

# Mindful Eating



Connect to Your Body Through  
Awareness

Evy Y. Parkinson

*A simple yet powerful guide to find and maintain  
your unique & healthy body.*

**By Evy Y. Parkinson**

2<sup>nd</sup> Edition

**Copyright © 2015 by Evy Y. Parkinson**

**The author of Mindful Eating – Connect to your Body Through Awareness - has asserted her right to be identified as the author of this work. All rights reserved. No part of this book may be used or reproduced in any manner without the prior permission in writing of the author.**

- **This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.**

*“I loved your book for its simple message, easy process, and plain language. The message was clear, succinct and educational. You have done a great job of writing and putting your advanced wellbeing message out there”*

*Rocky Krogfoss - Emotional Healing Therapist,  
New Beginnings Therapy.  
Canada*

*“Your work is a source of inspiration for me and the many others that you help. This book is a work of art! It was really fantastic”*

*George Bovell -Professional Swimmer & Olympic Medalist.  
Trinidad & Tobago*

*“As a person whom had struggled with medical issues related to her diet, I can say that I can definitely relate to what Evy Y. Parkinson wrote in her book.*

*The questions are great guiding tools when you feel lost. It makes you turn inwards for guidance. Especially in this culture today when we are taught by the media, teachers, bosses to always expect to be given the answers.*

*Evy reminds us that the questions are really what matter, in a sense that asking the right questions will help build trust and confidence that you can do it, that only you can discover what truly works for you.*

*Thank you for this great work”*

*Andreea Carmen Peptu – Vegan, Holistic Chef & Reiki Master.  
Doha, Qatar*

# Contents

<b>Introduction</b>	<b>6</b>
<b>Chapter I - I am Tired of the Weight Struggle</b>	<b>8</b>
• Exercise #1	
• Exercise #2	
<b>Chapter II - Changing Habits</b>	<b>13</b>
• Exercise #3	
• Exercise #4	
<b>Chapter III – Stop Comparing your Body to Others’</b>	<b>18</b>
• Exercise #5	
<b>Chapter IV – Appreciate your Body</b>	<b>20</b>
• Exercise #6	
<b>Chapter V – Physical Activity</b>	<b>23</b>
<b>Chapter VI – Creating your Ideal Body</b>	<b>26</b>
• Exercise #7	
• Exercise #8	
<b>Chapter VII - Letting go of Guilt</b>	<b>30</b>
<b>Chapter VIII – Integration</b>	<b>32</b>
<b>About the Author</b>	<b>36</b>
<b>References</b>	<b>37</b>
<b>Acknowledgements</b>	<b>38</b>

## Introduction

- *Are you tired of fighting with yourself about what to eat and what not to eat?*
- *Do you feel guilty when you eat something that you know is not good for you?*
- *Have you followed diets that haven't worked?*
- *Have you developed physical conditions because of overweight or underweight?*
- *Are you tired of not feeling well in your body?*
- *Do you have a healthy body weight, but you are constantly worrying about diet, weight, exercising and self-image?*
- *Do you want to learn how to connect with your body and start appreciating it more?*
- *Do you want to find out what subconscious thoughts and emotions are keeping you from making **lasting** changes?*
- *Do you want to feel healthy and content in your body?*

If your answer is yes to any of these questions, then you will receive benefits and results from the following guide.

This book has been written because of personal experience and realizing how many people have been fighting the same battle for so long. The decision was to make lasting changes because I was tired of the “weight struggle”. I felt too much energy was being wasted on the subject.

Not feeling happy with your body and having issues with your eating habits, whether they are mild or chronic, will affect your whole life. Your mood, your level of motivation, your relationships and most importantly your overall health, which is the main intention of the changes.

This book takes you step by step in the process of learning how to connect and communicate with your body from a **holistic perspective**.

It supports you in your unique process to find a healthy weight where you feel content, and the book gives you the self-help tools to maintain that weight.

***By learning and applying the steps in a consistent way,*** you will be able to find the harmony between your body weight, body image and how you feel inside.

You will create and maintain a healthier lifestyle that supports your unique needs, free of the constant struggle. You will feel good and comfortable “in your skin”.

If you change your perspective from choosing your unique body because of looks and image to choosing it primarily because of health, then you will see lasting results.

The idea and intention of this book is to guide you and assist you through the process by giving you tools and helping you to have a better understanding of your mind-body connection, combined with nutritional and exercise tips.

This book has been written in simple language to reach and benefit as many readers as possible. It shows simple techniques, ideas and perspectives for you to practice and find your own mind-body connection and thus your own unique and healthy body.

Even though these are tools everyone can use, let's not forget that each individual will have her/his own experience to draw on since we all have our unique perspective and specific set of emotions to work with.

***Because each person makes changes at their own speed and in their own way,*** whenever you are ready to start following the book as a practical program, I recommend that you focus on and practice **each chapter** for **at least one week** before starting the next one.

By the end of the book, you will know how much time you need for each one and which ones you need to revisit more than others until you see changes.

*This book is about helping you to help yourself in the process of finding your unique body through awareness.*

# Chapter I

## *I am Tired of the Weight Struggle*

The first step for you to transform your body is to make the decision and commit to it.

