

## Diet and Weight

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**Abstract.** Emotional heaviness and “waiting” may create weight issues. By accessing our reasons for excess weight, releasing limiting beliefs and clearing sabotage programs, acknowledging and changing inappropriate eating patterns, and affirming for our best self expression, we “lighten up”.

### Introduction

Most of our clients who come to us with “weight” issues have tried dozens of diets and therapies for their problem with little or no success. The obese clients (those 100 to 250 pounds overweight) are usually beset with many emotional blocks and physical limitations in their own abilities to cope with their excess weight, and food intake is usually not the main problem.

With the help of several unique approaches (*Thin Within, The Only Diet There Is*) and our own inner guidance and experience, we have created a simple workshop which accesses major stresses and related emotions, and begins to open the natural flow of Self-love, respect, and choice to the participants.

We now offer this workshop to all of you to explore and experiment and develop new, effective methods to assist people with this painful and sometimes extremely limiting problem. This material will also provide a wealth of material to use in private balancing and clearing sessions with clients allowing you to go into much greater clearing than is possible in a group setting.

Before exploring or clearing any of the following areas, it is important to muscle test the individual to be certain it is appropriate. If not, they may either not need that area or not be ready for it yet in their own “energetic priority system”. Either way, you move on to the next area and check that. We have listed the items which come up the most often or are the most universally applicable in each area. You may wish to expand the lists in response to knowledge of your client gained from previous work or their history form.

Once you begin work in an area, you will need to ask the being (muscle test) or simply choose from your available skills which

clearing techniques will be most effective to remove the energy blockage and the stress present. For workshop settings, simple skills such as finding the emotion, Frontal/Occipital holding, eye rotations, temporal tapping, etc. are taught and have a powerful effect. In private consultations you will use age recession, 14 muscle balancing, 5 Element balancing, defusion skills, the Professional Health Provider skills taught by Bruce & Joan Dewe, etc. In this presentation, we have listed only basic techniques which would be useful for a general public workshop.

### I. Teach muscle testing and finding emotions

For public workshops, we teach simple clear circuit muscle testing using the Deltoid or Anterior Deltoid as an indicator muscle. We also teach a simplified 5 Element emotion chart. In your own work, you can use an expanded 5 Element chart, the Behavioral Barometer, or any other emotional chart you are familiar with.

### II. The value of being heavy, fat, obese, etc.

Being heavy, fat or obese comes from a decision we made on a subconscious level. Accessing the reasons for our decision, the degree of stress, the related emotion assists the being in making a new choice when appropriate. Sometimes the client’s needs call for age recessing to clear the stress. Muscle test each statement to check for stress. Clear each as it comes up or test them all and check for priority one(s) to clear.

1. To protect me from abuse - sexual, physical, emotional, etc.
2. To hide my true feelings.

3. To keep me from being promiscuous, a sexual explorer.
4. To keep me from leaving my mate.
5. To keep me grounded on the planet.
6. To get even with parents.
7. To keep me "weighting", a delaying factor.
8. Holding back on power.
9. To have a more (or less) feminine body, breasts / hips.

### III. Body Image and Attitude

How we see our body affects the energy flow and balance. Judgments and fears seem to block flow. Love and peace seem to return flow to its natural state. Defusing stress on our current body size and shape and on our ideal body size and shape seems to allow the client to be at peace and at choice again, opening them to self-love and a positive attitude.

1. Visualize naked body now.  
Test, get emotion, clear, re-test, check emotion.
2. Visualize ideal body.  
Test, get emotion, clear, re-test, check emotion.

### IV. Eating Habits and Emotions

Releasing stress and negative feelings about our eating habits opens the way to freely making new, healthier choices.

1. Overeating - emotion
2. Sneak eating - emotion
3. Dieting - emotion
4. Guidelines For Conscious Eating (test for priority, get emotion, educate, repeat for any other priorities). See attached list for descriptions.
  - a. Eat only when truly hungry.
  - b. Eat exactly what you want.

- c. Eat only what really tastes good.
- d. Eat with no distractions.

### V. Attitudes and Beliefs

Key sabotage programs or conflicts can be simply accessed and cleared with the PHP techniques introduced by Bruce and Joan Dewe in the 1989 Journal article and presentation to the International Convention.

1. I deserve to have the body I want.
2. It's safe to have the body I want.
3. It's safe, fun & easy to lose weight.
4. It's safe to go for it.

