

Weight Loss With Energy Medicine



**Using Energetic Therapy To Transform
Mind, Body, Spirit**

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***The Crystal Light Crystal Therapy Certification Course** This incredible course is our biggest and most popular course on the internet! This is the study of crystals and how to heal with earth's precious gems!

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***The Crystal Divination Workbook** This is Andrew's NEW workbook, which utilizes the power of crystals for divination purposes! Andrew includes in this workbook: crystal grids, pendulum work and techniques, metaphysical properties of crystals, his Crystal Oracle Cards...and much more!

***Chakracology - A Certification Workbook and Manual** This workbook format allows you to look at the energy of the Chakra and how they affect us on a daily basis. The book allows you to work through each center on a mental, spiritual, as well as a physical level and then find ways to re-align, balance and manage your energy in a positive way!

***The "Color Elite" Color Therapy Certification Course** Andrew Pacholyk, MS, L.Ac. has finally published his most complete healing course using the power of color and light therapy. This ultimate guide to chromotherapy teaches you about color and every aspect of it, how it is used in different therapeutic settings and how it has become such a great healing modality, no matter what profession you are in you will learn how to incorporate color into your daily life!

***Transitions: The Transformational Guide and Workbook for Creating Great Health** is Andrew Pacholyk, MS, L.Ac. culmination of years of clinical work. This is a manual you can use, whether you are healthy or ill or somewhere in between and you want to rebalance your mind, body and spirit to become the whole person you can be! This workbook gives you a plan to take care of yourself. It can be used over and over to find balance and keep yourself as healthy as possible. It gives you "tools" to use when and where you need them. It helps to evaluate where you are in your journey and offers ways to get you exactly where you want to be!

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The Secrets to Weight Loss

Weight Loss: To obtain successful weight loss, you must apply this rule: **"Eat less and exercise more."** This means **eat less** sugar, simple carbohydrates and saturated fats. The right dietary choices can have a profound impact on our health and longevity. It also means to **increase your exercise** by jumpstarting your metabolism and improve your fat burning furnace.

The fact remains that none of the fad diets or supposed breakthroughs in weight control have made any difference in the epidemic of obesity. Obesity is a complex, complicated problem containing both physiological and psychological components that must be addressed.

About **66% of adults** in the USA are overweight or obese, and a recent government survey showed that one-third of children and teens, **about 25 million young people** are either overweight or on the brink of becoming so.

According to the **American Institute of Cancer Research (AICR)**, the best strategy to promoting good overall health is to eat a balanced, predominantly plant-based and nutritionally dense diet. Most of your daily calories should come from vegetables, fruits, whole grains and beans.

By avoiding weight gain, you avoid higher risks of many chronic diseases, such as heart disease, stroke, type 2 diabetes, high blood pressure, osteoarthritis, and some forms of cancer.

Loosing Weight Effectively

The key to losing weight effectively is:

1. Calories

Taking in fewer calories than you can burn results in weight loss.

Taking in more calories than you can burn results in weight gain!

Women should restrict their calorie intake to 1200 a day

Men should restrict their calorie intake to 1500 a day

Be Aware Of Your Calorie Intake: If you are unsure about the calories in your meal, I feel it is essential to learn this amazing tool for effective weight loss. Record in your ledger or journal the calories of everything you put in your mouth for one week. Be in tune to the total calories you consume daily, and make an effort to replace high-fat foods with low-calorie ones like vegetables and fruits. Taking in fewer calories than you can burn results in weight loss.

2. Discipline

I cannot stress enough how discipline is the second most important aspect in losing weight or achieving any kind of success in your life! **It is the secret** to the most effective, efficient and well strategize plan you can give yourself! Being successful, losing weight, maintaining relationships are not tasks that come easy for most people. They are all things we must work hard on creating, keeping and maintaining! (Why do you think diet plans have *Results not typical with an asterisks? Most people have a lack of discipline). You probably already have some forms of discipline in your life. You pay your bills by a certain time, you show up for work every day, often plan your finances, your meals or walk your dog. These are all disciplines in your life already. Some of us need a little more in our lives than others. This is where you can gain great help and insight, by:

- a). Creating a plan to lose weight.
- b). Shop ahead for your food.
- c). Map out your food plan.
- d). Eat 5 times a day
- e). Plan out your days of exercise and what you will do
- f). Drink your water, cleansing smoothies and juice
- g). Incorporate the mental wellness techniques in our guide
- h). Use the body beautiful techniques in our guide
- i). Use the meal plan provided as a reminder for your day
- j). Check off or write out what you have for each meal
- k). If you want to map calories, do it for the first 30 days

The whole idea with these suggestions is to show you just how much you are eating, how many calories you are consuming and to get you into a pattern, which will set you up for great success!

3. Portion Control

This was a hard lesson for me to learn. As a dancer and someone who always worked out, I felt I had my portioning under control. I eventually learned why I would get that bloated and discomfort feeling after eating. It was my portion size. Sure I was active and exercising but as I aged and my metabolism slowed, my portions were not changing with the rest of me! Once I understood the discipline behind this, it changed my life! An easy way to understand portion control is to look on the back of any Nutritional Label.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	Check calories
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	Limit these
Sodium 470mg		
Potassium 700mg	20%	Get enough of these
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Sample Nutrition Label

On this label, one serving size is a cup. In that cup is 250 calories. There are 12 grams of fat in this serving. Look at the fiber, sodium, saturated fat, trans fat and total fat numbers. These are for this one-cup serving. So, it is always a good idea to pay attention to this information, especially when you are food shopping.

Eat portions to satisfy hunger, not to clean the plate. By dinner, if you have complex carbs (potatoes, yams, brown rice...) with your meal; it should be no more than a cup full. Half of your plate should be vegetable. The meat, fish, chicken portion should be the size of your fist. Portion control is the secret to a healthy weight!

4. Exercise is another key element in successful weight loss.

As we age, our body's composition gradually shifts as the proportion of muscle decreases and the proportion of fat increases. This shift slows our metabolism, making it much easier to gain weight. Many people become less active as they get older, increasing the risk of weight gain. Choosing a lifestyle that includes good eating habits and daily exercise can prevent weight gain.

You have got to move! A walk around the block is just not going to cut it. You have invested time in creating a plan, you have gone shopping and you are eating your proper proportions, but exercise is what your body needs to really keep you healthy, fit and strong. Not only does it help burn excess calories, but also by increasing your physical activity you can modify the way your brain regulates hunger, hormones and stress, making you less susceptible to food cravings. If you are currently on an exercise plan and you are not losing the weight you want, you need to step it up! Change your routine. Change the exercises you are doing. Mix it up. You should do both cardiovascular movement as well as weight bearing exercises. If you are currently not working out, it is time to start. Talk to your doctor about a physical exercise program. A doctor will tell you if you are ok to exercise. Most doctors will not tell you that you are not able to exercise. Then, find a knowledgeable trainer; join a gym, exercise plan or community

group, such as yoga, tai chi, pilates or a running group. The most important thing to do is find fitness you feel great about doing! It may take time, but the basics are essential and that is aerobic exercise (cardiovascular) and anaerobic exercise (weight bearing). You must schedule exercise into your day, as you schedule everything else.

5. Drink your water

What ever the current controversy is about water; 8 glasses or not 8 glasses; the bottles the water comes in (leaching toxins?), the key to water is that it is essential to life! Most people do not drink enough water. By the way, if you look on the bottom of your water bottle (or any bottles you buy water in) they should have a number 1 on them. This plastic does not leach toxins into the water. The plastic water jugs you purchase to carry water or fluids in may have the number 7 on the bottom of the bottle. If it does, throw it out! (These bottles have currently been shown to leak toxins into the water from the plastic). Water is also an important component in weight management. It nourishes the body and fills you up. Carry this bottle of water with you everywhere and enjoy its contents. Drink plenty of water daily. Not only will you lose water as you exercise, drinking water makes you feel full, therefore, not as much room for food.