If you are really tired of the constant weight struggle, the medical conditions you may have developed, or if you are tired of not liking how you feel in your body and how it looks, then you are ready for change.

Understand that making the decision implies that you will have to make certain changes in your overall habits. Which will be challenging. These changes have a psychological and subconscious emotional effect on you, which is why many people stop before seeing the desired results.

That is exactly what this book is about. To guide you through those hard moments. To help you to develop that consistency that you need to keep going until you see results!

Even if you are not in an extreme position where your over-weight or under-weight is affecting your health in a destructive way, you can still go through big psychological and emotional challenges just by trying to change old habits for new ones to create a more harmonious lifestyle.

It is important to understand that it is ok and normal to feel strong emotions on this subject. We pay special attention to them because they are affecting your actions in a subconscious way.

After you have decided to find and maintain your ideal and healthy body, you need to look at how you feel about it. Just feel and observe the thoughts that come with that decision and the feelings that come with those thoughts.

There may be resistance, a degree of fear, doubt, insecurity and negative thoughts making you feel overwhelmed or held back.

At this point, you need to be honest with yourself and allow those feelings to come out so that you can recognize them for what they are.

Observe the emotions and negative thoughts connected to this subject, which are exactly what are keeping you away from having and maintaining your ideal healthy body.



First of all, identify your thoughts and emotions from the perspective of “**you ARE NOT your thoughts and emotions**”.

Observe them and feel them, but they are not you. Detach from them so you can look at them, and as you look at them, without judgment, they lose power over you.

Identify them. Acknowledge them. Feel them - and let them pass.

Now, while you do this, **breathe...**

Which takes us to the most basic and important exercise of the whole program: **Breathing**.

Breathing is a tool that we have at our disposal 24 hours a day from the time we are born until we die. “It is supposed to be natural” and yes, we are breathing all the time. However, it is the awareness and the connection to the breathing that have been forgotten, which is exactly what you need to do to reconnect with your body.

The beauty of this “exercise” is that you can access it at any time in any place. You have your mind to remind you to bring your attention to your body and then you have your lungs to do the breathing. Then you have the attention to observe and feel your breathing.

You can repeat this exercise as many times as you want, the more the better. You can do it while you drive or walk or while you eat. Anywhere at any time.

Now, *how do you breathe?*

The way you breathe is very important. The deeper and slower you breathe the better.

What happens to adults in today’s fast-paced world is that they breathe faster and shallower. This way of breathing indicates stress and fear. The way you breathe when you activate your fight or flight response.

Today, most people are walking around ready to have a fight or flight reaction as if they are in constant danger (stressed out) thus releasing the stress hormones adrenaline, noradrenalin and cortisol.

This response causes your muscles to tighten up, hyper-ventilation, higher heart rate, suppression of immune system functions, which all affect your levels of cholesterol and much more.

Besides the physiological changes, you are also disconnected from your body. The disconnection causes mis-communication and lack of awareness when choosing what to eat and how much to eat.

### Exercise #1

Breathe, bringing your attention to your stomach, AS IF you are breathing with your stomach. This will make your breathing deeper, with the intention of filling your lungs completely.

The air comes in through your nose and throat into your lungs making your chest area expand. Bring the air down from your chest into your abdomen as you relax the muscles of that area, filling your lungs even more.

When you practice this type of breathing, it becomes deeper and slower after a while.

When you haven't breathed in this way for a long time, it may feel strange and sometimes uncomfortable, as if you are forcing it. The idea is to allow it to happen, with awareness, and with the intention of breathing as if you were breathing with your stomach, even if it feels strange at the beginning.

It will become more natural as you practice. Do not force it. Relax and use your awareness to allow the breathing to become deeper.

This is the first exercise that is going to start reconnecting you with your body and yourself.

Practice the exercise as much as you can. Remember the beauty of it is that you can do it anywhere at any time.

Breath slowly, deeply, relaxed and be aware of each breath.

### Exercise #2

This exercise is linked to the first exercise and it is to **Relax**.

The combination of deep, correct breathing and relaxing your muscles will help you to release and manage stress in a healthier way. It will also influence HOW you eat and the amount of food you eat.

During the day, bring your attention to your whole body. You can check each area and identify how your muscles feel in that moment.

Check if there is any area that is tense. Maybe you will find that your jaw is clenched, or one hand is making a tight fist, or you feel one leg is tense or shaking.

When you realize what is happening, just let go of the tension and relax the area.

You will practice exercise #1 and #2 together as much as you can every day. You can do it anywhere at any time.

The practice will help you to learn how to relax. It will help you to lower those stress effects in the body which I mentioned before. It will help you to connect and communicate with your body, which is the way we are able to identify what type of food and what quantity of food we need for our unique body.

*Practicing these two exercises while you spend time in Nature, is great support for the release of anxiety, worries and stress - which are major causes of eating disorders -.*



## Chapter II

### Changing Habits

To be able to change anything in your life, you must change the way you habitually do things. You cannot get a different result by doing the same things over and over. It is not possible.

The first step to changing certain habits is to make the decision and to commit to yourself.

