

You know that feeling you get when you find an old favorite pair of jeans and you're so excited to wear them? And you go to put them on, but they don't zip. And then it feels like everything, like your whole day, your whole life is shot to hell. Your confidence is shot to hell. In today's episode. I talk all about body image and the relationship you have with your body, and how to improve it so you never have to feel that way again.

Yo, what's up. I'm Jamie Michelle, and I'm here to help you make sense of all the crazy chaos and uncertainty that exists in our world today. I'm an expert award-winning mindset coach gone rogue. I completely ditched coaching just so I could bring the truth straight to you. It's all of the answers, none of the bullshit, to help you live your very best life.

Look, you're not crazy. If you've been sauce of all the shenanigans going on in our world, you're in the right place. There's so much more happening than we could ever imagine. All the corruption, all the lies, all the bullshit going on is incomprehensible for the human mind. Which is why we need to look at things with our spiritual mind or collective consciousness. We have been lied to for far too long. And right now, we're going through the great awakening. The truth needs no defense, and it always comes to light. We need to come together as one to rise up and defeat the dark forces in this matrix to save humanity. If you want the truth, you'll find it right here. Let's get it.

Hey hey, welcome back to the Jamie Michelle show. I'm Jamie Michelle, and this is episode number four. We're going to be talking all about body image. And this has been one of the most popular topics that I talk about. And if you didn't know, body image is actually how I started my career. I have actually been working in health and fitness for over a decade now, or at least a decade. I honestly can't remember. It feels like it's been my whole life. So this is really my bread and butter. I could talk about this forever, which is why I'm always going to end up coming back to it.

I wanted to talk about body image kind of early on in the show, only because obviously I already said it's one of the most popular topics that I get questions on. But also because we're entering or already in, we're already in the holidays of the annual, "Oh my gosh, the average American gains 10 to 12 pounds over Christmas and all that stuff," which I'm going to talk about all those statistics and everything.

But it's so important now more than ever, especially in the current climate that we're in the global climate with coronavirus and being in lockdowns. Unfortunately, I live in one of the red states. I live in Pennsylvania, so it's not as bad as California right now. We're still allowed to go on walks outside. But depending on where you live, it is pretty impossible or at least really, really challenging to find ways to move your body. And even if you're someone like me who has exercise equipment in their home and you're used to exercising in your home, there's something about the energy in the world right now that makes it really hard to find the motivation. And I'm going to talk about that. I'm going to talk about all sorts of things, and ways that you can improve your relationship with your body and start seeing the changes that you want to see in your body.

But first, I want to really talk about why you feel the way that you do about your body. So I'm just going to get right into it. Like everything else that I've talked about so far on the show and that I've been kind of sharing with you for a while now, you have been lied to about your body. You've been lied to about health. You've been lied to about dieting, about food, about exercise, about everything. You've been lied to. You've been duped. We've all been duped. I fell for it. There is a reason that there are way more cases of anorexia, and eating disorders, and orthorexia, and exercise addiction now than there were ever before. And it's because it's like anything else. And I hate that it's this way, but I'm going to explain what's going on.

Unfortunately right now, we live in a world where most people are motivated by money, by making more money, by increasing and improving the bottom line of their business. The weight loss industry is

over a \$200 billion a year industry. I actually pulled up the statistics. Last year, it was estimated at \$267.75 billion. And this year in 2020, it's expected to reach \$288.25. So \$288.25 billion with a B dollars in revenue. And that alone should be enough to, honestly I'm just thinking about it. And it makes me so angry because I got caught up in this. And so many people get caught up in this.

They make their money and they continue to increase their revenue every year, year, over year, over year, to get to the point where they are this year. And honestly COVID is helping them. So there are a lot of industries that are actually profiting off of locking us in our homes, and the weight loss industry is one of them. And that should make you so angry, because they're taking advantage of you.

People who go on diets, who do you think is spending the most money in weight loss, and diets, and fitness, and in trying to lose weight? It's repeat dieters. Why? Because diets don't work. And they know that. They actually know that. It is not sustainable. When someone goes on a diet and loses weight, that's great. They look great. They might keep it off for a couple years, but always gain it back. When they start eating normal food again, they gain it back. And then what happens? They have to go on another diet.