6. Be prepared

Having the right food around is imperative. Because when you get hungry, you are likely to eat anything you get your hands on. Plan your meals, do your food shopping and have a variety of heart health, fiber-filling foods you love at your disposal. Ready to be eaten when it is meal or snack time.

7. Think Lifestyle

Remove the word diet from your vocabulary. You will be making changes that will have a profound effect on your way of thinking, how you eat and most of all, your lifestyle. Once you make these changes, they become habit. **Good habits.** Good habits become a healthy lifestyle.

8. The Glycemic Index

The glycemic index describes the difference by ranking carbohydrates according to their effect on our blood glucose levels. Low GI carbs produce only small fluctuations in our blood glucose and insulin levels and this is the secret to long-term health reducing your risk of heart disease and diabetes and is the key to sustainable weight loss. You must try to eat low on the glycemic (sugar) index, in order to avoid highs and lows in your blood sugar that can lead to increased insulin production and conversion of calories to fat.

9. Alcohol is fattening

Since it can't be stored by the body and burns up right away, it increases the likelihood that the food you eat while you're drinking will turn into fat.

10. Eat Right, More Times

Eating the right carbs, proteins and fats should be consumed in small portions more times throughout the day. This keeps craving and blood sugar levels in check. Water, carbohydrates, proteins, and fats are the basic building blocks of a good diet. By choosing

the healthiest forms of each of these nutrients, and eating them in the proper balance, you enable your body to function at its optimal level.

11. Vitamin Therapy

This is a good way to help your body regulate what you may not be getting through your diet. A good daily multivitamin is the best start.

12. Limit Animal-based Foods

Foods such as meat and dairy products, which are loaded with saturated fat and cholesterol. Use olive oil or canola oil instead of butter or margarine to reduce your intake of saturated fat and hydrogenated fat (trans fat). Moderate your consumption of fried, salted and smoked foods.

13. Believe

Your belief system has everything to do with the mental and spiritual aspects of weight control. Fight anxiety with relaxation exercises rather than food. Utilize meditation, yoga, stretching. By creating healthy eating habits and regular exercise, you are sure to lose weight without depriving yourself of nourishing food. And if you continue those good habits after you reach your goal, you will have an excellent chance of maintaining your desired weight and see it more as maintaining a lifestyle as opposed to a diet. Learning to have a more **structured and disciplined lifestyle** can make all the difference in your progress. You deserve it!

14. Sleep Well

Good quality sleep is important, especially when you are trying to loss weight. I think it is most important to go to sleep with a "**Quiet Mind**". Sleep rejuvenates, detoxes and regulates the body. Sleep allows our body to rejuvenate and repair!

15. Overcome Fear

Fear can be an underlining problem in many cases. There are many ways to quiet the mind. Doing 15 to 30 minutes of meditation or yoga can be very helpful. You must allow yourself to be distracted or get into your meditation or yoga and "let go" of the day's thoughts.

16. Don't Smoke

Besides the fact that it can cause lung cancer and is the second leading cause of death for both men and women, nicotine is a stimulant and complicates weight control.

17. Life to Go

Everyone has a busy lifestyle. You plan your day's meetings, schedule your kid's soccer game or know when to pick up the dry cleaning. Do the same with your meals and snacks. **Prepare food ahead.** Make goodie bags with cut veggies, apples, grapes, pears, and bananas. Have some nutrition bars on hand or cook/pack your lunch the night before. Mix a salad or make a large pot of soup or hearty chili.

18. Shop Ahead

Go natural, go organic or simply go to your local food store, which seems to have fresh produce. The products you choose should be low in sodium and contain wholesome ingredients, and they should be trans-fat free. Plan meal ideas and shop ahead for them. This way, it gives you less of an opportunity to end up at a fast food restaurant.

19. Weigh In

At the start of your program, weigh yourself. Note the weight in your [journal](#) and note your goal. What is your goal? Is it 5,10,20,30 pounds or more? Keep it realistic. Achieve goals in small increments, then reassess your goals, once you achieve that level you decided on. **NOW** give yourself sometime. Do not step back on the scale for another two weeks. Your weight will move up and down, may change due to your water intake and output or fluctuate with hormone levels. If you give yourself a two week window and you have remained firm to your discipline, you will be amazed at your progress after two weeks.

20. Body Mass Index BMI

According to The Cleveland Clinic, A BMI (Body Mass Index) of 40 or more indicates morbid obesity, which increases a person's risk of death from any cause by 50% to 150%. BMI is an indirect measure of your body fat, which is a quick way to see if you are overweight. BMI uses a person's weight and height to gauge total body fat.

A BMI of 18.5-24.9 is ideal.

A BMI of 25 to 29.9 is overweight.

A BMI of 30 or more indicates obesity.

A BMI of 40 or more indicates morbid obesity, which increases a person's risk of death.



Weight Loss and Our Emotions

There is an emotional aspect to every illness. Often times, it is the emotional thoughts or "excess emotions" that will lead to illness.

Weight gain is often caused by "emotional eating" due to stress, anxiety or social habits. There is often a "hole" in our character, personality or mentality that we tend to "fill-up" with food. We need to look for something else to fill that void. A passion or hobby can bring us **"back to our center"**. For whatever reason we have low self esteem, a lack of security or the need to please others instead of taking care of ourselves, we need to take back our power and do for ourselves.

The ability to balance your emotional, mental, physical and spiritual self is up to you. Here are some suggestions:

Unhealthy Emotions!

- **"Overweight conditions, like all imbalances, are supported by unhealthy attitudes"** says Paul Pitchford, author of "Healing with Whole Foods".
- **Make a commitment to fundamental change toward...** emotional clarity, physical vigor and or spiritual awareness.
- **Commit to a balanced diet of unprocessed food that...** limits or eliminates animal products.
- **We associate food with rewarding ourselves.** Learn to nourish your soul rather than fill your stomach. What need are you trying to satisfy?
- **Find healthy rewards.** Reward yourself with a piece of delicious fruit, a hot bath or glass of wine.

Our emotions feed our mental and physical state. When we are on a weight management plan, it is important to become aware of your emotions, as they play a very important part in your success.

Everyone experiences emotional challenges now and then. Emotions manifest themselves in many ways and have many causes.

Repressing emotions can often contribute to poor health, a weakened immune system, as well as, physical illness!

Part of self growth and developing self-knowledge involves learning to express the feelings, ideas and thoughts you are having. To describe how you are feeling can sometimes be a challenge. Here is a look at some of the emotions and feeling related to weight loss:

Fear

In Traditional Chinese Medicine, the Kidneys are the Organ most likely to be damaged by fear and to cause a person to be more prone to feeling fear when damaged or suffering imbalance. So it's not surprising that something, which can build up, the Kidneys would help panic attacks when the panic attacks have a root of Kidney imbalance.

There are a lot of different things that can cause panic attacks. About the most well-known one is respiratory alkalosis. This is the CO₂ (carbon dioxide) level in the blood is too low and the pH (measure of acidity-alkalinity) is too high (too alkaline). The person feels like s/he's smothering and needs more oxygen, but the O₂ level is too high. It's the CO₂ level that needs to be brought up.

This is the condition where if the person will hold his/her breath or breathe into a paper bag (and re-breathe CO₂ just exhaled), the CO₂ content of the blood will rise and the pH will get lower (less alkaline), and the breathing problems and the panic will stop. The most common cause of respiratory alkalosis is hyperventilation (breathing too fast and too shallow), and the most common cause of hyperventilation is anxiety. When the CO₂ drops low enough and the pH rises too high, the anxiety turns into a panic attack.

