



## **Slim You , Meet not-Slim You**

### **Lesson 1**

We are heading into a new phase of our program. This week is all about about getting to know and to love the part of you that overeats.

Let me first preface this by stating that *Slim You* has nothing to do with a number on a scale or a size in your jeans. *Slim You* simply refers to the part of you where you feel healthy in your choices, in your skin and in your eating habits. For the purpose of this course, *Slim You* does not have a size. It is the understanding that you have many parts that make up your -self - and *Slim You* is the healthy aspect of you.

We are multidimensional, multifaceted beings. There are many parts of your - self living in your being at this very moment. Think about it- at any one time we can be a wife, mother, co-worker, friend, daughter, student, teacher, sister, girlfriend....and we can switch from one to the other in mere seconds. Sometimes we can be more than one at a time. And just as there are different roles of your - self, your identity is also mixed with your high self-esteem, healed heart which is full of knowledge; when you are healthy, happy and successful. And then there is the side of you that is mixed with low self-worth and trauma; when you are compulsive, addictive, neurotic, and so on. You might express yourself beautifully, confidently and lovingly in one aspect of your personality; yet meanly and fearfully in another. Here is the good news - you are NORMAL! This is normal.

For an overeater like you, like me, food is an area of our life where fear has infected our nervous system. It is like we have been hacked and it is causing a malfunction. I can personally attest that while in some areas of my life I felt successful and competent, when it came to eating it was as if the wires had been crossed in my brain. What was unhealthy seemed to be good to me and what was good, seemed boring. The confusion of signals was so deep that my rational mind could not fix it.

Our next few lessons will be centered around transforming your trauma-malfunctioning self through love. You will no longer live in denial or hatred of the *Not Slim You*. You will learn to

embrace ALL facets of your-self. The *Not Slim You* has been created out of fear. And since fear is simply an absence of love, it is calls for love in order to be made whole again. Fear cannot be fixed with fear. It can only be transformed through love.

You are *you* whether you are eating well and making healthy choices, or overeating. The difference is when you are making good choices and eating healthy, you are working from place of love. Whereas when you are eating to excess, you are expressing fear. Just as light dissolves darkness, love will dissolve fear. AND you will find your fat cells will dissolve *permanently* when they are dissolved through love.

How many times have you (I) looked in the mirror and berated ourselves for what we saw? The conversation with our two selves may go something like this, “I hate these stretch marks, I need to cover them up. My thighs are too thick, I can’t stand the way they look in these jeans.” Any reaction to your *Not Slim You* that is based on judgement, self-criticism or self-loathing will KEEP your added weight in place. I used to think if I got disgusted enough with myself, I would guilt myself into losing the weight. News flash – it didn’t work! Sure I did lose weight over the years, but I also put it back on; the classic yo-yo girl. Nothing ever seemed to make me happy, satisfied or help me love myself enough- EVEN at my ‘ideal’ weight. Why? Because I never changed the internal dialogue I continued to have with *Not Slim Jen*. It wasn’t until I learned to LOVE *Not Slim Jen* that I received the miracle I was looking for; the removal of my excess weight. The release from my self-induced prison and new found love for *Not Slim Jen* was the key .

*Not Slim You* didn’t ask to be here and she isn’t comfortable where she is. She was called into existence by *you* and only you can release her. By making her your friend instead of your enemy, you will finally release her for good. She will no longer have purpose when you morph into your true self.

This next week is all about healing your relationship between the part of you that eats wisely and the part of you that eats dysfunctionally. Our first step is to recognize the two aspects of you: You and *Not Slim You*. In order to heal, you first need to become acutely aware of the feelings you have been harboring against *Not Slim You*. You are going to face them without judgement or condemnation- remember fear cannot heal and bring love. Only love can heal fear. As you bring your shadows to the light, you allow light and love to dissolve the fear that has invited *Not Slim You* to manifest herself. We need to do this before we can dig deeper and uncover belief systems or possible traumas in your past that led you to manifest *Not Slim You*. In doing this myself, I didn’t find any trauma, but I did discover belief systems that kept me from wanting to stay thin. You will discover your own keys to open your prison door.

And so we begin....

## Today’s Assignment:

1st: Journal all the aspects of *you* that make you happy and you find attractive about yourself. Go into detail and include the feelings associated with them.

*Example: I love how creative I am. I feel free and my energy flows when I create, bake, paint, draw.... I know I make others happy when I give them \_\_\_\_\_. This makes me feel worthy loved. I also love.....*

2nd: Journal all the aspects of *Not Slim You*. Be totally honest and don't hide from them. Use just as many details about how *Not Slim You* feels and views herself.

That is all for today -it is just an unveiling.

I don't want you to do anything more than face your *Not Slim You*. We will be expanding on this exercise tomorrow with an indepth letter to *Not Slim You*. For today I just want you to simply stop hiding from her. We are moving her out of the shadows and closer to the light.