Now, what you need to do is to take an honest look at your eating habits. Writing things down is a helpful tool in many ways when we are working on self-development. I do recommend it. Just be honest with yourself, try it and see how it helps you.

Alright, go ahead and start identifying your eating habits in your current lifestyle.

**For example**, ask yourself:

*How many times a day do I eat?*

*How much do I eat?*

*What kind of foods do I eat?*

*Do I eat until I am so full that I cannot comfortably move?*

*Do I eat only when I am honestly hungry or do I eat when I'm feeling bored or angry or nervous? When do I eat?*

It is very important to acknowledge the **reasons why** we eat or why we are NOT eating.

**Why** are you eating what you are eating right now?

Pay attention to how you are feeling immediately before eating.

For you to realize the reasons why you eat, you need to be present in your body and aware of your feelings, which you do by practicing the first two exercises.

The breathing and relaxation exercises will bring you into the present. Practice them every time you are about to eat to start creating a new habit that will help you to know what, when and how much to eat.

Now you can add exercise 3 to 1 and 2:

### Exercise #3

Bring your awareness to your body as you breathe deeply a few times before you put any food in your mouth. Then while eating, keep breathing deeply and relaxed, allow the breathing to happen, do not force it.

Use your attention to feel all your senses while you eat. Eat slowly and chew well.

Digestion begins with chewing. Chewing well will help you to absorb nutrients better AND you will actually TASTE the food. Also, by paying attention to what you are chewing, you will be able to identify if there is anything that may be harmful to swallow.

Right before eating, ask yourself if you are *really hungry* or if you are *eating for other reasons?*

Particularly identify how you are feeling as you are about to start eating.

When you answer yourself, if the desire to eat is coming from an emotion, then stop and breathe deeply.

Breathe deeply a few times, bring your attention to your breathing and body. Observe your breathing, observe your feelings and as you breathe allow the emotions to pass.

Remember that this is for your own good and that you choose health and happiness. You choose to feel good with yourself and your body. You choose to feel comfortable and content in your body.

The thoughts you use through the process are also very important, they will support you and help you to make changes faster and with less struggle if you use them properly.

On the other hand, if you keep thinking the same way as in the past, then you will not change any habits, thus you will not change anything in yourself.

Which takes us to the next exercise.

#### Exercise #4

Watch how you talk to yourself and your body. *What words do you use?*

The quality of your thoughts has a major effect on how you feel and on the speed of your progress.

Especially when you are trying something new and when you are changing old habits, you must watch those thoughts, because when you try something new, you will make mistakes. It is the only way to really learn something new.

In fact, if you are not making mistakes, you are not learning anything new.

Yes, there may be cases where, for example, you go bowling for the first time and it happens that you get a strike in the first try.

That doesn't mean you have learnt how to bowl. If you really want to learn then you will practice and make the necessary mistakes in the process of learning. And that is perfectly normal and ok.

The important thing is how you treat yourself when you make those mistakes as you learn new and healthier habits to create and maintain your unique body.

You may find yourself looking for a cookie in the middle of the night, starving yourself or having more food than what you intended to have because it was just too good to stop eating!

Whichever your tendency is, when those things happen, make sure to treat yourself with understanding and kindness. It is not easy to do. Remember that you have had these old habits for a long time and it is ok and normal that you fall back on them in the process of change.

The important thing is to learn from them and be even more aware and stronger next time.

There are also smart ways to help yourself not to fall back too often.

**For example**, watch what type of food you keep in your house. Stop buying snacks, junk food, sugary food and too many processed foods. It will help you to stay out of temptation and it will give you a chance to gain strength and confidence in yourself.

Changing processed snacks and processed foods for carrots, oranges and fruits in general will help you with cravings for sweets. Drinking tea with honey is another way to satisfy sweet cravings.

As you stay away from processed food as much as possible, replace them slowly with fresh and raw foods.

Some people will say that fruits are not good because they have a lot of sugar. The fact is that a fruit is natural, it is unprocessed, and it contains its proper amount of fiber.

The refined and artificial sugars that you find in most shelf products like cakes, bread, ice-cream, etc. are the ones you need to reduce as much as possible.

Whenever you make the smallest change, ***celebrate!*** Feel proud and good about yourself when you overcome a craving battle, or you stop buying junk food. Yes, I did it! This will help you to increase your self-motivation and self-esteem. Celebrate. Feel proud of yourself each time you overcome a challenge.

However, after you take your time to feel good about it, go back to focusing on what you are doing and stay in the present moment. Remember that if you really want to make a lasting change, there are more challenges on the way.

Know that each time you change an old response to a new one through breathing and being aware of your feelings, you become stronger. The more you do it, the stronger you get and the weaker the old habits become.

Keep reminding yourself why you are doing this, why you made the decision in the first place.

Something was telling you that you had enough of feeling that way about your body. You knew you needed to change to a healthier lifestyle.

**You deserve to have your natural, unique & healthy body and to feel good about it!**



*Healthy food can ALSO BE DELICIOUS if we take the time  
and the care to look for it and prepare it.*



## Chapter III

### *Stop Comparing Your Body to Others'*

Your body is literally unique. Your genes, your biology, your bones, your skin, your hair, your eyes, your level of hormones... are unique. Nobody else has the exact body make-up that you have.

