

ERRRRRR..... WEIGHT LOSS?

It's taken me about an hour to think of a title for this blog and I've deleted it over and over again and again and again.... Weight loss Weight loss Weight loss.

So here we go....

The so called weight loss industry is a multi-billion £££ market and the sceptic in me wonders why this is. Where are all those millions of pounds and dollars? Does it get ploughed back into education? Health? Sports? I suspect an offering does, but certainly not the rest. What can we do as a society to take control of ourselves and of our health? Do we do enough in promoting health and wellbeing from a young age? We certainly don't teach kids in school nearly enough on how to look after their emotional and physical selves. In my experience, PE is only once a week and has been since time began, and as a parent, I know that my kids did not enjoy PE at all! There are limited options in schools. Schools have no money - like most things currently - so they can only do what they can do on limited funds. But surely, looking after our health and wellbeing as a child is fundamental to a healthy and vivacious future?

My point here is we should take back our power and not buy into this billion pound market by using other people's ideas to make us "better". We are perfectly capable of helping ourselves to grow our awareness and understanding of what our body's needs are.

By the time we get out of school, and have gone through the trials and tribulations of what school brings, and been part of all the judgment that comes with it. How we perceive ourselves and our health, weight and all the rest of it, in amongst all of the above, completely and utterly depends on so many things that I cannot list them all. But here are a few.....

- Why do you want to lose weight?
- What is your measuring point to the ideal weight?
- Do you want to look like Kate Moss? (age appropriate for me).
- Do you want to look like yourself?

- Do you like yourself?
- Do you know who you are?
- Do you want to eat less?
- Do you want to eat more?
- Do you want to eat more healthily?
- Do you want to exercise?
- Do you like doing any of those things?
- How much time do you give to yourself, ever, for anything?
- Who told you to lose weight?
- Why?
- Are you happy?
- Do you like your job?
- What's your favourite colour?

Oh my god, the list is endless and exhausting. So, this is why I hesitate in talking about weight-loss and hypnotherapy because the answer is never simple. There are so many layers attached to our reflections of self, and all those layers need to be dealt with on some level in order to get to a point where we are happy, healthy and secure.

So, evidence I hear you say. Well, there are studies that say yes, hypnotherapy does help - I like the word help - because with all things "me" we need to help ourselves; take some responsibility and accountability. That is the best way to gather back our power and face things head on. There is no magic pill that fixes all those issues we wish to fix, (some pills do make this claim but I would strongly suggest staying well away from said pills) and as with everything, WE NEED TO MAKE THE CHANGES OURSELVES.

If we make our own changes, staying within our own power, not giving it away to anyone else, then because it has come from within (which is the most effective and best way to make changes), it will be a far greater and more effective way of creating the long-lasting changes. So, I suggest that if you do the work to help

you, it will be a far more efficient, greater, successful and empowering journey and just give you the most of everything really!

Conclusion:

Well, if you want to use hypnotherapy to help you to lose weight, I suggest going about it in such a way that you are fully taking the reins, being in control, and feeling fully ready to go along this path with complete and total self reliance, self love, self care and MOST importantly, doing it because you are in a place where you have the time, space and inclination to do this for you. Do not give yourself those expectations which can halt progress so easily; do not give yourself goals that undermine yourself, please don't try and look like anyone other than you. We are all beautiful beings of light, just sitting in our "meat suits" (Dr Wayne Dyer's excellent pseudonym for body) - we are not these ridiculous and unreal edited images that we see plastered everywhere. We are plain and simple, a meat suit. And we should care and love our meat suits and not judge others' meat suits as they are there for practical reasons; to give us this human experience; to get us from a to b; to allow us to be individuals. We are allowed to decorate our meat suits in any way we see fit, it's called self expression, and it is so important to love our meat suit and to look after it, always.