So there's this cycle where this is exactly what's happening with literally everything in our country right now. Everything. They make you dependent on them. They make you believe that you cannot be healthy, you cannot exist, you cannot thrive without their products. It's the same thing with the news, with the media. They make you addicted. They make you depend on it. The government is doing the exact same thing. They're tricking you. You actually don't need them to tell you what's best for you. You know what's best this for you. We're not little preschoolers needing grownups to hold our hand and tell us don't touch the stove it's hot. We know. We don't need the government to intervene and be like, "Don't do that. You have to wear a mask." Or we don't need the weight loss industry to come over and say, "Don't eat that. You need to eat this. Instead, you need to take this pill."

The things that they are telling you to eat and to take, to lose weight are doing so much more harm to you than you could ever imagine. And the whole point of their existence is to make you afraid of your own body and to hate your own body. They want you to be at war. And it sounds ridiculous. Why would anyone care what my relationship is with my body? Right? Why would they care? Because they make money off of it. The cigarette industry, the tobacco industry did the same thing. History repeats itself over, and over, and over again. Always. So here's what you need to understand.

The relationship that you have with your body, the way you feel about your body, the way your body looks, if you don't like it, it is not your fault. You have been lied to, you have been duped. You have been manipulated by a money hungry and power hungry industry that's profiting off of your misery. That's exactly what the government's doing. That's exactly what these elitists are doing right now with coronavirus. They are profiting off of our suffering.

And the reason why so much of this is like happening and prevalent right now is actually a good thing. It means that we're coming out of it. So we are in a transition phase right now. And I'll do another episode about that. But right now I want to stay focused on body image and your in your health. Because there is not any relationship in your life more important than the one that you have with your body. None whatsoever. Well, I shouldn't say your body, I should say with yourself. But you are packaged. Not all of you, but you are represented in this life by the body that you're in. If you don't like that body, if you don't like the way that you look or at least accept it, you're never going to be able to change it to see the results that you want to see.

So I talked a lot about manifestation, obviously in the last episode, and the manifestation secrets episode. And if you didn't get a chance to listen to it, I highly recommend it because there are some things in there that I mentioned that might be really helpful to you to start changing your body in a way

that's actually going to last. So again, the relationship that you have with your body should be your highest priority. And when I was sick, when I was in my eating disorder, there was not a single moment, not a single moment in my day, in my life where I wasn't thinking and obsessing about how much I hated my body. I'm not exaggerating. There was not a single moment where my brain was not telling me over and over and over again, "You're fat. I hate my body. You hate yourself, blah, blah, blah. You're ugly." All of these horrible things. They were not put there by me. Those were not originated in my head. Those were programmed by the media, by the things that we consume. I'm talking about digital media, watching TV, reading magazines. Pop culture, all the Hollywood stars look a certain way, right? We are programmed, we are inundated with images of what beauty is supposed to look like, of what health is supposed to look like. And let me tell you right now, they're not real. It's all an illusion.

But when I say that there was not a day, a minute, a second that went by that I was not thinking those thoughts on repeat, I did not create those thoughts. They were not mine. They didn't originate in my own head. They were planted there by the weight loss industry, by Hollywood, by everything that exists in this world, to tell us that we're not good enough. And then with the launch of social media, it breaks my heart to even think that right now, teens and children are suffering from the highest levels of depression and anxiety than ever before in the history of humanity. And why do you think that is? It's because we're constantly inundated with images of what we're supposed to look like. And this is what perfection is. And if you don't have this, you're not good enough. And I honestly cannot even imagine what it must be like going to high school, growing up with these technologies with social media. I don't think I would have survived, because I had very low self-esteem to begin with. And if I had been inundated with the messages that we're bombarded with today then, I honestly don't think I would be here.

That should make any parent extremely upset, because that's what's at stake here. We need to pay more attention to this stuff. We need to pay more attention to how the media, and social media, and the government, and all of these programs that we're allowing ourselves to watch and consume on a daily basis, how they're affecting our mental health. And not only our own, but the mental health of our future leaders of the world. We need to pay more attention. We need to be more vigilant. We need to use our better judgment. We know better. We know better.

And it's really unfortunate right now, too. I'm just going to throw this in there since I'm on a roll here. Right now with this whole coronavirus thing, and the masks, and isolation, we are literally creating an entire future generation of people who are going to be terrified of human contact, who are going to be socially awkward. Who are going to have serious, serious, debilitating hypochondria and fear of germs that they might not even be able to function in the real world. That's not okay. That should you off. It should not be a thing for little kids to expect other people to be always wearing a mask. And if you are passing judgment onto your kid by pointing out people who aren't wearing a mask and saying that they're selfish and they're rude, and they are bad people, shame on you. Shame on you. Because you are programming your child to believe that good people wear masks. When just not even a year ago, the people that wore masks, that covered their faces were the bad guys. They were armed robbers. They were criminals. They were murderers. They masked their face. They masked their identity. They were kidnappers. And you are teaching your child that someone wearing a mask covering a face mask, you can trust that person. What are they going to think when this is all over and a masked person comes up to them and wants to take them away from you?

