

A scenic view of a wooden bridge over a lake with mountains in the background. The bridge is made of wooden planks and has thick white ropes for railings. The lake is calm and reflects the surrounding greenery and mountains. The sky is blue with scattered white clouds.

SIMPLE STRATEGIES FOR EMBODIMENT

Part 3 of 3



LETTING GO OF WHAT'S IN THE WAY

When it comes to embodiment and being happy to be here in body, heart and soul, we sometimes need to let go of habits that get in the way. Habits and practices that seem useful, but actually take us away from a sense of soul safety and peace...

ANTI-EMBODIMENT PRACTICES

- Let go of the scale
- Let go of TV shows that are low consciousness or invite comparison
- Let go of reading materials that glorify glamor, fame, skinny...
- Let go of music that diminishes women, men, and the human spirit
- Let go of any product that has the word "diet" on it
- Let go of social interactions that invite you into dieting consciousness and victimhood around body and weight
- Let go of social media or any online destination that does not uplift

ANTI-EMBODIMENT PRACTICES

- Everything is a **negotiation** with your client
- It's an **exploration**
- As practitioners, we are offering advice, opinions, wisdom, information, and seeing what lands, what sticks with our clients
- We are looking to introduce consciousness - to help our clients wake up, see what works for them, see what doesn't and embrace the kinds of practices that truly support them
- Do this with intention, commitment, care and because you are advocating for your client's higher good - not their smaller goals



MEN & EMBODIMENT

ESPECIALLY FOR MEN WHO HAVE DISEMBODIED:

- Encourage them to do any exercise they are drawn to
- Encourage them into body care, grooming, wardrobe
- Discourage men from pornography
- Get them into nature
- Explore purpose, a reason to be alive
- Until a man has a bona fide reason to be alive, he will not be so keen on embodying



WOMEN & EMBODIMENT

ESPECIALLY FOR WOMEN:

- Encourage anything that celebrates them
- Encourage them to associate with women who are good role models in terms of a loving relationship with food and body
- Encourage them to find their own unique style
- Encourage dance for the sake of dance



HELPING CLIENTS WITH EMBODIMENT

- Sometimes, we as practitioners need to let go
- Meaning, let go of success, of our client getting somewhere
- Our clients will not always rise to the occasion
- They may resist and falter, or not work hard, or give up
- Consider this part of your professional training, your learning journey as a practitioner
- Every client is here to educate us
- Remember to ask yourself: "How is my client a reflection of me. How is my experience with this client asking me to grow..."

SOME CLIENT OBJECTIONS

“BUT I DID EVERYTHING YOU SAID AND I’M STILL NOT LOSING WEIGHT”

- This is the sweet spot
- This is where the rubber meets the road
- This is where you can truly help your client
- This is the one complaint that scares the best of practitioners
- And this is the tender and uncomfortable place where healing and transformation can happen...



SOME CLIENT OBJECTIONS

“BUT I DID EVERYTHING YOU SAID AND I’M STILL NOT LOSING WEIGHT”

- The soul lesson here is letting go of the goal
- The soul lesson here is loving oneself, no matter what
- The soul lesson here is letting go of conditions - conditional love
- The soul lesson here is digging deeper to find the soul lesson



SOME CLIENT OBJECTIONS

“BUT I DID EVERYTHING YOU SAID AND I’M STILL NOT LOSING WEIGHT”

Quote from a client:

“If I had lost the weight, and had the skinny body I wanted to have for all these years – I would have been a shallow bitch. I would have been one of those girls I can’t stand. I wouldn’t have looked deeper into my life, or gone on a spiritual search. I would have married a really rich guy who I didn’t really love, and who probably didn’t really love me. Even though I know all this, I still want to be skinny.”



SOME CLIENT OBJECTIONS

“BUT I DID EVERYTHING YOU SAID AND I’M STILL NOT LOSING WEIGHT”

- It’s your job to not react here
- It’s your job to hold your client’s largest goal
- It’s your job to be positive, and trust in your client’s journey, despite their discomfort and protest
- It’s your job to remind your client that weight loss is a Mystery
- It’s your job to put their disappointment into a bigger context, and ask them to keep doing what they know is truly right, and to keep loving themselves in their journey



SOME CLIENT OBJECTIONS

“BUT I DID EVERYTHING YOU SAID AND I’M STILL NOT LOSING WEIGHT”