Without a doubt, there are situations in our lives that cause fear. This is something we must "pick apart" in order to find its roots. There may be one or two things that are not allowing your mind to be free. Write them down.

Fear and the Amygdala

Whether you are ecstatic, dejected or frightened, emotions certainly can have a grip on your life. In the world of science, however, emotions did not have such a hold. In the past they took a back seat to more clear-cut scientific topics. But now an increasing amount of evidence is showing that the emotion of fear is decipherable. The identification of a specific brain system that processes fear is spurring a great interest in the field. New discoveries could explain the mystery behind many mental disorders and prompt the development of new treatments.

An almond-shaped area of the brain, the amygdala (uh-mig-dah-la) receives signals of potential danger and begins to set off a series of reactions that will help you protect yourself, according to an increasing number of studies. An additional message sent to the amygdala determines whether there is a threat or not.

Fear can often be a daily part of our lives. The fight or flight response can occur when an individual is subjected to fear such as a threatening situation or a resistant or hostile event. The response may be one of confrontation or one of avoidance such as running. The response involves all parts of the nervous system, as well as the endocrine system, and can be consciously or unconsciously mediated.

The autonomic part of the fight-or-flight response results in a general increase in sympathetic activity, including heart rate, blood pressure, sweating, muscular strength, and can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for "fight or flight." The fight-or-flight response is adaptive because it enables the individual to resist or move away from a threatening

situation. can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for "fight or flight."

Tips for Releasing Your Fears

No matter what type of fear you are experiencing, there are many techniques which will allow us to move forward.

1. By slowly taking away the "layers" of what covers this fear or block, and discovering what is truly at the root of the fear, it enables us to deal with it from a higher point or view and opens up a path in which to rebalance.

2. Look at them on paper. Send them to me if you like (we can look at them together). Be honest with yourself when you write them out. Go with your immediate intuition. Fears have a tendency to dissolve when we are looking them face on.

3. Re-balance. As a holistic individual, you know that our bodies are continuously in a state of re-balancing itself. This is how we function. This is how we grow. By holding on to a fear, we are not allowing this processes (your intuitive state) to flow freely. This block can be the cause of a much bigger problem.

4. Letting go. By giving this fear up to the universe to handle, you are essentially allowing yourself to release this fear, and in turn strip away any kind of meaning or significance it may have upon you. By letting go, this allows us to move to the next level in our lives. The next natural process. Often times, this is a fear in itself. The fear of "what will happen when I DO move to my next stage in life?" **Feeling protected** always comes by letting go of the fear.

5. Let your guard down. Let it go. This is not a fear. This is a great journey. Allow yourself to follow it.

6. Being Grounded. Being grounded is related to our survival instincts, and to our sense of connection to our bodies and the physical plane.

7. Being Aware. Ideally, being aware allows us the understanding of fear, which gives us the comfort to feel protected. Once you know what your fear is, you can take steps to address it. Being aware can keep us healthy, secure, and allow us dynamic presence.

8. Be Familiar. When we are familiar, we are comfortable and we feel connected with our physical body and the space around us.

9. Be Open. Being open, gives us the ability to be conscious and secure in ourselves and determines how we look at life around us. This roots us in survival of both the physical realm and spiritual body.

10. Deep Breathing. Learn to breath deeper. This is very helpful in stressful situations. It allows for the release of carbon dioxide (stress) and room to take in fresh, soothing air (calm).

Worry

Worry can only serve you well if you worry and recognize that a plan of action is needed, in a stressful situation and then you act on it.

Sympathy and nurturing are traits that make up an earth personality, but excessive worry becomes a state of restlessness and agitation, producing mental uneasiness, foreshadowing, anxiety, and painful uncertainty. The "**what if**" syndrome is a constant pattern that is played out in the mind of someone who worries too much. The emotional aspect of earth can carry a deep sense of emptiness. This tends to make worry or over thinking even worse. This downward spiral creates a destructive behavior that makes the earth personality seek out constant reassurance and a sense of neediness. Worry is a destroyer of the soul. Left unchecked, worry lends itself to hysteria.

Every system in your body is affected by worry. It affects the respiratory system and aggravates asthma. Since the lungs are related to the skin, it affects the skin by causing rash, itching or hives. It affects the circulatory system raising blood pressure, increasing blood clotting and your risk of heart attack and stroke. Muscle tension can lend itself to headaches, back and body aches. Of course, the related organ, the spleen and stomach, will increase stomach acid, affect your intestines and can lead to stomach pain, constipation, diarrhea, gas or heartburn. Since much of the immune system is apart of the digestive tract, there is growing evidence that suggests chronic worry can compromise your immune system, making you more vulnerable to bacteria, viruses, and perhaps even cancer.

Stop The Worry

- 1. Worry is a viscous cycle** that you create. Stop the mental chatter. Think about something else.
- 2. Get active in something else:** Do volunteer work, clean the house, and interact with a charity, church or community group.
- 3. Work with those less fortunate:** This often shows you how lucky and grateful you should really be.
- 4. Issues of control:** need to be let go of. "I trust that everything will work itself out the way it should be". This should be your mantra. Trust can be a powerful and giving action. "Everything will be okay"!
- 5. Talk Therapy:** whether it is with your best friend, a therapist or a perfect stranger, sometimes expressing your concerns is all you need to get it out and on the table.
- 6. Do something you enjoy:** preferably with a friend. Someone who can show you reality. A friend can ground you and show you the fun you are lacking and the worry, which consumes you.
- 7. Exercise:** is one of the best ways to push through stress, anxiety and will make you sweat, burn calories and improve feelings of depression.
- 8. Calm your mind:** by doing some deep breathing, yoga or meditation. Close your eyes and put your mind into a tranquil, peaceful setting that allows you to wander and invite a sense of serenity.
- 9. Know the difference between** a situation over which you have control and one over which you have no control. This will make all the difference in how you handle something.
- 10. Let go:** If you have done all that you can do to rectify your situation, it is time to leave it in greater hands. The Universe truly takes care of your needs. You simply have to **ALLOW** this to happen.

Anger

Anger is the feeling we experience when events in our world are not going according to our plans. Anger is one of the most common and destructive delusions affecting our minds. Because it is based on an exaggeration, anger is an expression of our belief system and how we defend it. It's as if we have an inner idea of how things, events and people should be for us. When we get angry and either feel frustrated or try to change them, we tend to give away our power! Many of us remain a victim to our tempers all of our lives. In essence, anger is the feeling we get when we want to control the world around us.

In Traditional Chinese Medicine, anger is most prevalent in the Spring. It is considered the emotion of Spring. Although we can and do experience anger at any time or season, it is Spring when we are most easily angered. This is believed to be due to the changes of light and dark and the balance between them.

It is very important to identify the actual cause of whatever unhappiness we feel. If we are forever blaming our difficulties on others, this is a sure sign that there are still many problems and faults within our own mind. If we were truly peaceful inside and had our mind under control, difficult people or circumstances would not be able to disturb this peace, and so we would feel no compulsion to blame anyone or regard them as our enemy. To someone who has subdued his or her mind and eradicated the last trace of anger, all beings are friends.

Techniques for Managing Anger

1. The first step towards managing anger is to identify which attitudes and convictions that many predispose us to being excessively angry in the first place! Once these beliefs have been identified, it is important to take steps to understand and correct them, if need be.

