



The Most Powerful Tool for Transforming Your Body

Meditation positively influences your metabolism, heart rate, breathing, blood pressure and hormones. Your thoughts powerfully influence every single process of your body including your fat storing hormones.

If you are unable to release past hurt or pain, or any emotional baggage you will find it difficult to release your physical baggage in the form of excess weight. This is why nothing is more important than forgiving yourself and others.

Meditation is a short cut way to changing your negative beliefs that are keeping you stuck and unable to lose weight such as...

- I am meant to be fat
- It is in my genetics
- Losing weight is difficult or impossible

When you are stressed out, and feeling a negative emotion such as worry, fear, anger or loneliness, the impact on your hormonal system is immediate and shows up as hormonal imbalances that cause food cravings and weight gain, especially around the belly.

The reason for this is because stress of any kind will raise cortisol levels in your body whose job is to increase blood sugar and store fat. Cortisol is a hormone released by your body and is responsible for regulating our most fundamental life-sustaining processes such as...

- Fat, protein, and carbohydrate metabolism
- Blood sugar levels
- Sleep/wake cycle
- Immune function
- Inflammation

When cortisol is out of balance because of chronic mental, emotional, or physical stress it can be more toxic to your health than unhealthy food choices.

The Solution is to Approach Weight Loss from the Inside Out with Meditation

Meditation is extremely powerful at lowering your cortisol levels and will clear your mind of the thoughts that bind you. When you bring your body back into balance with your cortisol levels, you will notice that food cravings and overeating will subside. You will also find it easier to make better food choices.

Meditation is the process that allows you to realign with the larger part of you that is your spirit. Your spirit is always aligned with the loving source of creation and the well-being that is your natural state.

Anything you desire such as losing weight will happen in the spiritual realm first with your thoughts and beliefs. Change your beliefs and you will change your body.

Everything is Energy Vibration

Everything you see is energy vibration, even your thoughts. When you choose to love yourself unconditionally and think positive thoughts you are tapping into the highest vibration for healing your body. Meditation is the best way to quickly raise your vibration to your natural state of thriving and well-being.

When you quiet your mind and offer no thought you release all resistance in your body and you begin your journey into wellness. It is sometimes easier to have no thoughts than to have a positive thought. This is the reason why making a commitment to meditate daily for the next 30 days will absolutely change your life.

When you meditate on a daily basis you will begin to experience the following benefits.

- Increased Happiness
- Mental Clarity
- Inner Peace
- Increased Longevity
- Resolve Deep Emotional Issues
- Raise Your Metabolism
- Assimilate Your Food Better

How to Meditate



1. Find a quiet place where you will not be disturbed for 15 minutes. Sit in a comfortable chair, or lie down but do not fall asleep. Begin by relaxing every muscle in your body.
2. Close your eyes and totally relax every inch of your body from your head to your toes. Take a deep breath to the count of 4 through your nose, filling your lungs to capacity and your belly also. Release your breath slowly to the count of 4 through your mouth.
3. Repeat this process 3 more times and as you release your breath, focus on releasing all the tension stored in your body.
4. Count your breaths as you breathe in and out. When your mind begins to wander, focus your thoughts back on your breathing. Tell yourself “I know you have the ability to focus” and seek for a gentle feeling of well-being, or purity, or just the goodness and simplicity of who you are.
5. When you do this every day for 10 – 15 minutes, simply find a quiet place to shut down, relax, breathe, and do nothing but be in the moment, things you have been wanting will begin to flow into your life.

Every answer you seek exists in the gap between your thoughts. Your intuition, higher self or divine guidance is constantly speaking to you, but only in a whisper.

Tapping into this Divine source energy holds the key to your physical, emotional, and spiritual breakthroughs you are seeking.

The purpose of meditation is to raise your vibration and become aware of what it feels like in your natural state of well-being. As you do this process daily overtime your inner being will become more sensitive to any negative emotion you feel.

This heightened sensitivity of your negative thoughts will be uncomfortable to you and will help you realize where you need to change your thoughts with a better feeling thought and a positive affirmation.

Your job is then to release all the resistance in your body from negative thoughts that no longer serve you or your highest good. In the absence of thought there is no resistance in your body and you are in a state of allowing your perfect, unique, and beautiful you to flow to and through you.

People will be amazed at the manifestations that will begin to happen. I know this to be true for it is how I live my own life. I am speaking from experience when I say that meditation will change your life in many positive ways. Give it a try and I guarantee you will not be disappointed.