- Sometimes, the best strategy for weight loss is to FULLY surrender the need for weight loss
- This is a soul lesson, and will never make sense to the mind, to the ego
- If weight loss is the most important thing in one’s life, then our life’s compass is off
- Give weight loss its due, but don’t make it the ruler of the Palace
- Tell your client all of this, with love and clarity and compassion



SOME CLIENT OBJECTIONS

- **“I did what you said about letting go of weight loss and I still haven’t lost the weight”**
- Well, they really didn’t let it go
- Their disappointment is understandable
- And it’s time to call them into their maturity
- If it’s a woman age 40 and over, then we need to ask her to step into her Queenhood. It’s time to let go of needing to get what you want. And we know this because that’s what life is indeed telling us right now. You are calling your client in adulthood...

I DID WHAT YOU SAID AND I GAINED WEIGHT

- This can happen
- People gain weight when doing the right things for a number of different reasons
- Sometimes the body grabs onto more weight when we've been starving it with low calorie or low fat diets. It's a natural reaction
- Sometimes we exchange fat and muscle weight - and there is an initial net weight gain. This is ultimately good as muscle tissue is our primary calorie burning tissue
- Sometime the sheer stress/anxiety/fear of including more healthy fat and protein when these have been deficient will stimulate weight gain or holding onto water weight

I DID WHAT YOU SAID AND I GAINED WEIGHT

- The bottom line here:
- When we do what's truly right for the body, it will come around
- People who have artificially calorie or fat restricted for many years will have an imbalanced metabolism, and it may take some time to reach more balance
- This is why it's imperative to have weight loss clients let go of the scale for the first few months at least - especially if they are long term food restrictors
- And it's our job to talk our clients off of the cliff and explain to them that they have been punishing their body for so long through low calorie eating that it will take some amount of time for the body to learn how to eat and metabolize in its natural way
- On another level, life is asking our client to confront their biggest fear, head on...



SOME CLIENT OBJECTIONS

- **“But if I don’t lose the weight than how can I help others lose weight. I need to be a good coach and make this work...”**
- Many health practitioners get into this business to lose weight or shape shift their own body
- Nothing wrong with this. We teach what we need to learn
- And, using “My **need** to lose weight” as a professional excuse is essentially trying to short-cut and even cheat life. We are using a “noble reason” and bargaining with the universe as to why we should lose weight - “it’s not for me, it’s for other people, for my business, my income”
- We cannot tie personal weight loss to our income or our professional success

I NEED TO LOSE WEIGHT TO BE A GOOD COACH

- The reality is, people come in all sizes and ages and shape
- There's a set of clients for just about everyone
- We can't be all things to all people
- It's all about being honest with ourselves about the kind of work we truly want to do, who we truly want to serve, and what our best gifts are when it comes to helping others
- Many people appreciate and prefer a coach or practitioner who is real, who is human, who is down to earth - not someone who is perfect in looks, fitness, health habits and is immortal...

SOME CLIENT OBJECTIONS

- **“But my doctor said I need to lose the weight. This is a health issue...”**
- Please explore the “Health At Every Size” movement
- There is a huge body of work and body of evidence that dispels the scientific myth that being “fat” automatically means being unhealthy
- Yes, there are those who indeed could benefit from losing weight for health reasons. Some people are “unhealthy fat”. Some are “healthy fat”. Some are “unhealthy slender”. Some are “healthy slender” - and everything else in between

“BUT MY DOCTOR SAID”

- Simply be alert to discovering: is your client truly about “being healthy” when it comes to weight loss?
- Or are they using the “healthy” strategy to mask doing deeper work
- There’s a fine line here, and many people benefit from being motivated by medical doctor in this way, and many use this to avoid getting to the root cause of why the weight is there in the first place, which will tend to make their actual weight loss attempts less effective
- The bottom line: yes, do healthy things for your health. And be willing to do some healthy exploration for your soul’s health...



EMBODIMENT: SOME FINAL THOUGHTS

- We have one body - and it moves through many incarnations
- If we don't honor, love on, occupy, and respect the body we have right now, then suffering is predictable
- Life is short. This body will not be here long
- Attacking the body is a collective disease, it is not any one person's fault or shortcoming, and it takes a collective effort to overcome this damaging viral condition
- Embodiment, body love, and healing body image is a beautiful victory, and has untold gifts that keep on giving
- Baby steps...

SIMPLE STRATEGIES FOR EMBODIMENT

THIS IS THE COMPLETION OF
WEIGHT & BODY IMAGE

