



Module 5 Summary:

Self-Enrichment & soul support.

Checklist, before you move onto this module, have you:

- Read the module lesson from previous module.
- Watched the video.
- Completed the exercise class at least three times last week.
- Had a 90% adherence rate to the new habit, eating a majority of your starchy carbohydrates after exercise?

Completed the previous modules assignments:

- o Complete video: back exercise.
- o Review info graph: urine colour chart.
- o Weekly adherence sheet - week 4.

If so crack on with this week, in summary this module will cover how we work with our dietary trigger points and what practical tools do we have to help us to overcome our stumbling blocks - meditational and EFT techniques.

Improving our lives and our health, and reducing weight loss, includes our mental health so we will discuss going to bed earlier and de-stressing. Using the social support circle that we have available and reframing our attitude to a new positive mindset to approach our weight loss.

The homework for this week includes:

- o Complete video: Arm workout
- o Social support questionnaire
- o Watch EFT & meditation video
- o Doing one great thing for yourself this week - nails painted, massage etc.
- o Weekly adherence sheet - week 5



Module 5 Soul support team

Habit 5: Permission to go to bed early 10pm.

Exercise of the week: Arms.

'Self-enrichment' your weight loss emotional reasoning:

This week's task: What have you done for yourself to make you feel good?

Well this is my FAVOURITE session, and hopefully yours. First thing first, your new habit going to bed an hour earlier than you usually do. Think of this request along the lines that I am giving you permission - I am setting the 'compliance' task for the week. Mark your habit sheet and work on going to bed one hour earlier.

Recently research has shown that almost 70% of women are arriving late or leaving early or even missing days of work because of their caring responsibilities. Does this sound like you? Heart in mouth, rushing somewhere, are you always rushed or maybe a bit late?

We can see it is easy to see how spending time on yourself including exercising and your own personal health is a low priority. Looking after yourself is the first thing to go.

Sleep well

Lack of sleep causes the release of a hormone, which increases appetite. It can also raise insulin levels in the morning. You know what I mean if you have had a bad night's sleep, the thing you reach for the next day is starchy carbs - lots of

them. So aim for 7-8 hours' sleeps, go to bed early tonight and for the next two weeks.

De-stress!

Stress increases production of the hormone cortisol, which increases appetite and fat storage. Try warm baths, yoga, meditation or calming music - before bed. Set your evening routine for sleep an hour before you go to bed. It will help you to lose weight.

Social support - soul support

You are the combined average of your friends and family, which means that if you are in a supportive, lifted environment you will succeed. If your partner can't be bothered, your friends laugh at your new ideas then sadly success ain't going to happen. This is true of money, food and booze.

Social support is defined as having a network of people that support your endeavours, contribute positively to your decision-making processes, and are there for you when you need help. Scientists have suggested that people with this kind of network around them can transcend even the worst environments and accomplish great things. Unfortunately, people who don't have this type of network have a harder time accomplishing even modest goals.

Remember this: who you are today and who you become in the future has a lot to do with whom you choose to spend your time.

You have the power to place yourself in the right environment, so use it!

Use our Facebook group, I'll be your positive 'mate for change'

Manifesting techniques

Pull out your affirmation and manifestation card from your Starter Pack. Take a moment and have a look at it.

Which one of these affirmations stands out for you? Which one triggers a sense of disquiet, or even stress in you? This will tell you which blocks you are holding on to. Look at the one you are most drawn to or creates the most emotion in you. This is the one you need to be repeating and unblocking. You can work on this block with your meditational and EFT techniques.

If you feel that the course feels like too much work or too much change. Your family will resist or it will cause conflict with your kids. These will cause physical blocks and prevent the change from happening because our body is trying to protect us from potential negative outcomes. These are just some of the things I have encountered but you might have totally different ones, listen and find out what they are.

So your strategies to overcome your anxiety is working with someone:

- ✓ Kinesiology, reflexologist, masseuse
- ✓ Reviewing your goal statements - maybe put your first goal up on canvas and make it look really gorgeous so you can refer back and repeat it to yourself every day and really anchor in what you are aiming for.
- ✓ Review your manifesting poster
- ✓ Meditational techniques including Omvana ([link below](#))
- ✓ Exercise, will help, to calm you and keep you focused.