You need to use your head. This is not logical. This is not logical. I'm sorry. I know I'm going off on a tangent. One more thing. Children develop, their childhood development depends on recognizing the face of other humans, especially their mother and father. And if your face is constantly masked, you are severely damaging the development of your child's brain and of their future. So shame on you if you are

a parent who is casting judgment on others who are not wearing a mask. Because those people that aren't wearing a mask, I'm one of them by the way, I refuse, are the ones that are saving the future. So how dare you plant that fear in your own child's mind? You should be so angry that this is what the government is trying to do.

It's the same thing with dieting. It's the same thing with body image. We are literally being taught to hate our bodies, that our bodies are not good enough. And if you don't look this way, if you don't have a six pack, if you are not have a thigh gap. That was a thing when I was anorexic and I was obsessed about my thigh gap. If I didn't have one, I was like, "Oh my God, I have to lose 10 pounds." It was ridiculous. That you are not good enough. And that is just the biggest lie. And it's really, really, really, oh God, it is just tragic. It's tragic. What's happening right now in our world is absolutely tragic. We are being conditioned by people who are using fear to control us. That's what this is. That's what dieting is. That's what it all is.

When in reality, like I said in the beginning, we do not need anyone else to tell us what's best for us. Our body knows what's best for us. We don't have to count calories. It doesn't work. Stop wasting your time. Stop counting macros. You're wasting your time. You're screwing everything up by trying to control it. Control is an illusion. But by allowing people to tell us what to do, we thereby stop trusting our own inner guidance system, which is really how we are supposed to discern the truth. And by not trusting that, then we become dependent on all these other outside things that literally do not want the best for you. They're looking out for themselves.

So my point with all of this is stop believing everything that everyone's telling you. A perfect example of this with dieting. Every year, there's some magical, miraculous weight loss food, super food. It's new every single year. One time it was kale and everyone was like, "I need to go make kale." The next year, it was acai berries. I don't remember. But I remember these were huge things. Last year, it was celery juice. These things are not magical. There's nothing extremely groundbreaking about them there. If you consume them, but don't change anything else, nothing's going to happen. Nothing. And it all depends on your intent, the reason why you're doing something.

Here is why behavior change doesn't work. I talked about this last week in the manifestation episode, episode three. Behavior change does not work. It doesn't create lasting sustainable changes, results, whatever word you want to use. Because it doesn't go deep enough. You're not looking at why you're doing the thing. It's not about the action that you take. It's about why you're taking that action. And I'm going to talk all about in today's episode. Because really to start changing your body if that's what you want, if you want to improve your body, if you want to lose weight, if you want to get healthy, if you want to get fit. You can't just go and do a new year's resolution and decide, "Okay, this is going to be my new habit." Because it's not about, of course habits come into play. But you have to look deeper than just the habit. It's not strong enough. It's not going to stick. That's why New Year's resolutioners are already off the wagon by March. It's not strong enough. They don't have a strong enough motive to change.

Behavior change alone never works. Like I said, you might get a little bit of results. They might last for a little bit. But as soon as you go back to normal, they're all erased. And when it comes to weight loss, you lose weight. Great. You might keep it off for a little bit. You gain back whatever you lost, and then five to 10 pounds more. Why? Because your body is being programmed by you. That you're going to do that again. You're going to go on another diet, and you're going to deprive it of the nutrients that it needs. So when it gains back the weight, it gains back a buffer, because effectively what you're doing is you're traumatizing your body. By constantly going on diets by constantly ... diets, why did I say diets? By constantly going on diets, by constantly starving yourself, by constantly abusing your body. That's what dieting is doing.

So behavior change is not enough, and your body isn't the problem. Listen, nothing is going to change about your body until you change how you feel about your body. If you are constantly fighting against it, if you hate your body, if you can't stand it and you feel like you're never going to be able to be happy or good enough until you do change it, until you have what you want. Guess what? That's your problem right there. Because what you have to realize is that you are perfect. You are good enough for right now, as you are in the exact body that you have. The exact shape, the exact number of pounds, it does not matter. How much you are worth does not depend on the size and shape of your body. That's just bullshit. It's not real. So the fact that you think that it does, that's your main issue right now? That was my main issue.