So the next exercise is to stop comparing your body with the body of other people or the body you once had.

#### Exercise #5

Realize that it makes no sense to compare your body and to try to have a body that looks like the ones you see on social media, like your gym trainer or anyone else you know.

It is completely ridiculous! Your body and lifestyle are completely different from theirs. Your job is to find what your body's specific needs are, at your present age and given your present condition.

#### **Example 1:**

You are a 35 year old female lawyer and next to you there is a 30 year old male athlete. *Are you going to have the same diet as the athlete? Are you going to drink the same amount of water as the athlete?*

#### **Example 2:**

You are 1.5 m tall and comparing yourself with another person of your gender who is 2m tall. *Are the two of you going to eat the same type and amount of food??*

You can eat the same of course. The question is: *will it be a healthy and harmonious diet for both of you?*

By realizing your unique characteristics and starting to focus on your own body, you stop looking at others' bodies and what they eat or do not eat. You start paying attention to the only body you have, right now, as it is.

You must find what works for your unique body depending on your height, your age, the type of job you do, your exercise regime, and the climate you live in.

All these factors impact what and how much you will eat.

As you stop comparing your body and stop trying to look like someone else “out there”, which is reinforced by social media and social conditioning, you start looking and appreciating your own body as it is.

The level of brainwash from social media and advertisement that comes into your subconscious mind, has been and still is huge and constant. It will be up to you to do what you need to do to stay away from that as much as you can to help yourself.

As you start focusing on your unique body and all its functions, and realize that you need it to experience your life. You can begin to accept, take care and love the body you have right **now**.

## Chapter IV

### Appreciate Your Body

*How many times have you thanked your body for doing all the functions it does without you even knowing?*

*Do you recognize that the body you have is the only one you will ever have?*

You cannot go and buy another body. In today's world there is the "illusion of a solution" by doing surgery on obese people or doing cosmetic surgery to look different from how you naturally look.

The point is that even if you do cosmetic surgery, liposuction or any other kind of surgery to change your body, you will still have the same mental and emotional habits that caused the problems in the first place. You will still have the same insecurities. And even if you change some parts of your body, you will still have the same body you were born with. You cannot trade it in for another one.

Some of the things you need to remember are that, thanks to your body, you can experience life. You are able to experience your five senses, you can travel to different places, you can give life to a new human being and enjoy feeling your child or grandchildren in your arms. Thanks to your body.

Thanks to your body you can have the experience of getting in the water and swimming, hiking a mountain, stretching, walking, anything you like. You can eat and savor amazing food. You can laugh. You can breathe.

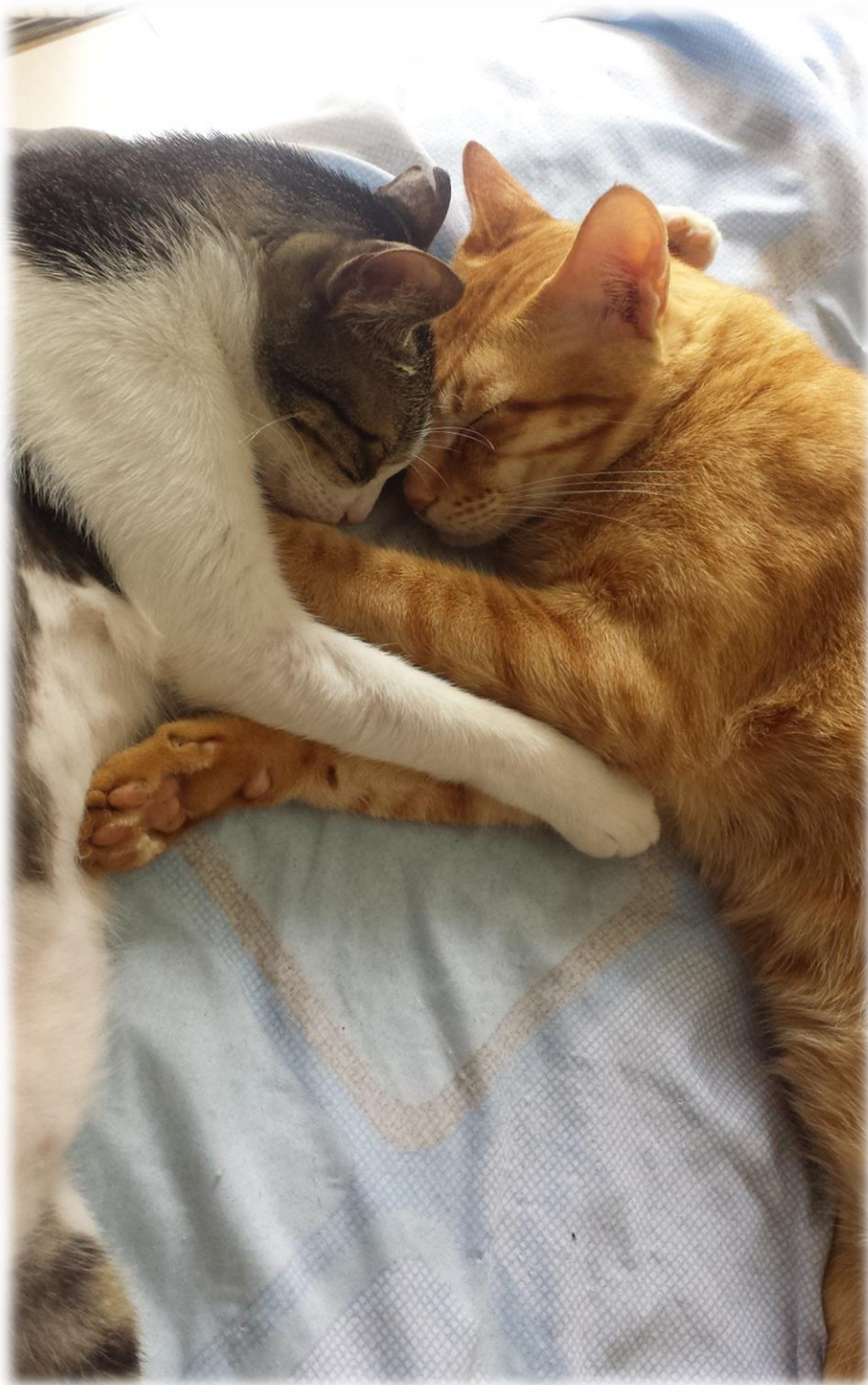
Thanks to your body you are here living this physical experience with the positives and negatives of life. **But all your LIFE EXPERIENCES will be impacted by the QUALITY of your HEALTH.**

