

## **Change Starts Within**

The starting point is within. That is where, in conjunction with shared reality, we create our individual reality. But too often we search outward first. We need only tap into this power that is already within us in order to benefit and grow. This includes being able to direct the focus of that power onto specific issues...let's examine this using the example of weight loss.

We have been conditioned to think that when we want something we need to start in the outer world first. In the case of weight loss the very first things we would typically do are start exercising and/or go on a diet. What usually happens is that we may lose a bit but it all feels too hard and we don't really enjoy it, the results don't come quickly or easily enough and our enthusiasm begins to wane. We start to allow ourselves a few treats to make ourselves feel better, thus sabotaging our own efforts and eventually we completely run out of willpower. We stop all these painful things, put the weight back on and tell ourselves that we tried our best but we just can't lose weight, it must be in our genes...and we're big boned!

Using a mind power approach we would first take time to think about what we would like to become weight wise, and write it down. We would identify all the negative things we have been saying to ourselves and replace them with new empowering thoughts. For example "I just can't help myself when it comes to food and I just keep getting fatter and fatter" might become "I'm taking charge of my food intake and I'm dropping weight already!". We would back this up with affirmations such as:

- My body is changing
- I feel lighter
- I crave healthy foods
- I'm losing weight

We would use imprinting exercises to 'feel' ourselves being lighter and to 'see' ourselves as we would like to be. When our mind rebelled and told us we were both fat and crazy we would thank it for sharing and keep on with these daily exercises! Every day we would be affirming, 'feeling', and 'seeing', catching our negative self talk and replacing it with positive. We would think of ourselves as lighter when going to sleep, do the same when we woke up...and do you know what would happen after a few weeks? Without even trying, we would find ourselves eating less, we would naturally feel like eating better foods, and feel more inclined to exercise. It might just be going for a short walk after dinner to start with, but importantly we would be starting that journey.

As we kept on with our mind power exercises this new thought pattern would continue to grow and more and more thoughts and ideas around eating better and feeling better would keep coming. After a while we would naturally find ourselves being inspired to get more active. Because it had come from within us we would identify an activity that was actually best for us. It may be joining a gym, but it may be tennis, or badminton, or power walking; whatever the idea was it would be the right thing for us. When we started doing this exercise we would really enjoy it, and after a while find that we were not only losing weight but had discovered something that we love to do. We would feel much better; more alive, confident and happy.

The right answers for YOU are inside you, and when you start from the inner the outer has its own organising power that gets activated by this process.

Remember, you are thinking all of the time anyway, but it's largely on auto pilot and set by the ego, the difference now is that you choose to monitor, correct and direct the power of thought in ways that naturally augment your experiences and are in alignment with your evolution.

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