"In spite of this conflict in attitude about ....., I deeply and profoundly love, accept and respect myself." (TT & eye rotations)

### VI. Cravings and Allergies

The being already knows what changes they need to make in their diet. Being in the presence of another person (you, the healing facilitator) and bringing it to the conscious level using kinesiology creates agreement and support for the client to make the appropriate changes. For those with PHP skills, those specific clearing techniques can be used at this point. Otherwise, basic Touch For Health food testing, finding blocked emotions, defusing stress in addition to the "educational" element helps facilitate the process.

1. Allergenic foods cause hunger
2. Sugar & wheat
3. Food allergies
4. Food additions, deletions and substitutions.

See attached food list. Test some.

### VII. Hypothalamic Weight Set

With injury, illness, stress, heavy judgments, repeated dieting, etc., our body can become confused about weight and come to erroneously believe that we should weigh considerably more than might be appropriate (and work very hard to have us stay at that weight). In the *Professional Health Provider* III program, Bruce and Joan Dewe introduce

a powerful technique to reset the hypothalamus for the body's ideal weight and to reset the Satiety center so the client will be satisfied with the appropriate amount of food. In the absence of these skills and for public workshop purposes, we muscle test for each of the "settings", find the emotion involved and use simple defusion skills to clear the emotion.

1. Current weight
2. Current weight set at \_\_\_\_\_.  
Get emotion.
3. Ideal weight is \_\_\_\_\_. Get emotion.
4. Satiety center set at \_\_\_\_\_.  
Get emotion.

### VIII. Affirmations

The client's energy chooses the most appropriate affirmations to clear the remaining energy blocks at the source. We have found it speeds the process considerably to combine eye rotations and temporal tapping with the use of affirmations which

are done verbally. It is also valuable to have the client simultaneously write and speak the affirmation several times each day (multi-sensory approach). You may notice, when writing and speaking affirmations, that your mind comes up with all of the "yes, but's" from your past. It's good to hear them or write them and then gently let them go.

1. Review attached list.
2. Muscle test for appropriate, strengthening affirmations, application and duration of use.

### References

1. Dewe, Bruce, MD, and Dewe, Joan, MA, *Clearing Sabotage Programs*, page 35, Touch for Health International Journal, 1989
2. Ray, Sondra, *The Only Diet There Is*, Celestial Arts, 1982
3. *Thin Within Workshops*, Inc., Oakland, CA 1976

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## PRINCIPLES OF CONSCIOUS EATING

### 1. Eat only when truly hungry

Ask yourself, "Am I truly hungry or just wanting to eat to take care of some other feeling (like fatigue, disappointment, loneliness, etc)?"

### 2. Eat exactly what you want

No substitutions. If you want a certain brand of something, go to the store. A small quantity of exactly what you're craving works where lots of a substitute still won't satisfy you.

### 3. Eat only what really tastes good

Take one bite of the desired food in your mouth. Taste it thoroughly. If it is perfect and tastes good, eat it with joy. If not perfect, spit it out (do not swallow) and ask again "What do I really want?"

*P.S. I lost 10 pounds in 2 weeks doing just this. BL*

### 4. Eat with no distractions

No TV, radio, reading, conversation. Focus solely on the joy and satisfaction of eating. Sit down and treat yourself to the pleasure of feeding yourself exactly what you want in a relaxed environment.

**Diet & Weight Reset  
Workshop Outline**

- I Teach muscle testing & finding emotion**
- II The value of being heavy, fat, obese, etc. (get negative charge on each, find priority, find emotion, test for best clearing technique)**
1. To protect me from abused - sexual, physical, emotional, etc.
  2. To hide my true feelings.
  3. To keep me from being promiscuous, a sexual explorer.
  4. To keep me from leaving my mate.
  5. To keep me grounded on the planet.
  6. To get even with parents.
  7. To keep "weighting", not going for it.
  8. Holding back on power.
  9. To have a more feminine body, full breasts / hips.
- III Body Image and Attitude**
1. Visualize naked body now. Test, get emotion, clear, re-test, check emotion.
  2. Visualize ideal body. Test, get emotion, clear, re-test, check emotion.
- IV Eating Habits & Emotions (Test, get emotion, clear, re-test, check emotion.)**
1. Overeating - emotion
  2. Sneak eating - emotion
  3. Dieting - emotion
  4. Guidelines For Conscious Eating (test for priority, get emotion, educate, repeat for any other priorities.
- V Attitudes & Beliefs**
1. I deserve to have the body I want.
  2. It's safe to have the body I want.
  3. It's safe, fun & easy to lose weight.
  4. It's safe to go for it.
- "In spite of this conflict in attitude about ....., I deeply and profoundly love, accept and respect myself." (TT & eye rotations)
- VI Cravings & Allergies (find emotions, age recess?, PHP allergy-clearing?)**
1. Allergenic foods cause hunger
  2. Sugar & wheat
  3. Food allergies
  4. Food additions, deletions and substitutions. Food List. Test some.
- VII Hypothalamic Weight Set (when part of a balancing session, do the re-sets)**
1. Current weight
  2. Current weight set at \_\_\_\_\_. Get emotion.
  3. Ideal weight is \_\_\_\_\_. Get emotion.
  4. Satiety center set at \_\_\_\_\_. Get emotion.
- VIII Affirmations**
1. Review list.
  2. Muscle test for appropriate, strengthening affirmations.