#### Exercise #6

Take care of your body with respect, love, patience and gratitude. Thank it for everything it does right now and every day.

Practice Unconditional Love with your body and yourself.

*Cats are a great example of Self-Care*





*Doing things that you enjoy with your heart is part of  
appreciating your body and yourself*



# Chapter V

## Physical Activity

In order to find and maintain your unique and healthy body through having a healthy lifestyle, you need to do some kind of physical activity at least 5 days per week.

Depending on your current condition, you will know which specific exercises you can do and in what quantity. You need to decide what you like or do not like in terms of types of exercise, then choose at least one that you will really enjoy doing. If you already have one/some that you enjoy, then see if you can increase the intensity and time that you practice.

What we are doing here is helping you to find your own balance point, to find your own harmony. Take into consideration your **current** health conditions, your body weight, level of activity, agility and flexibility.

*How much physical activity do you do per week? And what kind?*

*Do you think you can do more than you already do?*

*Do you enjoy the physical activity that you are currently doing?*

These are some of the questions to ask yourself. And if you have a delicate physical condition and you need to exercise cautiously, you must take that into account also.

The main point is to consider all of your current physical issues. If you have an injury, if you have a physical limitation, how much you weigh etc.

Once you look at your overall current situation, whatever that is, then ask yourself:

*How can I improve in this area?*

*How can I add a little more physical exercise to my week?*

### **For example:**

If you already exercise five days per week, then maybe you can increase it to six days per week. Or you can increase the time you exercise each of those five days.

It is important that however you increase, you do it step by step, little by little. You don't have to go from doing exercise one day per week to six days per week. In fact, it will probably just exhaust you and make you want to quit because your body is not accustomed to that level of activity.

Be realistic about it, be honest with yourself. There is no rush. If you really want to create and maintain your healthy ideal body then you need to take your time, be patient and take one step at a time. Your body is not a machine.

Each day is important, each step you take is important.

*By being patient and giving attention and importance to each step, we create constancy, discipline and lasting changes.*

Here we have another challenge and you can have psychological and emotional reactions. Be aware of them. Be understanding and supportive with yourself. Be your own best friend.

**YOU CAN DO THIS. YES, YOU CAN.**

When you exercise, your brain will release happy hormones – endorphins – chemicals that trigger a positive feeling in the body. These chemicals help reduce stress and depression, among other things.

You also help your body to do its functions much better.

Exercising regularly will strengthen your muscles, regulate your blood pressure and will help you to release toxins.

Overall, exercise helps you to feel good physically and emotionally.

Exercising is a positive habit for your life. It is for your own wellbeing.

If you are someone who doesn't like exercising, or you feel "obligated" to do it, you can change your attitude to a positive one by being aware of its many benefits.

If you want to feel good, have a healthier life and body, then you will choose to do things that are beneficial for you.

**Remember, you deserve it.**



Now, one thing to do right away is to find something that you like doing which involves physical exercise. The idea is for you to also enjoy it or at least like it. It doesn't mean you won't be pushed and challenged. You will. But by liking the activity, you will add mental and emotional benefits.

See if you have any tendency towards a specific sport or any activity that will make your body move and sweat.

If you can do the activity you choose outdoors, it will be much better. Exercising or just walking around in a natural environment will also add mental and emotional benefits.

If you are only starting to create the habit of exercising, you can start with two to three days per week, or you can start by doing some stretching and warm up exercises every day for at least fifteen minutes.