Meditational techniques

Here is another free, positive resource. Whenever you feel that crazy urge to eat a pack of biscuits, because somebody has really pushed your buttons. Before you start living the 'story' of how indignant you feel and angry and quite rightly annoyed. Why not try something different, take yourself away, to the bathroom and try tapping! Not your foot or wagging your middle finger, I mean tapping your meridian lines - man!

Let's make that comment a little more real, let's base this on the physical sensations. That warm feeling in your hands and feet when you meditate or that lift of the heart, feeling of joy when you do Tai Chi and pull your hands up your midline. I can sense that now just talking to you.

The more relaxing and meditation you do the easier it gets; like your weight loss habits it becomes learnt behaviour. Have you noticed during a guided meditation the speaker says 'notice how this feels?' Well we are asking your subconscious to remember the relaxed feeling, the head clearing and body calming and making that feeling, a memory - in other words learning the behaviour. In the meditation we bypass the conscious brain and talk to the subconscious. Spooky but I love it

Can't mediate - yet? How about rephrasing that? Working on your meditational blocks?

Guided meditation, someone talking you into a mediation is very directional and calming. When I teach guided mediation, you can feel the atmosphere in the room change, soften and relax

Whilst teaching Pilates and meditation, I start to teach intuitively. You see how somebody is moving or how they are relaxing and you get a sense of their tension, where it lies. It is much easier when somebody is moving, but you also see it and

feel it when people are relaxing. You know what I mean by intuitive thinking you do it all the time, when you're talking to somebody and they starting wondering off, your intuition tells you they are preoccupied.

Sometimes you get that sense that somebody likes you or that someone is uncomfortable about something. Well it is all the same thing, intuition and tuning in.

For instance, in a guided meditation you may feel a physical sensation as well as an emotional one - like warmth in your hands and feet

So if you are struggling with some of the habits, just sigh, let go and try a few meditational techniques to help clear your thoughts and refocus your energy on the positive.

Emotional Freedom Technique or Tapping.

As well as meditation, I also use 'EFT' which again isn't all hocus pocus I use this technique before I go into a 'sticky' situation for instance meeting somebody and I need a confidence boost or after a bit of road rage where I'm ready to burst a few blood vessels.

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique which optimises your emotional health. It is based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles.

Knowing that our emotional health triggers our eating what have we got to lose.

EFT is reputed to help with:

- ✓ Removing Negative Emotions
- ✓ Reducing Food Cravings
- ✓ Reducing or Eliminating Pain
- ✓ Helping you implement your weight loss goal

So if you are feeling upset or bored and ready to reach for a packet of biscuits, say out loud 'what is really troubling you' and tap!

By simply tapping with our fingertips we help input kinetic energy onto specific meridians on the head and chest while thinking about specific problem and speaking out loud about it, for example the negative weight loss concerns you have. Voicing these negative concerns, might feel a little counter intuitive but it helps us to face our fears and therefore diffuse our fears.

The combination of tapping and voicing your concerns helps to clear emotional blocks.

Here is what you need to know:

Tapping Technique - While it is important to tap the correct area, please don't worry about being absolutely precise, as tapping the general area is sufficient.

It's 'All in the Fingertips' - there are a number of acupuncture meridians on your fingertips, and when you tap with your fingertips you are also likely using not only the meridians you are tapping on, but also the ones on your fingers.

Traditional EFT has you tapping with the fingertips of your index finger and middle finger and with only one hand. Either hand works just as well. Most of the tapping points exist on either side of the body, so it doesn't matter which side you use, nor does it matter if you switch sides during the tapping. For example, you can tap under your right eye and, later in the tapping, under your left arm.

Ideally, you will want to use your fingertips, not your finger pads as they have more meridian points. However, if you have long fingernails you should use your finger pads.

When you tap on the points outlined below, you will tap about 5-7 times. The actual number is not critical, but ideally it should be about the length of time it takes for one full breath. There is probably a distinct benefit for tapping through one complete respiration cycle.

Please notice that these tapping points work down the body. That is, each tapping point is below the one before it. That should make it easier to memorise. A few trips through it and it will be yours forever. However, the sequence is not critical. You can tap the points in any order and sequence, just so long as all the points are covered. It just is easier to go from top to bottom to make sure you remember to do them all.