2. The second step is to realize that anger is a natural human emotion and it is not the emotion of anger that tends to be a problem. The problem is the mismanagement of our anger. Mismanaged anger and rage are the major cause of conflicts in our lives. This mismanagement often has **roots from our childhood** that prevents us from expressing our anger as appropriately as we should. These factors include fear, denial, ignorance and impatience. These factors can derail the appropriate management of our anger towards others. Learning to understand and change these factors in ourselves, will allow us to express our suppressed anger in a more appropriate way.

3. The third step is learning the appropriate ways of expressing our " honest and legitimate" anger at others so that we can begin to cope more effectively with anger provoking situations as they come up in our lives. When we are anxious or depressed, we are often experiencing the consequences of our suppressed anger. The problem is that we have suppressed our anger so deeply that we succeeded in concealing it from our own selves! All we are left with is the residual evidence of it, our anxiety or our depression. When we are depressed, very often we are also angry at ourselves without realizing it. Learning to appropriately manage our anger at ourselves is the antidote to much of alcoholism, drugs and sexual abuse.

4. The fourth step in the Anger Management process is to approach anger by taking responsibility for our own reactions and behavior. We can do this by addressing our anger with the following coping techniques:

1. Listen to other people, first: listen carefully to what is being said. Do not have a preconceived opinion before you hear what is being said. Remember, everyone is entitled to his or her own opinion.

2. Think carefully about what you want to say: before you say it. slow down. What is the underlying factor in your anger? Fear, denial, impatience?

3. Be clear about what you are going to express.: Your objective is not to belittle, berate, be sarcastic or attack someone, because their opinion is different than yours.

4. If their statement is pushing your anger button: know why! Try to understand the root of your own anger. Look at why they have formed such an opinion.

5. Express yourself by saying: "I feel angry with (you, them, this situation) because..." Stay calm in the face of your own and the other person's anger. The worse thing to do if someone is angry toward you is to shout back at them! Be patient and ask questions to get to the heart of problem. Try being carefully assertive, rather than aggressive.

6. Make lifestyle changes. Making small changes in your life can allow you to reap great rewards.

7. Get regular exercise: This can help to prevent the accumulation of tension and will give you regular time away from everyday stress.

8. Learn relaxation exercises such as yoga and meditation. These forms of exercise will help to release tension in a controlled, healthy way.

9. Change your environment. Find alternatives for situations, which add stress to your life. Schedule time to relax and unwind.

10. Learn to express your feelings: either by talking to a friend or by venting feelings in other ways, perhaps creatively through painting, journaling or taking on a new hobby.

Guilt

This is absolutely one of the worst emotional responses we can deal with. Without a doubt, this emotion will never serve any one, ever! **Guilt** is a cognitive or an emotional experience that occurs when a person realizes or believes - whether justified or not - that he or she has violated a moral standard, and is responsible for that violation. It is closely related to the concept of remorse.

Sigmund Freud described this as the result of a struggle between the ego and the superego parental imprinting. Freud, an atheist, rejected the role of God as punisher in times of illness or rewarder in time of wellness. While removing one source of guilt from patients, he described another. This was the unconscious force within the individual that may contribute to illness and also to the kind of so called accident that, until then had been attributed to God's will or simply bad luck. Today, as a result of Freud's views, even the victim of someone else's accident or bad luck may be offered criticism rather than comfort. The theory is that the victim may be at fault for having attracted the other person's hostility

Guilt is the greatest destroyer of emotional energy. It leaves you feeling paralyzed in the present by something that has already past. Reflecting on past behavior and learning from it is instructive. Unending remorse about past mistakes serves no useful purpose. In fact, excessive guilt is one of the biggest destroyers of self-esteem, individuality, creativity and personal development. Self-flagellation about a previous wrong only increases the chance that you will make the same mistake again. Intense recrimination over wrongdoing may make you feel absolved of guilt. This sense of absolution almost gives you permission to do the same thing all over again — illogical but true.

How To Banish The Guilt

1. Review the action or event over which you feel guilt.
2. Was the action appropriate or acceptable under the circumstances?
3. If so, let go of the situation and refuse to think about it further. Go for a walk, call a friend or become absorbed in something enjoyable. Do anything but rethink the situation.
4. If your action was inappropriate, is there something you can do to correct it or to make amends? Now take this step and realize you have done all you can to rectify the situation.
5. What have you learned from this experience that will be helpful in the future?
6. Remember that the past cannot be changed, no matter how you feel about it.
7. Excessive guilt will neither alter the past nor make you a better person.
8. By implementing the above steps, however, you will learn from your mistakes and not be obsessed with them.

1. Wikipedia
2. Psych Central, by Maude Purcell

What Is Energy Medicine?

The power of the intangible has taken hold. For centuries, energy medicine has been around and accepted in many cultures. From the doshas and Chakras of Tibetan and Indian cultures to the Meridians and Qi of Chinese and Japanese medical practices.

Energy therapies are becoming much more of an interest to a Western world that has spent so much time dissecting the parts of the whole. Allopathic medicine has made great and life saving advances within the past century. Many of which, we should embrace.

Where Western medicine falls short, is in its disbelief of the intangible whole. The sub-atomic and minute particles that make-up a world we have not begun to understand could just be the basis of our healing capacity.

Now, Western medicine is doing more research and starting to see actual biochemical reactions, which our brain experiences when we undergo such energy therapies such as Touch Therapies, Meditation, Acupuncture, Guided Imagery and Energy Work!

Physicists explain how energy supersedes all matter. Matter is energy vibrating at a frequency that resonates with our optic nerve therefore allowing us to see the energy as solid matter. Therefore, by harmonizing energies, the law of cause and effect will take care of the matter by itself.

Vibrational Tuning

Vibrational medicine, which validates that everything in the Universe is in a state of vibration and the frequency at which an object or person most naturally vibrates is called resonance.

The human ear can detect a minimal range of vibration between 20 to 20,000 cycles per second (cps) or Hertz (Hz). A standard measure of frequency is Hertz, abbreviated Hz. It means "cycles per second." Compare this to the vibrations dolphins or even mice can detect, which is up to 100,000 (cps) and you realize how much more of our "Universal Symphony" we are missing out on.

The rate at which something vibrates, determines how dense it is and how we perceive it to be.

Therefore, different things vibrate at different rates or frequencies. These things can be perceived as sound, light or color or solid matter. There is even a "hum" to the Earth. Known as the **Schumann Resonance**. The lowest-frequency (and highest-intensity) mode of the Schumann resonance is at a frequency of approximately 7.8 Hz. This particular frequency just so happens to be associated with the Alpha waves in our brain, which are most associated with our meditative state. "When your alpha is within normal ranges we tend to also experience good moods, see the world truthfully, and have a sense of calmness. You can increase alpha by closing your eyes or deep breathing or decrease alpha by thinking or calculating.

There is an energy field that surrounds all things. This energy field contains all the information that makes up your body, thoughts and emotions. There is an energy field,

which also surrounds the earth. Research has shown us that the earth's electromagnetic energy field on the body's subtle energies can produce immediate and positive responses!

The human energy field is a symphony of sound, frequencies and energetic matter. From our auric field and Chakra centers, bones, and organs in the body, all possess a different resonant frequency. When an organ or part of the body is vibrating out of tune or non-harmoniously, it is called "dis ease" or disease. A body is in a healthy state of being when each cell, each organ creates a resonance that is in harmony with the whole being.

Vibrational medicine is based on the idea that all illness or disease is characterized by blockage in the channels on some level, either in nadis, meridians, arteries, veins, or nerves. When there is a blockage, the organ in question stops vibrating at a healthy frequency and thus it results in some kind of illness. So, through sound and light, one can break up, dissolve and release these blockages that initiate in our light or etheric body.