Stretching and simple warm up exercises, done every day, help your ligaments and tendons to be more flexible and your muscles to get conditioned for physical activity.

After a while, your body will get conditioned and you will be more connected to it. You will start identifying when and by how much you can increase your exercise rate.

# Chapter VI

## Creating Your Ideal Body

Here, you could say, you are creating your ideal body or allowing it to manifest itself. Either way, part of this program is to find your unique body. The body that “fits” with who you are.

That body that **YOU** are happy with, **NOT SOMEONE ELSE**.

Forget about what other people tell you about your body, whether positive or negative. Have in mind that it is their opinion, and everyone will always have an opinion.

You start creating your body by identifying your natural characteristics and identifying the things you can and want to change. The intention is to co-create your body by taking into consideration and accepting the natural characteristics which cannot be changed, and then changing or designing the ones you can.

For example, some people are naturally the athletic type, some people are naturally slim or “curvy”. Your height, the color of your skin and eyes, are all natural characteristics which you accept and work with.

Once you are honest with yourself and identify these natural characteristics, then you can start changing the things you want to. Always with the intention of being healthy.

Whatever your natural tendencies are, you can work to co-create your body according to what you like and **HOW** you want to **FEEL**.

In this chapter, we will focus on learning how to create effective **visualizations and affirmations**.

Visualization is a powerful tool that may have been underestimated. Maybe it's because a lot of people feel they cannot do it. As soon as they hear the word “visualization” they subconsciously block the ability to do it, because maybe they tried it once before and it didn't work. Maybe they were expecting something different and did not achieve it.

Even though it is called “visualization”, it does not mean that you have to “see” images clearly.

Since we are all different, we have different tendencies when “visualizing”. Some people are more auditory, some are more visual, some are more kinesthetic, some are more olfactory.

That is why some “visualizations” may be more kinesthetic than visual. The idea is to find out what is your tendency, what comes easiest to you and work with that. In time, you may develop all of your senses and have a stronger experience.

Now, regardless of your tendency, the feelings you have when visualizing are very important, if not the most important. It is simply more effective to really feel the way you want to feel in your body.

It is called visualization because you are seeing with your mind’s eye, you are using your imagination, but it does not have to be a clear vision. You may not “see” any image, but you are feeling the image. Some people are more visual, and they will see a little clearer, that doesn’t mean it works for them and not for you.

It just means that you visualize differently. It will still work for you.

## Exercise #7

Find the right feeling you want to feel in your body.

*How do you want to feel with your healthy and ideal body?*

Close your eyes. Imagine yourself with less or more weight, less or more fat, feeling lighter or stronger, healthier, with more energy and alive.

*How would that look?*

Include the things you know for sure that you want to feel in relation to your body. You must be sure and clear about that vision, if there is anything you are unsure about, just leave it out for now.

Visualizing or doing an affirmation with feelings and thoughts that you are unsure about, will create confusion in the process of creation.

If you want to feel fit and lean, imagine it and feel it. If you simply want to feel stronger or just free of fat, then see it and feel it, as if it is true right now. In

your conscious and subconscious mind, the image and feelings are true, therefore your body will start responding to that “reality” in the present time.

Be very specific and be aware of the words you use. Have in mind that the subconscious takes things literally.

Reinforce and intensify those feelings with a **YES**.

## Exercise #8

A second tool to use, is **affirmations**. Affirmations are similar to visualizations, in the sense that you need to FEEL the affirmation when you are saying it.

For an affirmation to be effective, you need to use words that sound and FEEL true to you. **It needs to be all positive, in the present tense, and somehow “realistic” for you.**

After you create and write down the affirmation, which contains what is it that you need the most support with at the moment, repeat it as many times as possible during the whole day, every day. Repeat it in your mind and out loud if/when you can. There will come a moment when it will become true.

In the future, you can create another one that supports another priority for that time.

### Examples:

If your priority is to lose or gain weight. Then you will create an affirmation that supports that now.

For losing weight:

- I now feel lighter as I burn fat everyday
- I now let go of extra weight

For gaining weight:

- I now eat more quantity of food
- I now enjoy eating a lot

Applying everything at the same time, gives you the power to approach it from many different angles and it will make it hard not to get results.

Remember that it is not a quick fix. It is not a magical fix.

Results come in different times and different degrees depending on your unique mental/emotional and physical characteristics.

Because it is hard work you are doing, it will give you a deeper gratification and appreciation of your results.

*Hard work is usually paid with great results.*

## Chapter VII

### Letting Go of Guilt

As you are learning and practicing how to connect and communicate with your body, you begin to be more aware of yourself and your feelings.

One important emotion to be aware of, is **guilt**.

For example, feeling guilty about something you ate or about not exercising as much as you intended to.

The first step for letting go of guilt is to acknowledge it. Once you realize there is guilt, say to yourself that it's ok. The emotion is inter-connected with making mistakes, and as you are changing habits, you will be making mistakes. Be aware of the feeling and learn from your actions.

The feeling of guilt can help us to recognize if we are doing something that is hurtful to us or to others. Once we recognize WHAT we are doing and take actions to stop and change the hurtful behavior, the feeling of guilt does not serve a purpose anymore.

