

Sampler



bodyzen

Being at peace with your body.

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What is BodyZen?

BodyZen is all about being at peace with your body no matter what your age, size or current mindset. It's all about feeling lighter mentally, emotionally, spiritually and physically.

The aim of *BodyZen* is to surpass your expectations in terms of how much you really can achieve. However, in order for this to happen, we cannot emphasise enough that it will only work if you choose to take action. It is imperative that you take full responsibility for your actions and outcomes. We can provide you with the tools and resources but, with anything you want to achieve or have achieved in life, the more effort *you* put in, the better the result you can expect to achieve.

To further emphasise this point, we'll share a discussion with a client (who we'll call Des) who chose to trial the *BodyZen* program for us. Des admitted that he didn't actually complete the trial section of the program. He read the first section and stopped when he had to start doing some 'work'. When asked why he stopped, he said because he was 'skeptical'. We asked what he meant by this and he said 'Basically, I don't believe any program can get me to achieve the fitness and body I really want.'

Our response was 'you are right' and he was shocked. We elaborated by explaining that no program can get anyone to achieve anything *unless* they (1) make the decision to change first, *and* (2) are willing to put in the work/time/effort/energy required to get the result they want.

He said that sounded ‘airy fairy’, and we challenged him. In our view his use of ‘airy fairy’ was an excuse for him not putting in the effort to get what he truly wanted. With further discussion, he totally agreed and admitted it was an excuse, but he wasn’t aware of it until we challenged him.

Later, Des made the decision to achieve all that he wanted – a fit, toned body and exceptional fitness – and he is happier than he has ever been. The greatest part of his happiness comes from the sense of satisfaction he gets from knowing that *he* is the one who is responsible for the positive changes he has made – *not* the *BodyZen* Program. While the tools and resources provided in the program made it a lot easier for him to achieve his goals – in fact he says he may never have achieved his great results without it – *he* is responsible for taking action to make the changes.

So often we seek out the ‘quick fix’ that we hope will resolve our issues instantly, rather than taking the time to fix or change something for good.

There is no quick fix when it comes to truly being at peace with your body. If you want to make real, long lasting changes, you must put in the effort. *BodyZen* will show you strategies that have been used successfully by many people over many years to lighten up in the physical, mental, emotional and spiritual areas of life. It is up to you, when and if you choose to use it.

Welcome to BodyZen!

Almost all of us have been on a diet at least once in our lives, yet a whopping 95% of fad diets fail!¹ The strange thing is we all know what we need to do to lose weight, and keep it off. Quite simply we must:

- Eat less calories, or
- Burn more calories through our fitness activities, or
- Combine both of the above.

If we all know what we need to do, why do the vast majority of us fail?

Because it is not about the diet! Effective sustainable results will only happen when we address our mind. Ultimately, our body will do whatever our mind tells it to do, whether we are conscious of our mental instructions to our body – or not.

If you want to:

- Feel better about your body,
- Feel better about yourself and
- achieve your body-related goals

... then *BodyZen* is the program for you! It will cut to the core of your mind-body relationship. And it will show you ways to shift your mind to support the physical, mental and emotional result you want through a self-paced coaching program.

References

1. <http://www.ext.nodak.edu/extnews/newsrelease/1999/070899/04faddie.htm>

BodyZen is not about diet and exercise. In fact, *BodyZen* is the opposite of fad diets, which can often rely on a target market with a low self-esteem and low self-image. When we're not feeling good about ourselves (and let's face it – all of us have been there!) we are a prime target for a diet program that offers us a way to feel better about ourselves. Society teaches us that to look 'good' (as defined by society) is what we need to strive for in order to 'feel' good. But this is hardly ever true. If we want to feel truly good about ourselves, we must start by feeling that way inside, regardless of how we think we look on the outside. Diets distract us from the real reason that we are unhappy by focusing on the physical aspects of our person. The physical is certainly important, but in order to be a truly balanced and fulfilled individual we must also pay attention to the mental, emotional and spiritual aspects of our being. This is where the *BodyZen* self-paced coaching program comes in.

The following examples help illustrate this point.

Sara's issue was overeating. She had been brought up to value physical health and to manage her health by her choice of food and exercise. She has gone to sometimes painstaking degrees to learn what food she should and should not be eating for optimal energy and health, and when she is in a situation of stress she reverts back to her knowledge in this area to 'control' her food intake and exercise regime quite strictly. Often this would lead to a yo-yo reaction and she would overeat. For years she continued to use this approach even though it ultimately did not work for her. Sara had a breakthrough when she went to a health and wellness spa and discovered that she was repressing a lot of emotion, particularly sadness about past events. When she allowed herself to release these emotions it immediately meant she felt more satisfied and calm about life. Now as long as Sara stays aware of her emotions and the need to express them, her tendency to overeat remains in check.