Ultra sound has been used medically for almost two decades as a diagnostic tool by pediatricians while the baby is in the very early stages of fetal development. More recently, ultrasound is being used to cleanse clogged arteries. Ultrasound works on the same principle of light equals sound and tone equals radiance manifesting in form.

Entrainment Theory

There is a rhythm to life! From the beat of our hearts to the beat of the streets, everything around us is set to its own timing. There is a natural tendency in nature towards harmony.

When something is not in sync, has dissonance or discord, we know it and can sense or feel it. This creates disharmony between two people or a person and their environment.

When our energies are in sync, this resonance is very apparent. For example, being near someone who is calm, often makes us calm. Being in someone's home that is arranged beautifully, can create a sense of peace. Women who tend to live in close proximity to one another, often become in sync with their menstrual cycles. Couples in a relationship tend to start talking, acting and even looking like each other after time. These are all examples of entrainment.

The principle of entrainment is universal. Appearing in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more. The classic example shows individual pulsing heart muscle cells. When they are brought close together, they begin pulsing in synchronicity. Another example of the entrainment effect is women who live in the same household often find that their menstrual cycles will coincide.

The entrainment process is quite evident in music. It is possible to have rhythmic entrainment, melodic entrainment and dynamic entrainment. Entrainment music has the potential to (1) **resonate** with the listener's feelings, (2) **transform negativity** into positivity, and (3) promote a state of **liveliness or serenity**. Certain sounds, in specific sequence can help bring the listener from one place to another.

Entrainment is the tendency of two oscillating bodies to lock into phase, so that they vibrate in harmony.

Creating Harmony

Entrainment is an active process. By changing your rhythm and it's frequency, this changes your vibration. Here are some great exercises and tips for creating harmony in your life NOW!

1. Deep breathing: Slow rhythmic breathing allows you to decrease your heart rate, respiration and therefore, slowing down brainwaves, altering the overall state of your body.

2. Humming: Humming with your own voice can improve health, greatly reduce stress, release negative emotions, strengthen immune system, increase energy and improve self-confidence. This allows you to tune into our own vibration and create peace.

3. Meditation: Fold your hands in your lap and close your eyes, right where you are. Take a few slow deep breaths. Let go of the tension in your neck and shoulders. Focus on a word or phrase (mantra) or follow the rise and fall of your chest.

4. Musical Rhythms: music is one of the best ways to create harmony in your life. Find music, which suits the mood you wish to create. Slow and relaxing, sensual and romantic, fast and energetic. Music naturally entrains the mood of the soul.

5. Color Therapy: By concentrating on a particular healing color, it is the visualization of that color that will be projected. If we focus on a color, the energy emanates from our body and begins to change the frequency that resonates with that particular color.

6. Energy Cycles: The Cycles in Nature are important when doing any kind of entrainment work. When working with the energy of natural cycles, you are likely to get better results. The cycles of the moon and tides have great power. This influence is not a constant, unchanging thing, however, and an understanding of the basic lunar cycles can help us to understand how these cycles influence our lives.

7. Understand Your Biorhythms: Biorhythms are a method to predict three cycles in your life based on your birthday. These cycles are the physical, emotional and intellectual cycle. Each of these cycles goes through different phases: high, low and critical.

8. Seasonal Healing: is one of the best ways to remind us that it is time to evaluate our health. Our moods and bodies change as the seasons change. Our past cultures have learned how to harmonize their bodies with the world around them.

9. Circadian Rhythm: This is our internal daily biological clock. This clock can be influenced by many different elements, such as light and darkness, time of day and temperature.

10. Exercise: Exercise is what your body instinctively wants to do especially under stress: fight or flight, and it works. It burns off some of the stress chemicals, which tension produces. Therefore, a tired muscle is a relaxed muscle. Regular exercise builds stamina that can help anyone battle stress. But even something as casual as a walk around the block can help you burn off some of the tension that you carrying around.

Make an **Emotional Food Diary**

Self Love and Awareness: Who are you, really? How do you see yourself? Define yourself on paper! How do you define yourself? Are you defined by what you do? How you work? What extra-curricular activities are in your life? How you treat your family? Who you love? How you love? You are defined by ALL THESE THINGS.

1. For two weeks, make notations whenever you have a mood swing, emotional upheaval or change in energy (such as hyperactivity or lethargy).

2. Note the date and time of the event.

3. Note what actions you take to bring yourself back to balance. Do you sit down and do yoga, stretch, meditate. Do you binge eat, have a drink or do other actions revolving around food?

4. If you react with food, what do you eat? Find comfort in?

5. Note the volume of food you consume at that time. Don't lie. Write the truth in your journal.

6. The Emotional Food Dairy is NOT a judgement tool. It is a way for you to go back to it, AFTER a week is done and look at habits you may not even realize you are doing in response to change.

7. After committing to two weeks of journaling, take a look at the overall process. Was it somehow helpful to you? In retrospect, did you gain valuable information from it?

8. If so, consider writing in it for another week.

9. You can use this diary to write down "positive progress" as well. Did you make any changes after your first two weeks?

10. Your Emotional Food Diary can just be the tool you need to take you to a new plateau of understanding your emotional connection to food and how you can actually take control and do something about it!

Notes:

How Our Energy Affects Our Outcome

Let's start with the energy of self-destruction. **Some of the signs and symptoms** frequently associated with self-destructive behavior are listed below. Not all of these will necessarily be evident in a particular case. Put a check next to the boxes, you feel, you can associate with:

___ Substance abuse (includes the abusive act of alcohol and drugs such as cocaine and amphetamines.)

___ Food abuse

___ Self-absorption

___ A need for self-abasement

___ Asceticism

___ Masochism

___ Accident proneness

___ Seeking unnecessary surgery

___ Refusal to comply with a physician's instructions

___ Denial of reality

Self-Destructiveness - Learning to Cope

You may find value in the practical coping strategies below.

1. The time is NOW to reinforce the life forces.

Make a list in writing of reasons why life is worth living. Include your blessings and your talents. Name the things that bring you pleasure in life. Start the list, carry it with you and add to it as ideas occur to you. You may start out by thinking that there is little or nothing you can list, but you may find, to your surprise, that the list will grow fairly long.

Reason 1:

Blessing:

Reason 2:

Blessing

Additional reasons:

3. **Recognize the ambivalent nature of your behavior.** It is not true that you simply want to hasten your death, which you do not believe that life itself is worth living. If this were so, you would find a way to simply kill yourself quickly and effectively. The fact that you engage in indirect self-destructive behavior shows in itself that you are of **two minds**. Within this very fact resides hope. You are not a complete enemy of yourself. Somewhere within your personality you are also a friend to yourself. Learn to work with, not against this friend.

Explore these two minds. List the positive aspects of mind:

What are the negative aspects of the “other” mind?

4. **Intensify your reality orientation.** The very fact that you are recognizing within yourself some of the symptoms of self-destructive behavior suggests that your denial of reality is far from complete. Build on this, Say to yourself, "I am going to face the long-term consequences of my behavior." Express now, on paper, the answer to this question:

"What will become of me if I persist in my present pattern?"

Tell yourself, "I am a creature of flesh and bone like all human beings. I need love, not abuse - certainly not abuse at my own hands." The love, I need to give myself starts now.

List 5 ways how you are going to start loving yourself NOW:

- a.
- b.
- c.
- d.
- e.

5. **Find ways to de-center.** De-centering is a technique that reduces high levels of self-absorption. This is particularly true in the case of persons who suffer from the 'too much, too soon' phenomenon. They often display narcissism. In decentering, one takes active steps to engage oneself in helping others. There are many ways to do this. Volunteer work in hospitals or the tutoring of children with learning disabilities provides two examples.