The problem is when we hold on to the feeling. Holding on to the feeling afterwards creates suffering and retards progress.

Another example of feeling guilty is when you are actually getting better and doing things that are beneficial for you. There is a feeling of guilt deeply rooted in all humans when something positive is happening to them or when you are achieving something you wanted. It comes from seeing others not having what you have.

You being happy does not mean that you are taking happiness from others.

Guilt has been planted in humans for a long time. It is a conditioning, and it is useless once you realize your mistakes and take action. The remaining and constant feeling of guilt is a way to punish yourself. **It is a destructive energy**. The root of that guilt is a whole other subject which we will not talk about here.

The idea is to be aware of it and don't let it stop you. As soon as you realize it, remind yourself that you do deserve to have your unique and healthy body.

You do deserve to have a healthy body in which you feel content and comfortable.

Go back to focus on what you are doing and remember why you are doing it.

It is for your holistic health, to let go of the constant struggle and to create a healthier lifestyle. It is to be able to enjoy this life with all your senses free of the constant internal battle of what to eat, what not to eat and regret about what you already ate.

Just listening to your body, connecting with it and being in harmony with its needs you can enjoy what you eat free of guilt, eat healthy and feel comfortable and content in your body.

# Chapter VIII

## Integration

Congratulations on making the decision and committing to having a healthy body and a healthier lifestyle. Congratulations on your efforts and changes!

Feel proud of yourself for even the smallest changes you have made in your habits and perspectives. Each single step is important, remember that. Just continue moving step by step so you can consolidate your new lifestyle.

Now that you have all these tools and practices in your hands, this chapter is to give you an overall perspective on what life could be by applying these tools in your daily life. It is a generalized view. At the end you will have your own unique experience.

As you start breathing, chewing slowly and being present while you eat, you will realize when you are satisfied. As soon as you feel satisfied, you will stop eating. You will not eat more or less than what you need at that moment.

By practicing those exercises, you will reinforce the habit of paying attention to your body as well as reducing or increasing the size of your stomach.

It is also good to intentionally begin to reduce or increase the amount of food you usually put on the plate. In this way you have extra help, and it will become natural after a while.

The time you will spend in the process of changing your habits and for them to become natural will depend on your conditions at the time you started to apply what you have learnt from the theory, as well as your specific changing rhythm.

Remember to have the goal in your mind but do not live there. You need to focus on what you are doing and feeling in the present. The changes will happen as you practice all the exercises. So you do not need to be constantly “desiring” that goal.

As you apply the tools and practice you will begin to experience the results.

**First of all, be patient.** Remember you have been feeding and treating your body in a certain way for quite some time. You cannot expect your body to



magically turn into the ideal healthy body in a week or even in a month after you start changing your habits.

**Even when you change your thinking and emotional habits, your body will need more time to adapt to the new way.** You need to give it a chance. Don't give up. You can do it if you really want to.

In the process, especially at the beginning, you will feel like nothing is changing. A lot of people who start a diet or exercising get discouraged because they are not seeing results in the physical body in the time the mind is expecting it, and so they give up.

Although in the mind the change has already happened, you have to give your physical and emotional bodies a chance to catch up.

If you really commit, practice and apply these tools to your daily life you will see results. But you have to be honest with yourself when making those changes.

Also, at the beginning you may not see changes in your physical body, but it doesn't mean nothing is happening. Things change first internally, at the cellular level.

As soon as you start changing your habits and using these tools, your body has already started to adapt to the new way of living and eating. What you need to keep in check is your mind, which will have the tendency to run to the future to see physical results NOW.

With all these points clear, you can now be more specific about how you want to feel in your body and the specific things you can change for the better. Write them down and create an overall image of your unique and healthy body as well as your overall new lifestyle.

Imagine how your ideal and healthy body feels, how it looks, how comfortable and grateful you feel in it. Be as specific as possible.

Start practicing the exercises each day with each meal. Look around your house and give away or throw away any snack with too much sugar, salt or chemical additives.

Prepare mentally and emotionally before you start the changes. Be aware of your intention as you begin with this new way of being and doing things in relation to what you put in your body and how you treat it.

Practicing at least 5 minutes meditation every morning before getting out of bed will help you with this process and with the rest of your life generally. It will create a more calm and relaxed mood throughout the day. Meditation must be a constant practice for you to see results.

As you begin the process you may find it hard or easy. Either way, **KEEP GOING.**

There may be times when you want to quit, if you make a mistake or you simply feel it is too hard. Yes, it is a challenge, and if you want to see real results you need to push yourself through those moments. You can do it.

You have the strength right there within yourself. If you fall, pick yourself up. Learn from the fall and keep going feeling stronger than before.

The more you do your physical exercises, breathing, being present as you eat and so on, the better you will feel and the more motivated you will be. **Reinforce the positive.** This approach will also help you when facing challenges in other areas of your life. It can be applied to anything you do.

After you have created new, healthier habits and you really feel you have stronger will power, you can enjoy deserts or sweets once in a while in moderate amounts.