You might even get to the stage that you can do EFT in just about any social setting, and if people even notice what you are doing at all, it will appear to them that you are merely thinking.

Borrow the benefits....

I am going to use some negative feelings in my EFT that may not connect that deeply with you, you may have others, which I would really love you to explore. Find your own personal fears, what they are connected with and release them.

You may be able to relate to the suggestions that I make, we will call these 'a relatable fear' so you can use this as a base, we will release them and you can borrow these benefits. I may not touch upon your exact fear so it would be better if you could assess your own fears and take the time to think about them, so you can release your own specific blocks.

First of all, consider how you feel right now, what are your stress levels from 1 to 10, if 1 is low and 10 is high stress. Take your time and think of a number.

So here goes....

Start by tapping right outer edge of hand and recite something simple:

“Even though I am not good enough/feeling upset and fat today.... I deeply and completely love myself”

Deep breathe and let it go

1. Outer edge of hand - karate chop point. Take a deep breath in and out
2. Top of your head
3. Inside of the eye, beginning of eyebrow
4. Outside eye
5. Below the eye
6. Under nose, above the lip
7. Under lips, crease of chin
8. Collar bone
9. Under your arm

For a more in depth one, watch the EFT video, here is a rough transcript

Whilst tapping, repeat after me:

- I am working towards my weight loss goals and the exact body shape and fitness levels that I need to help me achieve other goals in my life.
- When I really think about what that means I am afraid, terrified, full of fear, full of doubts, but I still totally and completely love myself anyway.
- I want this weight loss programme to be successful but I have fears coming up (tune into your own fears, what is that fear for you? Say it out loud) and I still totally and completely love myself anyway.
- I have big dreams and sometimes they feel out of reach, I see other people reaching their weight loss goals but I don't think I will be able to get to that level, and even though I have my fears and doubts I am working on it and I am tapping on it, and I still totally and completely love myself.
- I see others doing it but I don't usually achieve what I want, makes me feel like I am not good enough when I see others doing it (and just say out loud how it makes you feel).
- I want a body that I can love, that makes me feel frustrated, sad, stressed, I put so much pressure on myself (what else comes up for you?) and how does it make you feel - say it out loud. All this pressure I put on myself I have things going on and things haven't even happened yet. I know these fears and doubts are holding me back from my weight loss and full potential as a woman but I am tapping on it and I am

releasing, even though I still feel some fear and some doubts I am open to the possibility that I am capable of bringing any goal to fruition, I am open to the possibility that I am worthy of my goals, worthy of happiness and health, and worthy of everything that I want. I am open to the possibility that I am enough and open to the possibility that I have within me everything I need to make my weight loss a success.

- I am working on my ability to adopt new habits and once I have achieved my goals I want to keep my gorgeous body even though I feel uncertain, or unsure at the moment I deeply and completely love myself.

Make it feel conversational and light, the conversational process will help you to identify up your own emotions, and help to clear them.

Drop your hands and check in with yourself and see what your number of stress level is now, sometimes it goes up, so do it again and hopefully wait until it goes down. **So keep at it.**

Let me know how you get on with this.

Top Tips for successful mindful weight loss

- ✓ Set your goals, write them down and check your commitment to your progress
- ✓ Repeat your positive affirmations - use one or two from the manifesting poster
- ✓ Listen to guided meditations and stay open to health living
- ✓ Build in movement and exercise into your day
- ✓ Focus on positive thoughts - I really did eat that whole salad with just olive oil as a dressing
- ✓ Practice gratitude for every small step you make
- ✓ Practice patience, you will see results but your body and mind wants to keep you safe, so change will come when you are ready.
- ✓ Remember success is built on momentum, so keep building on your behavioural habits

The secret to your weight loss success is focus, persistence and time.

BONUS RESOURCES:

Meditation:

Omvana.com from mind valley - bring meditation in your life, whether it is to de-stress or weight loss meditations this app will help. I love it.

Emotional Freedom Technique:

EFT <http://www.theenergytherapycentre.co.uk/tapping-points.htm>

Assignments

1. Complete video: Arm workout
2. Social support questionnaire
3. Watch EFT & mediation video
4. Do one great thing for yourself, to help shift your mindset and soul
5. Weekly adherence sheet - week 5