I am going to de-center by:

6. **Reevaluate your guilt feelings.** It is possible that your guilt feelings are excessive, that your self-hate is an overreaction. This is frequently the case in persons who have had a very traditional upbringing and who have, in Freudian terms, a punitive superego, i.e., the moral agent of the personality.

Ask yourself, "Am I in fact as guilty as I feel, or am I the victim of an overly moralistic attitude that I acquired in childhood from authoritarian parents?"
Why?

Your own answer to this question may come as something of a surprise, and possibly will relieve you of some of your burden of guilt.

7. **Search for the meaning in life.** Perhaps you are in a state of despair and demoralization because you see no real point or purpose in living. Start searching for meaning by reading and reflection. The search itself will help restore a degree of sense and purpose to existence.

8. Look for long-term gratifications. Instead of short-term gratifications that can be found in alcohol, other drugs, food, and masochistic behavior. Lift your eyes to a more distant horizon. Look down the road of your life. First, imagine as vividly as you can your future if you continue on the present course. Then imagine your future and its gratifications if you give up dubious 'pleasures' associated with self-destructive behavior. Return frequently to the images associated with delay of gratification.

Ask yourself, "Who am I really punishing?"

It is possible that your self-destructive behavior is a way of punishing someone else. If you answer the suggested question honestly, you are likely to discover that you are punishing yourself much more than you are punishing the other person. If the cost of your maladaptive behavior is clearly seen as outweighing its benefits, you might find that you are able to give it up.

Say to yourself, "I want to stop being a victim of myself."

8. Declare your autonomy in positive ways. Refusing to follow a physician's instructions when you have a chronic illness is a way of declaring your autonomy. But it is a negative way. It is the mode of the toddler.

The child frequently saying, "No", characterizes the 'terrible twos'. Refusal to obey instructions is a way of saying, crudely, "I am my own person." Reject childish ways.

Remind yourself that you are not two years old, but an adult. Find ways to be your own person by building, by doing creative things, by acting in constructive ways.

1. Special thanks to Special thanks to the Medicor Labs Corp.

The Energy of Forgiveness

"Forgiveness is the healing of wounds caused by another". It is our choice to learn to let go of a past wrong and it is our choice to no longer allow ourselves to be hurt by it. Remove your ego from the equation. Now look at the situation. Does it appear differently? As it was so eloquently stated by Henry Ward Beecher, when someone says **"I can forgive, but I cannot forget"**, it is only another way of saying, **I will not forgive**.

Why Should We Forgive?

The need to understand the power and place of forgiveness in our world is important in the healing process. It is urgent that we examine the steps that lead to justice and strengthen society. We need to understand how forgiveness improves the human condition. How do we choose to forgive? What are the effects of holding grudges and seeking revenge? We can find a way to balance our need for security with the potential for granting forgiveness.

Forgiveness offers the possibility of two types of peace: peace of mind -- the potential healing of old emotional wounds, and peace with others -- the possibility of new, more gratifying relationships in the future.

Forgiveness, What Its For

- by [Larry James](#)

Forgiveness works! It is often difficult, AND it works!

We often think of forgiveness as something that someone who has done us wrong must ask of US. There is always another way of looking at something. My thoughts on forgiveness suggest that you focus on offering forgiveness TO the person who has wronged you. To not forgive them is like taking the poison (continuing to suffer for what they did or didn't do to you) and expecting THEM to die!

Alexander Pope once said, "To err is human; to forgive, Divine." Believe it!

Forgiveness is a gift you give to yourself. It is not something you do FOR someone else. It is not complicated. It is simple. Simply identify the situation to be forgiven and ask yourself: "Am I willing to waste my energy further on this matter?" If the answer is "No," then that's it! All is forgiven.

Forgiveness is an act of the imagination. It dares you to imagine a better future, one that is based on the blessed possibility that your hurt will not be the final word on the matter. It challenges you to give up your destructive thoughts about the situation and to believe in the possibility of a better future. It builds confidence that you can survive the pain and grow from it.

Telling someone is a bonus! It is not necessary for forgiveness to begin the process that heals the hurt. Forgiveness has little or nothing to do with another person because forgiveness is an internal matter.

Choice is always present in forgiveness. You do not have to forgive AND there are consequences. Refusing to forgive by holding on to the anger, resentment and a sense of betrayal can make your own life miserable. A vindictive mind-set creates bitterness and lets the betrayer claim one more victim.

There is nothing so bad that cannot be forgiven. Nothing!

Some will argue that in the case of child abuse, the Holocaust, Saddam Hussain, etc, the abuser has no "right" to forgiveness -- such blessings can only be earned -- that forgiveness only leads to further victimization. Such acts are heinous and dispicable and with time (and in many cases, therapy) they can be forgiven. Every day you may have to forgive again.

I believe that to withhold forgiveness is to choose to continue to remain the victim. Remember, you always have choice.

When you forgive you do it for you, not for the other. The person you have never forgiven. . . owns you! How about an affair? Just because you choose to forgive, does not mean you have to stay in the relationship. That is only and always your choice. The choice to forgive is only and always yours.

When you feel that forgiveness is necessary, do not forgive for "their" sake. Do it for yourself! It would be great if they would come to you and ask forgiveness but you must accept the fact that some people will never do that. That is their choice. They do not NEED to be forgiven. They did what they did and that is it - except for the consequences, which THEY must live with.

The hurts won't heal until you forgive! Recovery from wrongdoing that produces genuine forgiveness takes time. For some, it may take years. Don't rush it. It helps to focus your energy on the healing, not the hurt!

HEALTHY love relationships are not possible without forgiveness! You cannot have a loving and rewarding relationship with anyone else, much less yourself, if you continue to hold on to things that happened in the past. Regardless of the situation, making peace with past love partners, your parents, children, your boss or anyone who you think may have "done you wrong" is the only way to improve your chances of a "healthy" relationship with yourself or anyone else for that matter!

It is not possible to truly be present and available to a new relationship until you heal the hurt and upsets of the past.

Forgiving someone else is to agree within yourself to overlook the wrong they have committed against you and to move on with your life. It's the only way. It means cutting them some slack.

"What?" you say! "Cut them some slack after what THEY did to me? Never!" Let go! Move on!

Non-forgiveness keeps you in the struggle. Being willing to forgive can bring a sense of peace and well-being. It lifts anxiety and delivers you from depression. It can enhance your self-esteem and give you hope.

LoveNote. . . The things that two people in love do to each other they remember. And if they stay together, it is not because they forget, it is because they forgive. - From the movie, Indecent Proposal

Forgive and forget is a myth. It is an impossibility. Forgive? Yes! You forgive because it sets you free; the first step toward healing. Forget? No! You always remember. Keep your word. Trust is a fragile issue. A breach of trust is never forgotten. Be careful of the

words you speak in your relationship. They cannot be taken back. Each word will be burned into the memory of your love partner.

Think before you speak. Words create. They either build up or tear down. Speak only words of love. Words can come back to haunt you or they can become the way two lovers express sensitivity, warmth, understanding, acceptance and love.

You may never forget AND you can choose to forgive. As life goes on and you remember, then is the time to once again remember that you have already forgiven. Mentally forgive again if necessary, then move forward. When we allow it, time can dull the vividness of the memory of the hurt; the memory will fade.

Forgiveness is a creative act that changes us from prisoners of the past to liberated people at peace with our memories. It is not forgetfulness, but it involves accepting the promise that the future can be more than dwelling on memories of past injury.

There is no future in the past. You can never live in the present and create a new and exciting future for yourself and your love partner if you always stay stuck in the past.

Begin again! It is truly impossible to start new and to make clear, healthy, life giving choices until we have let go of past hurts, confusion and resentments. Old wounds have a drawing power and pull our attention to them over and over, taking energy and hope from us, preventing us from starting again. Old wounds raise fearful spectres of the same thing happening again in the future. For this reason it is so important to spend time understanding the true nature of forgiveness, and what it really entails.

