

THE MAGIC MOVE TO KEEP IT OFF FOR LIFE

This is Dr. Brian Alman of TruSage (www.trusage.com). I have some great news for you. Today we're going to learn how to love our weight loss.

Harboring Self-Doubt

Self-doubt is nothing new. It's something we've all faced. Feelings of inadequacy, feelings that we don't deserve success, feelings that we'll never be able to lose the weight we want to lose. This is all a part of human nature and usually pops up with certain life triggers, whether people triggers, stress triggers, food triggers or emotional triggers.

In fact, anybody who has ever gained weight can trace it back to a specific age, time or situation when the weight gain started. And most likely, it was during this time that the self-doubts and self-criticisms were at their highest levels, when you just couldn't seem to escape the 15th row judge. But it's okay to be critical or mad, to feel the anger or disappointment, to listen to the 15th row critic, so long as you don't get stuck there.

Dealing With Doubt and Moving On

While it may be hard to believe that you're ready to get to a place of losing weight for life, I'm happy to inform you that it can happen right here, right now – through a technique I like to call the Magic Move. It involves moving your mind and body from the 15th row perspective to the last row. You're not trying to get rid of the judgments or criticisms about your life or the decisions you've made, you're just learning to add on, to see your life from a different perspective called the last row. And it's from this perspective where you can discover your inner TruSage.

This is a place of acceptance and self-love, where you embrace your intuition and creativity to come up with your own answers, on a situation-by-situation basis. So when the triggers pop up, whether emotional or otherwise, you know how to deal with them.

The Magic Move

Let's make the move. Start with taking a deep breathe in and envision yourself in the 15th row. You're watching the movie of your life and from this vantage point, you're judgmental about your body, your decisions, your weight loss efforts. Get in touch with those feelings. While it may seem counterintuitive, it's important to accept and express any judgments you may harbor. Because if you try not to think about them or feel them, then the negative feelings just get stronger.

So sit in the 15th row and express the dissatisfaction or the feelings of inadequacy. Feel as bad or stressed about it as you need to – and then, take a deep, satisfying let-go breath. In fact, take lots of calming and relaxing breaths, using the many breathing techniques you've acquired – breathing with your name, your colors, your turning points.

Remember, you can breathe your way through and into anything. And today I want you to use the power of breathing to move yourself from the 15th row to the last row perspective.

There's no right or wrong way of getting to the last row. Through your breathing, your senses and your imagination, use the best method that works for you to get connected to the last row. This connection is important, as it is your means of dealing with the 15th row skeptic. Although I've encouraged you to feel the negativity of the 15th row, it's now time to let go, leave the 15th row and get comfortable in the last row. It's from the last row where you have a whole new perspective and instead of looking at what's wrong with your decisions, you're now seeing what's right. What's right about your body, what's right about your weight loss, what's right about your ability to take A+ care of yourself. Visualize all the things that you're doing right. Describe it to yourself and take it one step further by memorizing what's right with your life. In fact, if there is one takeaway from today's exercise, it's to memorize your "what's right" perspective from the last row.

You're establishing a new relationship with yourself in the last row, where you're accepting the 15th row, but not staying there. You're making the Magic Move, from "what's wrong with me?" to "what's right with me?" The last row is always your final destination and you can breathe your way here anytime you want. You'll be pleasantly surprised with what great care you'll take of yourself from the last row.

Thank you for making the move!

Dr. Brian Alman

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