You may want to go to the point of not having any kind of processed sugar at all and that is ok if that is your choice. Remember it is completely up to you as to where and how far you go with the practice. Be open and see how far you can/want to go. The limits are of your own making.

*Just stay away from extremes.*

### **Examples of an overall view:**

#### **Example 1:**

You eat healthy, balanced meals on a daily basis (salads, fruits, proteins, etc.) no sweets, no sodas and no processed foods. You have a regular exercise routine. It feels natural to you and you are enjoying the feeling and the lifestyle you have created.

You maintain your mind-body connection, listen to your body's unique needs, and are aware of your emotions.

Once in a while you have a desert, a chocolate, a cake or a hamburger (in moderate amounts) just because you like them and that is ok with you.

**Example 2:**

You stop consuming sweets and processed food completely, like you NEVER eat them again. You have a strong physical exercise regimen where you burn fat and build muscle.

It is all about being and feeling healthy and fit, and you find your way to stay connected to your body and inner-self. It may be through your exercise routine or you make time to practice mindfulness to stay mentally and emotionally healthy.

*Some people can choose to have that lifestyle as it works for them and that is ok. It is a personal choice. Just be aware of the balance and harmony, avoiding extremes, and staying focused on what is important to you personally.*

**Reminders:**

Always keep the harmony, do not go to extremes. Remember that, especially when you are on vacation. Do not forget all the work you have done and yes, eat and enjoy different things available to you during that specific vacation, but DO NOT overdo it.

Find at least 10 minutes of your day to stretch and move or do some kind of physical activity that you will also enjoy.

The healthy lifestyle can be maintained even when you go on vacations and it can be simple and fun!

**Be Healthy and Be Happy!**

## About the Author

Evy Y. Parkinson is a Certified Clinical Hypnotherapist, she has a BSc in Psychology, a Certificate in EFT (Emotional Freedom Technique), a Diploma in Shiatsu Assistance and she is a Tai Chi & Qi Kung practitioner.

She has studied, lived and gained experience in Venezuela, Trinidad & Tobago, Florida, USA. Barcelona, Spain and Doha, Qatar.

Evy is the creator of **Harmoniousinfinity**: *Mind/Body/Spirit Harmony*.

Harmoniousinfinity's philosophy is to live in harmony with the physical and the spiritual world, by first being in harmony within ourselves.

She combines her studies, practices, life and spiritual experience to assist individuals to heal the root of their problems/illnesses. Whether they manifest as physical, emotional or mental symptoms.

She offers private customized sessions in person and online, as well as workshops and wellness programs, including Mindful Eating Program which is based on this e-book.

All sessions and workshops are created from a holistic perspective that treats the whole individual with her/his unique combination of mental, emotional, physical and spiritual qualities.



[www.harmoniousinfinity.com](http://www.harmoniousinfinity.com)



## References

- Joseph Goldberg, MD. February 19, 2014. WebMD, LLC.

<http://www.webmd.com/depression/guide/exercise-depression>

- Eva Cwynar, MD, Internal Medicine. Benefits of regular Exercise. Sharecare.

<http://www.sharecare.com/health/benefits-regular-exercise/how-exercise-help-rid-toxins>

- Steve Tovian, PhD, Beverly Thorn, PhD, Helen Coons, PhD, Susan Labott, PhD, Matthew Burg, PhD, Richard Surwit, PhD, and Daniel Bruns, PsyD. Stress Effects on the Body. American Psychological Association.

<http://www.apa.org/helpcenter/stress-body.aspx>

- Fawne Hansen. Wellness Coach. July 20, 2014

<http://adrenalfatiguesolution.com/stress-immune-system/>

- Julia Layton. How Fear Works. How Stuff Works?

<http://science.howstuffworks.com/life/inside-the-mind/emotions/fear2.htm>

- Sara Fader. Fight, Flight, or Breathe - It is possible to breathe through a panic attack-. May 17, 2014. Psychology Today.

<https://www.psychologytoday.com/blog/panic-life/201405/fight-flight-or-breathe>

## Acknowledgments

First of all, I thank my parents for introducing natural medicine and healthy food into my life from the time I was born.

This experience has kept me interested in learning how to maintain a healthy lifestyle. They have also been of great support in everything I have wanted to try or do in my life. By respecting my space and trusting me, they allowed me to learn invaluable lessons you can only learn on your own.

Simply said, if it weren't for my parents and brother's love, and sometimes tough love, I would not be who I am today. They have been, and still are the safe nest I can always go to if & when necessary.

I thank all the authors of the books I have read since I learnt how to read.

Books have always been an important part of my life and have helped me grow as a person and as a professional. Certain self-help books have had a great influence on me, particularly "The Power of Now" by Eckhart Tolle with its simple and truthful message.

I thank all the teachers who have taught me Psychology, Hypnotherapy, Meditation, Psychotherapy and Tai Chi. Thanks to those teachings I was able to put together the content of this e-book.

In general, I thank those who have been close to my life – family members and non-family members – those who have been true friends, those who have loved me unconditionally even after seeing my dark side and have appreciated my friendship and who I am.

Thanks to Dawn Glaisher for her time proof-reading the book and re-checking the English grammar. It was so needed!

To each and every one, I love you.