

Connecting the Head, Heart, and Body For long-lasting, healthy weight loss

"Why can't I lose weight?" Is a common question I hear from potential clients. My response to them is usually, "Why can't you lose weight?" I return the question to them because clients know the answer; they just need help recognizing, acknowledging, and verbalizing it.

In my experience I have learned that unless one sees the interconnectedness between the mind, heart, and body (and yes, spirit) then weight will always return with a vengeance. Shakti Gawain once said, "Anything in life that we don't accept will simply make trouble for us until we make peace with it."

So how does one connect the mind, heart, and body for long-lasting and healthy weight loss? The answer is simple if you follow these three rules:

1. Use your **HEAD** to make an educated choice to lose weight by identifying unemotional motives, such as health.
2. Use your **Heart** by identifying the reasons you are choosing to eat such as hunger, or is G.A.I.L. (see March issue) scanning for opportunity.
3. Use your **Body** and take a good look; then stop verbally abusing yourself by ripping apart what you physically see in the mirror. What you see is an illusion, not your true self.

When you use your **Head** to make an educated choice to lose weight, then you will find lasting effects. If you use your **Heart** to identify why you choose to eat, then you will be more apt to question your motives and continue your health-based journey. If you stop verbally abusing your **Body** and recognize your true self, then you will be kinder and gentler toward yourself thus keeping yourself on course. When you keep true to the interconnectedness of your mind, heart, and body your thoughts become more positive and you'll find yourself saying, "I'll climb onto a pony" instead of getting back on the horse.

When connecting, try to remember Shakti Gawain's quote and recognize your true self, accept your struggles by making peace with them, and then move forward by getting on a pony if the horse looks too big.

So ask yourself:

What can I do right now to change my poor health habits?

Jean Marie DuHamel, MA, CEC

Three practical ways to empower your family:

- Meet your families needs
- Negotiate/Involve them in your work
- Empower them to speak

Three ways to practice perseverance:

- Keep going even when you get tired
- Hang on
- Keep the prize in your mind's eye

Three ways to learn about perseverance:

- By reading about & talking to those who persevered before you
- By asking someone to walk the journey with you
- By striving for your goal and in the process remembering the journey

~~For what purpose will you choose to persevere?~~

