or achy joints.

You may feel unhappy and irritable. You may be quick to anger and have difficulty concentrating. You may be projecting your unhappiness to those around you. You may be indulging in victim thinking, and using other people as an excuse not to be rocking your best self. You may be living within the confines of another person's limited thinking.

When my marriage was falling apart I was usually despondent. This was very unlike me. I didn't want to chew on my partner or my children, so I would chew on myself. I couldn't get involved or interested in anything and I avoided the company of other people.

One day I found a book in my local library about hand crafted soap making. It was full of beautiful pictures. It had recipes; outlined equipment needed and was bursting with creative

possibilities. I took to soap making with a passion. It absorbed me and elevated me. I started selling the soap I made and over the ‘year of unbinding’, had a lucrative side line. This passion remained until I moved from the home. While the passion for soap making diminished, I found other pursuits that I was intensely interested in.

Is there some activity or creative play that sparks your interest? How would you go about exploring this further? Is it frivolous? Is it silly? Are you wasting time? Will you do it anyway?

Passion is the North Star of the spirit. You know you are whole when you nourish yourself

- **You feel anxious all the time and you don’t know why**

We live inside a marvelous computer system that is dynamic and more powerful and sensitive than we can imagine. Most of what our computer processes is subtle and not apparent to us. Just because we don’t see it, or we are not aware of it, doesn’t mean that it is not happening.

An example is the stress from overhead power corridors. As you pass under them or near them, your pineal is going loop-de-loop. Your thymus is doing the same thing. Your bio-computer is registering this as a stress. You may notice the stress sensation, but not consciously know why.

This is only one story in the naked city. We are receiving information all the time. Most of it is not conscious. But it is real.

Years ago I saw a new client who had the presenting symptom of anxiety. Her doctor suggested drugs, but she was wary of using them. She wondered if I could recommend a natural product instead. I suggested we look into the WHY of her anxiety first. Her anxiety was bio-chemical. She had been downwind of agricultural herbicide spraying for several days and she had been poisoned.

Her body was freaking out. She consciously did not associate the toxic chemical event with the symptoms, but her body’s wisdom did. Discovering this root cause of anxiety changed the direction of my advice and recommendations for her.

For another example, I remember being in a relationship where my partner was very controlling. He was good at keeping it veiled, but underneath, he was aggressive and

threatening. My honest core emotions became instantly clear to me one night when I awoke from a deep sleep just to find myself viciously biting him. On a conscious level I was not aware of building resentment, but my subconscious was totally aware and totally ticked off.

Do you feel anxiety? Do you know why? Are you getting clues from the Universe?

You trust the Universe, you trust life and you trust yourself. All is well.

- **You have difficulty setting personal boundaries**

There are two things to consider. Can you set and hold boundaries, and can you resist and push back a little when others are ignoring your boundaries. This can be physical. My mom was barely 5 feet in height. To make up for her size when she wanted to talk to anyone, she would crowd right in and get ‘in their face’. I developed a *pointer finger to the sternum* technique which reminded her to back up a little.

You may feel this encroachment even if it is in the emotional or mental or spiritual bodies. I think boundaries are a ‘muscle’ we can develop with practice. One thing about boundaries, healthy boundaries are necessary and you have a divine right to have some.

Do you have boundaries? Can you hold them at all times? Do you cave? What throws you off?

You know you are expressing your divine purpose when you give yourself permission to explore what God has made possible in you

- **You feel anxious when someone around you is feeling upset or angry**

This is more about the boundary issue. As a naturally intuitive person, I had a lot of trouble discerning where I ended and others began. My tribe was dysfunctional and I, the youngest child of four was always conscious of the strife between my siblings and between my parents. This sense of responsibility stayed with me into my adulthood until I became painfully aware of the pattern and took steps to change myself.

My pattern was protecting others psychically by buffering the strife. Perhaps you learned as a child to take responsibility for the emotional atmosphere around you. You think that somehow it is your fault. Life is a balance of order and chaos. In the midst of chaos a child will learn to compensate to create balance in the home. The heightened awareness of anxiety is how we roll.

Can you allow people to feel the way they feel without feeling responsible or making it your business? Do you feel compelled to fix them? Why?

**You know that all of us who are here on earth have lessons to learn
This is how we all grow and spiritually mature
Do you try to take these lessons away from another person?
Or do you let them know you understand**

- **You have trouble letting go of arguments and stresses of the day**

A good motto to live by is ‘what happens in Vegas stays in Vegas’.