One of our clients, who we will call Dave, has been working on and off for over twenty years on achieving and maintaining his ideal body and level of fitness. Several times he came close to his goal, but he would let his diet and/or exercise program slide just before he achieved his goal. He eventually worked out that he has a pattern in his life generally of starting things but not finishing them. His mind was programmed to believe that this is the way he is, so his mind would literally undermine his physical goals every time.

Susan was a typical yo-yo dieter, trying everything that might be a quick fix to her lack of self-esteem with her body image and weight. Susan would typically get to point where her "extreme" behavior would kick-in i.e. suddenly she would decide she must go on a diet and then would not let one "bad" food pass her lips. Obviously this kind of routine was not sustainable and inevitably after about 3-4 weeks she would find herself back to her usual pattern of over-eating. Susan had a breakthrough when she realised that it wasn't all about an instant result, the key was to enjoy what she was doing, notice what she was feeling and integrate it into her life as a habit, one that could be easily and effortlessly sustained. She also realised that it was about how she felt within her own body and clothes and not how she compared to other people. As long as she felt at minimum, comfortable and at maximum, like she could take on the world, she was happy and content within herself.

The real action, according to a growing number of nutritionists, dieticians and doctors, is less about what we put into our mouths and more about what goes on in our heads. It's all about our attitude to eating. The way we eat. Not what we eat.

Notebook Magazine, November 2008

How many of the following scenarios sound like you?

- I have tried countless diets and most of them/all of them failed.
- I have been on a diet, lost the weight I wanted and then down the track gained it all back.
- I keep feeling like I should go on a diet and lose a few kilos but I don't really want to.
- I have a habit of craving fatty / sugary / junk food when I am feeling down or bored.
- I have a habit of eating much larger portions of food than I think I need and then I feel so full I regret it afterwards.
- If a favourite food of mine (chocolate, chips etc) is the in the house or in front of me I can't help eating it even if I am not hungry.
- When I look in the mirror I don't like what I see.
- I don't feel good about myself and secretly feel if I was thinner / more muscly / more toned then life would be better.

Most of us would say that at least one or more of the above scenarios is familiar. It is important to be aware that if you do feel this way you are not alone, and there is a way to overcome these scenarios.

Why does BodyZen work on our mind?

Every day during our waking hours we have over 60,000 thoughts go through our mind¹. Thoughts create energy. A scientific study has proven that just one thought can generate enough power to light a light bulb for two full minutes! Quite simply, if we become aware of our thoughts and then learn how to choose them we can create more of what we truly want in our lives.

Why does BodyZen work on our feelings?

Our thoughts create our feelings. Feelings are 'emotion' derived from the word 'e-motion' which originally stood for 'energy in motion'. Once our thoughts create energy, they become emotion in our body – what we feel. *BodyZen* will show you how to create the feelings you want, easily and effortlessly.

BodyZen will guide you to the core of your thinking and your emotions. It will allow you to see what is going on in your head and in your heart. It will then give you strategies that you can apply to help you achieve what you really want in relation to your body.

References

1. <http://hubpages.com/hub/SECRETS-OF-NAPOLEON-HILL>

One of the overriding principles of the authors of *BodyZen* is that each of us is an individual, and there is never one solution that is relevant to everyone. We do however see the value in identifying themes that may apply to a number of people to aid in self-discovery and awareness.

The following list has been formulated from our years of experience with ourselves, our family and friends, and our clients. Read through the list with an open mind and notice if any one or more of the reasons apply to your situation.

It is important to mention that each one of these reasons is not about the physical aspects of your life i.e. not about the diet, not about the exercise regime, not about what you eat etc. The reasons are all linked to the other aspects of our lives that we sometimes overlook – our mind, our emotions and our spirit. If we want to make change in the physical aspect of our lives we must ensure that we set up the other areas of our being – the mental, the emotional and the spiritual – to support what we want.

The *BodyZen* program is divided into 5 sections to address each of these reasons. You may find that only 2 or 3 apply to your situation. However, in order to get the full benefit of the *BodyZen* program, it is essential that you work through every section as it is laid out.

The top 5 reasons why you may not be achieving your body-related goals

1. It is not important enough to you

- *You think you 'should' change, but you don't really want to*
- *Other goals take greater priority in your life*

Section One – Where are you right now

2. You are not paying attention to your choices that undermine your goal

- *You are in mental overdrive and always feel pressed for time or 'busy'*
- *Your mind races all the time and is full of information*

Section Two – Self-Awareness

3. You believe you don't deserve to

- *Your thinking causes you to stay as you are*

Section Three – What's on your mind

4. You are emotionally 'clogged' or 'out of balance'

- *You have repressed or denied some of your emotions for various reasons*
- *Food feeds you emotionally and makes you feel good*

Section Four – Express your emotions

5. You are not doing what you love, or enough of it

- *Food fills the void as you are 'pleasure poor', or*
- *Staying as you are is a buffer protecting you from taking the risks required to do what you love*

Section Five – What makes your heart sing

Thanks for taking the time to
trial the BodyZen program.

To continue on with the program please visit

www.bodyzen.co



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