To forgive means to "give up", to let go. It also means to restore oneself to basic goodness and health. When we forgive, we are willing to give up resentment, revenge and obsession. We are willing to restore faith not only in ourselves, but in life itself. The inability or unwillingness to do this, causes harm in the one who is holding onto the anger.

If you are at war with others you cannot be at peace with yourself. You CAN let go. . . and forgive! It takes no strength to let go. . . only courage. Life either expands or contracts in direct proportion to your courage to forgive. Your choice to forgive or not to forgive either moves you closer to what you desire or further away from it. There is no middle ground. Change is constant.

Want peace of mind? **Forgive.** The same energy you use to hold on (to not forgive), is the same energy you need to create a new and exciting relationship TOGETHER; a relationship anchored in unconditional love.

Forgiveness is the most important single process that brings peace to our soul and harmony to our life. All of us, at some point in our lives, have been hurt and wounded by the actions or words of another. Sometimes the grievances have been so great we thought, "no way, this I cannot forgive!" Resentment and hostility can run so deep that forgiveness becomes very difficult. We feel we have a right to our indignation!

However, living from resentment takes so much effort. It creates a tremendous void in and around us. All the toxic feelings of hatred and resentment stay bottled up inside and eventually seep into all the areas of our life with the result that we become bitter, angry, unhappy and frustrated. And so, living from forgiveness becomes a necessity. Not that

this is easy; it isn't. But we cannot keep ourselves in the flow of good if we hold another in unforgiveness.

Forgiveness is not something we have to do, but something we must allow to flow through us. When we step away from the consciousness of our human nature, and allow the divine or God's grace to express through us, to forgive through us, we can at that point, feel the radiant and warm rays of the flow of divine love dissolving all hurt, all bitterness, all sense of injustice. We become aware that we are free and we can project that love outward into our world.

Forgiveness helps you move forward. No one benefits from forgiveness more than the one who forgives!

Give yourself the gift of forgiveness. The very word forgiveness is built on the root word give. Forgiveness releases your partner from your criticism and also releases you from being imprisoned by your own negative judgments. It is not surrender, but a conscious decision to cease to harbor resentment. In affect, it takes the poison out of your body. It cleanses your system of the poison that will surely fester and cause illness and continued misery if not released. You cannot take the poison and expect someone else to die. They will go on with their life and you will be the only one to continue to suffer.

Forgiveness is the key to your own happiness. Forgiving someone else takes moral courage. It ends the illusion of separation, and its power can change misery into happiness in an instant. Forgiveness means choosing to let go, move on, and favor the positive.

Forgiveness is a form of love within the context of a personal crisis. To forgive is, in a sense, to love one's enemy. When forgiveness is given because you think you should, it no longer is forgiveness but an act of self-interest.

The act of forgiveness constitutes a mental bath, letting go of something that can only poison us within.

Robert Enright, a developmental psychologist at the University of Wisconsin defines forgiveness as "giving up the resentment to which you are entitled and offering to the person who hurt you friendlier attitudes to which they are not entitled."

Mona Gustafson Affinito says, "Forgiveness means deciding not to punish a perceived injustice, taking action on that decision, and experiencing the emotional relief that follows."

Research has shown that people who are deeply and unjustly hurt by others can heal emotionally and, in some cases, physically by forgiving their offender.

Forgiveness breaks the cycle of hatred, resentment, anger and pain that is often passed on to those around you. **Forgiveness. What it's for?** It creates the freedom to create a new future beginning now! **Researchers and academics** may have an answer for those who do not believe that the act of forgiveness is good for the soul. Scientists have gotten interested in the health benefits of forgiveness. Their studies have shown the serious mental, emotional and physical consequences of an unforgiving heart.

Forgiveness Workbook

This Forgiveness Worksheet or **Life Workbook**, is a great way to bring the power of your thoughts, good energy and a generous way to express your true feelings on paper. This journal can be used for writing down situations and how you have experienced them. These journals are good places to record your positive outlook, your goals for achieving a path to your truths and your daily affirmation. It can allow you to look at that information later for understanding inspiration and guidance.

Tips for Understanding Forgiveness

1. **Upon waking**, write down the name of the person you are forgiving. Write down what it is you are forgiving them for.
2. It is a good idea to **write words such as** I am, I can, I will.
3. Write down your **perception of the misunderstanding**.
4. **Jot down significant words/phrases** that signify your mindfulness, today. "My partner", "my great career", "my respect for myself".
5. **List what negative feelings you are still holding on to**. Explain in your journal.
6. **Now learn about the power of letting go of these feelings**. Write down each day, something new that you find forgiveness in doing, seeing, saying, hearing...
7. **Understand, it is now time to let go**, which you do by _____...
(write them down). Look at it periodically. What impact does it have on your thoughts?
8. **Do you see failure as** a stumbling block or a stepping stone to forgiveness? Find three things in forgiving that make it a stepping stone to the next level! List them now.
9. **Be sure and write** the time and day on the top of the page.
10. **Make this journal your own!** Buy or make a book that you are eager to go to each day. Use stickers, color, doodles that all express your journey to forgiving yourself and others.

1. Special thanks to Larry James. Reprinted from Peacefulmind.com Copyright © 2005 - Larry James. Reprinted with permission. - This article is adapted from Larry's books, "How to Really Love the One You're With: Affirmative Guidelines for a Healthy Love Relationship," "LoveNotes for Lovers: Words That Make Music for Two Hearts Dancing" and "Red Hot LoveNotes for Lovers." Author Larry James presents seminars nationally for singles and couples. Subscribe to Larry's FREE monthly "LoveNotes for Lovers" eZINE. Contact: CelebrateLove.com, P.O. Box 12695, Scottsdale, AZ 85267-2695. LarryJames@CelebrateLove.com - www.CelebrateLove.com

The Energy of Love

There is no greater love than the love we can give ourselves. We can never love ourselves enough!

Self-love is probably the most important love we can do for ourselves AND others. It is very important that we love ourselves, first. When this truly occurs, the **Universe allows** all things to fall in to place very nicely!

Self examination is the only way to know.

1. **To live feeling fully alive is our own choice and responsibility.** There are many examples of people living their passions from many different walks of life. These choices **re-affirm the love and respect for ourselves.**
2. **Self-Love is NOT Selfishness.** Selfishness is always voluntary, showing regard to our own interests and gratification, which is sought after and indulged at the expense, and sometimes, to the injury, of others.
3. **Having the courage and determination** to feel good is our personal business.
4. **Deciding to feel good,** to whatever degree we can manage, is the most important decision that we can make.
5. **Spending even a few moments each day** doing something that simply delights us, increases our feeling of well-being and makes it easier to do even more of our soul's passion and allows us to find the confidence to love and respect ourselves that much more.
6. **The renewal and invigoration received from doing the activities we find absolute passion in,** is so vital to the quality and performance in all aspects of the rest of our lives, that without this "**fire**" for our creative **soul's desire**, all else positive in our lives begins to diminish and become depressed.
7. **When something is so wonderfully important to our overall well-being,** it is essential that we pursue it!

8. **Self-love can often be found by doing something that brings out the passion in our lives.** Doing exactly what it is that makes us happy. When we follow the path that we long to follow, we can always find this love in ourselves.
9. **It is this passion, which gives us reason in our lives.** It allows us to "see" the reasoning behind why we are here in the first place.

10. Bring your love and light to others by truly loving and respecting yourself, first.

"Energy Follows Thought"

Energy follows thought. Where your thoughts are directed, there is where your energy will go and manifest.