When work ends, close that door and experience another dimension in your life.

If we can't let go of the day, the situation, the disagreement, is always pushing on our stress threshold. We are not designed to endure constant stress. We do best with manageable bites of challenge with down time to restore balance. This we seldom do.

I sometimes think of humans as *displaced cave dwellers*. What kind of life are we designed to live? Ideally, we gang together and run down a bison. Then we gang together and take it apart, then we store the bits and scurry about to store some for later. Then we open the grog, cook bison meat, eat and party. We have food ahead and we can chill for a bit. We have time to fix things, maintain things, pursue relationships, make love and create cool things. Simple!

This is probably not the lifestyle you are living at present. Me neither.

However, this thought helps me to reframe, and adjust my internal rudder when I am over-complicating my life unnecessarily. Can you let go of stress? Can you move on? What holds you back?

Your mind is designed for a special purpose. It is the true observer within you

- **You find yourself always doing things you don't want to do**

This is the real hum-dinger. The only life we can truly live is our own. It is a tragedy when life events abort or interfere with our soul's purpose. War is an example of this.

We can try to live being less effected by world events, but no one is entirely immune to this constant tide in the human story. Some people are designed to be at their best during intense conflict. I think of Winston Churchill who was brilliant and at his best during the conflict of WW II, but was pretty useless when England was in peacetime.

But what I am referring to here is more the day to day pre-empting of our own priorities, purposes and soul desires. Somehow, we get all wound around making other people happy and comfortable. Day by day passes without us being able to make any quality time for ourselves.

Do you have precious alone time that refreshes your spirit? Do you have a pleasurable activity that you are passionate about and are able to devote some time and attention to frequently?

Do you plan your day, or is your day full of changing tides and duties dependent solely on what others need? Do you have to 'fix' other people's problems or bend to keep them happy?

You live a life that you love to live. You have hope, purpose, love, fun, joy and magic

You can see that when it comes to stress there is a lot more going on with us than meets the rather *superficial criterion* of just looking at the body that houses us.

Our health issues are often far more 'spiritually related' than we think.

Do any of these reasons resonate with you?

We are not designed to live a life of constant stress

A human body thrives when it is treated tenderly, and nourished adequately

We have abundant energy when we rest wisely and move our bodies exuberantly

We thrive when we are in meaningful relationship with one another

We are congruent when we express our deep core values in our lives

We thrive when we are mentally challenged and stimulated

We restore energy and purpose by nourishing our spirits

This loving and gentle balance is essential for our well-being

The New Definition of Health

'Health' extends beyond treatment of illness. We are now moving towards the spectrum of 'wellness', which includes food styles, fitness, and psychological/emotional well-being.

We have learned that neglecting these areas, while they may not have an immediate impact, eventually degrade our quality of life. This means that our bodies begin to define our choices for us. So what can we do?

**“I believe that the most significant factor in our wellbeing
Is looking after ourselves on a daily basis”**

Don't get caught up in polarities. 'Holistic' means whole; all of what is available to you. This includes all the regulated and alternative services. Do your research and shop wisely.

The holistic lens is very self-centered and personal. It is about what you can do to help yourself.

No matter what is going on with you, focused, informed, resourced self-care can change your life. *It worked for me and I think it can work for you too!*

I don't have to micro-manage the human body

- I believe that being healthy and happy *is* our natural state. To flip that around, being ill is *not* our natural state.
- I believe that we possess an intelligent, self-healing and self-regulating system within our own body and we just need to listen and understand what we need to change in order for us to come back into balance, physically, emotionally, mentally and spiritually.
- Every time we 'disconnect' from our own internal wisdom in our search for answers outside ourselves, we lose power.

While most advice for losing weight has to do with exercising like a maniac while starving yourself, I would suggest another plan: Balance your life

Cravings are either a sign of addiction or starvation, or both

The whole of our life experience is centered in the physical body. Wise nutrition can help keep our bodies in excellent repair and condition. When we are nourished - we feel better and we live better.

- * Learn more about eating to build health. Love to move. Do fun stuff! Build new habits and tastes. Always ask "What does my body really need right now?"

Holistic health care works well for when imbalance has been going on for a long time and has been disturbing the natural *function of your body*

Medical Intuition addresses unresolved stress on a *soul/spiritual level*.

"On a soul level you are a precious mystery that longs to be solved"