## Weight Affirmations

*It doesn't matter if it is more or less food.  
It is not what you eat that harms you; it is what you believe about food.  
Food only does to your body what you instruct it to.*

1. My body automatically processes whatever food I intake to maintain my perfect weight and health.
2. My perfect weight is \_\_\_\_\_ lbs., my perfect size is size \_\_\_\_\_.
3. I, \_\_\_\_\_, like my body; the more I like it, the more lovable it becomes.
4. Everything I eat turns to health and beauty.
5. Everything I eat turns into my healthy and well-proportioned body.
6. I am highly pleasing to my grandmother and my parents whether I eat or not.
7. As long as I am maintaining my perfect weight, I am eating enough.
8. I'll be healthy regardless of what I eat.
9. Everything I eat is good for me or I wouldn't put it in my mouth.
10. I have the right to feel good about myself regardless of how I look.
11. I have the right to feel beautiful regardless of how I look.
12. I am a feminine, sexy lady, and I can handle it.
13. God created my body to be an instrument of pleasure.
14. I enjoy being a woman.
15. I have a right to use my body to win a kind and loving man.
16. I no longer desire to be overweight.
17. I have the right to lose weight whether it pleases my parents or not.
18. I have the right to enjoy what I'm eating in full view of everyone.
19. There is no longer any connection between what I eat and my weight.
20. I now feel good about myself whether I eat or not.
21. I deserve all the attention and love I can get without performing.
22. Eating and gaining weight is a poor way of getting attention.
23. I can eat anything I desire without any unpleasant consequences.
24. I am learning creative new interesting ways to get attention.
25. Expression of my real feelings gets me attention and love.
26. I deserve all the sexual pleasure I can get.
27. I can achieve my perfect weight and maintain it without effort.
28. I no longer have to copy people I love to prove that I love them or to get their love.
29. The more I use my body with every passing year, the stronger it becomes.
30. Whatever exercise I do is enough to maintain my perfect weight and health.
31. As long as I get out of bed once a day, I am getting enough exercise.
32. I am now getting power from imitating God rather than my mother.
33. I am creative enough to get rejected whether I'm skinny or fat.
34. I have the right to prove my mother wrong in regard to weight.
35. Losing weight is a big gain for me.
36. The more weight I lose, the more health, money, beauty, energy, sex and men I gain.
37. I have the right to be prosperous no matter how much I weigh.
38. I can maintain my perfect weight whether I feel good about myself or not.

**Weight Affirmations (Continued)**

39. I deserve the pleasure of eating and the pleasure of a beautiful body.
40. The more I experience pleasure from eating, the more beautiful I become.
41. The more pleasure I allow myself to experience, the more pleasure I experience.
42. I deserve to be rewarded with love from God and other people every time I experience pleasure and satisfaction.
43. I have the right to say no to people without losing their love.
44. Infinite intelligence within me always does the right thing to maintain a strong and agile and healthy body.
45. All fats automatically balance themselves.
46. I now have enough time to enjoy eating while I am doing it.
47. That which is pleasurable to me no longer has any undesirable consequences.
48. I am developing moderation - which is the ability to stop doing something when I know the results are undesirable.
49. My life and health are sustained by the light of God.
50. My cells are susceptible to suggestion.
51. All food is good for me.
52. My living flesh is always obedient to my mind. To produce a change in my body is simply a matter of finding the instructions I have been giving it and changing those instructions.
53. I have the willingness to give up my stuckness. I can now imagine immediate results.
54. I have the right to enjoy chocolate or leave it alone.
55. I can enjoy a great variety of things and food.
56. I am now experiencing so much success and satisfaction that I no longer use food as a substitute.
57. As long as I continue to eat of the tree of life, I will survive and prosper and all my problems will starve.
58. I have the right to indulge myself fully without any undesirable consequences. I also have the right and ability to abstain.
59. Socializing has nothing to do with my weight.
60. My cells are well behaved.