"With each beat of our heart and every breath that we take, we get a new opportunity to make a choice as to where we want to direct the energy of our lives. Every new moment offers a possibility to open a crack in the door that brings forth the power of the universe. The ever-present "now" is always offering new opportunities to improve our lives. As we verbalize and visualize during our prayer meditation sessions, the now is always turning the present into the past. Scientists have recently determined that the human brain takes an average of three seconds to process and transfer information from reality to memory, to change the present to the past. Each new moment gives us another chance to reevaluate in the light of the present, giving us an opportunity to make new choices and decisions as to what we want to do with our lives. "1

I will love myself today because:

I deserve this today and everyday because:

I make my own destiny, starting with the food I choose to nourish myself with. Why am I choosing to do this now?

I will love myself daily. This is what I will affirm to myself daily:

1. "The Partners Within -- Using Prayer And Meditation For Personal Growth" by Robert C. Felix. Please visit www.partnerswithin.com

The Energy of Self Esteem

Self-esteem is a confidence in yourself and your capabilities. Self-esteem is important because it allows you to enjoy a happier, more joy-filled life. Most importantly, self-esteem helps you feel connected with the "true spirit" within yourself. This enables you to take responsibility for your own happiness. You **MUST** make positive thinking a habit, and this allows you to build self-esteem!

Now answer these questions. Rate each answer on a scale of 1-3 one, if you feel this way sometimes, but infrequently; two, if you usually feel this way; or three, if you always feel this way

- 1...I appreciate all the things I can do.
- 2...I understand the importance of being my own best friend.
- 3...I appreciate my own uniqueness.
- 4...I pay attention to my feelings.
- 5...I am comfortable expressing my feelings to others.
- 6...I am sensitive and concerned for the feelings of others.
- 7...I let go of unhappy thoughts.
- 8...I understand that mistakes are only "misses."
- 9...I take responsibility for my actions.
- 10...I allow myself to be different from others.

If you have a perfect score of 30, you are in great shape!

20-30 means you probably like yourself most of the time.

20-10 means you need to start lifting some "positive mental weights," and if you scored below 10, you need 10 self affirmations to let you know you are alright and you are ready for improvement.

Whether you already think positively or need to start practicing some positive mental habits, you can have great fun exploring the issues of self-esteem.

Self-esteem and The Learning Process

Self-esteem is closely linked to the learning process. Learning something successfully makes you feel good about yourself and creates positive attitudes. A life-student with self-esteem is an active rather than passive learner and is eager to try new things without fear of failure.

A life-student afraid to risk failure inevitably stops learning. You won't develop self-esteem overnight because it's a building process, but each small step to improved confidence will ultimately impact all your future choices.

Learn to praise yourself at each step you take towards a goal and encourage your persistence to keep trying! You know that you have self-esteem when your "can do" attitude reflects an understanding that a mistake is just a "miss," and that's how you learn!

The "Honor Myself" Check List

by Andrew Pacholyk, MS, L.Ac.

Our Goal this week will be to promote self-worth and promote body awareness. Identity work to raise consciousness. Build self- confidence. Improve our ego, self-esteem, and emotional balance and strengthen our positive personality traits. We will allow ourselves to see all the beauty our eyes touch.

Self-esteem issues are different in different people. Although you may feel great about yourself in one area of your life, you may be extremely down on yourself in another. Welcome to the world. We can all seek to improve ourselves. It is time you became committed to truly loving and appreciating yourself and who you are.

1. Walk with your head up - do not look down. Keep your eyes even with the horizon. Tell everyone who you are with your eyes.

Affirmation: I keep my head up high. I choose to be a very loving, humble, secure me.

2. Stay positive, patient and keep your temper in check - Breathe. Think of positive thoughts and seek the sunny side of every situation. Avoid getting extremely angry and flying off the handle.

Affirmation: I am calm, cool, collected. Nothing, absolutely nothing bothers me.

3. Stop taking things personally - guess what, it is not all about you. Everyone is not against you and they are not ganging up on you either.

Affirmation: It is not about me. I rise above all that is in my way. I soar free and independent of that, which is around me.

4. Stop playing it safe - It is time to be a risk taker. The worse thing that could happen is that you fall on your face. So what. And your point is? If you do not go out on a limb sometimes, you will continually be ruled by your fear.

Affirmation: I honor all that I am. I deserve the best. I am the best.

5. No more hiding - Your lack of belief in yourself may want to keep you hidden away behind closed doors and from reality. Get out there. Meet and greet. You never know who you will meet. Make it a challenge. You just might meet your next employer, love of your life or bridge partner.

Affirmation: I am powerful and brave. I know we are all in the same situations. We share the same consciousness. I will be the better person and take my place in the world.

6. Change your vocabulary - NOW. Words and phrases like: "I can't", "It figures", "Just my luck", "I'm only human", "I should have", "Life sucks" or "It's impossible"... should never cross your lips...again.

Affirmation: I can, I'm so lucky, I'm so fortunate, I will, I'm deserving, It's possible, I love my life.

7. Limit the apologizing and drop the guilty - Enough already. You have nothing to be guilty of. Nothing. Continuous apologizing not only is annoying to hear, it shows that you are not grounded and can not find your comfort in your own skin.

Affirmation: I am guilt free. I have nothing to be guilty about. No more excuses or apologies.

8. Make direct eye contact - make it every time with someone... and keep it. Looking down or looking away only shows how insecure you are. You have nothing to be insecure about and everything to be sure of.

Affirmation: There is nothing more beautiful, than a confident person.

9. Accept a compliment - with praise and graciousness. They are not often given out. Take them with pride and honor. Be happy that someone has found there own security enough to give one to you. Show them how secure you are, by thanking them.

Affirmation: I appreciate a compliment. I deserve a compliment. I am grateful.

10. Less taking and more giving - shows you are confident that what you have to give is worth something. The more we take, the more we think we deserve, the more we feed into our poor sense of self.

Affirmation: I am happy to give my time, my love and my charity to all who need it.

NOTES:

Making It Happen

Weight loss, as you can now see, has a large emotional component that affects our energies in so many ways. What is the crucial take home lesson here is how we allow it to affect us. When we are conscious of our not so good, as well as right-out bad habits, we can understand where these habits come from.

We are not always going to make the right choices or the best decisions in our process of losing weight, but as we have seen here, it is cumulative affect that makes the difference in the end. It is the better choices we make over time that matter, not the choices in each moment.

It is important to see how our self love and forgiveness opens the door to a better outlook and a better outcome. It is also relevant to pay attention to those feelings, emotions and behaviors that are a detriment to our weight loss journey.

As you have now read, so much of the energy gone into trying to lose weight, has nothing to do with weight but everything to do with the “mental energy” surrounding the process.

I have gone through this experience in my life more than once. I have lost weight and gained it back and I have lost weight and kept it off. I am now at a point (and age) in my life where I can see the difference.

Learning to regulate everything in my life was my greatest lesson. Regulating my food, my behavior around food and my emotions and how they must not play into HOW I regulate my food choices.

It is through this book and my clinical practice in New York City, that I have had the privilege, the practice and the experience to meet and work with so many hundreds of people. All reaching for a similar goal, only in the way they know how. Learning the lessons we each have to learn and having the support to do so.

I hope this book gives you much love and support and that you use it as a workbook. We know everyday is different with different challenges. Use this book to bring you through each day. Use it to your advantage. Chart information, emotions, feeling or simply words that come up during the day and need attention.... Good or bad. I have always found charting, journaling and reading to be my window to my soulful thoughts. I hope you have the same experiences.

Blessings,

Andrew Pacholyk, MS, L.Ac
Peacefulmind.com
Therapies for healing
Mind, body, spirit