I fought so hard against my body. I cannot even explain how painful it was to think about even the way that my body looked and felt. I could not stand it. I couldn't get out of bed. It was bad. It was bad. Nothing changed no matter how hard I dieted, no matter how much I worked out. And man, I'm telling you, I worked out like crazy. I'm talking eight hours a day of intense exercise. I was doing anything I possibly could. It didn't matter. Because I didn't trust my body. My body didn't trust me. We did not have a cohesive relationship. I was rejecting my body.

Change cannot happen in a state of rejection because when you're resisting something, when you're resisting feeling into your body, when you're resisting accepting your body, that is only going to perpetuate what you're resisting. In this industry, there are little sayings that a lot of coaches use to make things stick. And one of them is what you resist persists. So if you're constantly resisting your body. I'm just thinking back to like the way that I felt. And it's so obvious, it couldn't change because I was obsessed. I was obsessed with hating my body. And that's the problem. What ends up happening is you get addicted to the exact thing that you want to change. We get addicted to the pain. We think it's normal. We think it's normal to struggle. We think it's normal to hate our bodies. It's not normal. It's not normal. But I was so wrapped up in that being my experience that I was perpetuating it unconsciously. I didn't actively know that I was doing that, of course. But the second that I stopped fighting and started accepting myself for everything that I was was the exact moment that everything changed. It was the easiest thing in the world to lose weight all of a sudden, when I had been fighting for over a year trying to get my body back.

What ended up happening was, I don't know if you know my story. I'll just tell you what happened. After several years of being anorexic and continually perpetually starving my body, my body went into PTSD. And what it ended up doing was storing everything that I ate as fat. And I gained over 60 pounds in a three month period. For someone whose identity was wrapped up in their body and being the skinniest girl, it was horrific for me. So of course I was obsessed with trying to get the weight off because that was my entire life purpose. And the more that I fought, the harder I resisted, the worse it got. But the second that I let go and just accepted was the second that all that weight that I gained melted off. And I haven't had an issue since.

So if you are in that place right now where you can not stand your body, where you would do literally anything to change it. Where you hate it so much, that you wish you could just crawl out of your own skin. The first step to changing that, to changing your body to making it something that you actually love is accepting where you are right now. No matter what. When I say accepting, it doesn't mean that you love it. You don't have to be absolutely in love with it. I mean just acknowledging what's real. Acknowledge what's real. Stop avoiding yourself. Stop avoiding looking at your body in the mirror, looking down in the shower. I know these things because I did them. Start just acknowledging what's real, knowing that it's okay, it's not the end of the world. You're still here. And you get to decide and you get to change and create whatever you want to create. And the steps to do that are in my last episode.

Behavior change doesn't work. Just going on a diet, just starting exercise, it's not going to work. It's deeper. We have to look at the beliefs that are behind why you're doing what you're doing. So when it comes to anything, this is not just related to body image, and dieting, and all that. We do anything. Anything we do is for one of two reasons. We're either doing it to avoid feeling pain or discomfort, or we're doing it to seek out pleasure. So it's to either avoid pain, or to feel pleasure. And we do so many more things to avoid pain than we do far more. We do far more things to avoid pain than we do for seeking out pleasure. It's just the way that our human brains are wired, because our survival brain tells us anything that's painful, we're going to die. That's a death threat. So if we're not paying conscious attention to what's going on, if we don't have any awareness of why we're doing what we're doing, you're just going to be on autopilot. And you're never going to actually be able to go after the things that you want to go after, because you're so preoccupied.

Unconsciously again, this is not your fault. This is just we have to change the way that the brain is wired. But you're going to be on autopilot doing things to avoid feeling pain and discomfort. And this shows up in every area of your life. Romance, careers, friendships, family, finances, obviously health and physical fitness, shows up everywhere. Your relationship to food, your relationship to your body. It shows up literally everywhere. So the first thing that we have to do is to examine why you're feeling the way that you feel. Ask yourself why are you doing the things that you're doing? If you find yourself overeating, if you struggle with binge eating like I did, why? What are you seeking out? What are you looking to feel or not to feel when you're eating that food? It's either you're looking to fulfill a void, to fill a void because you're not feeling pleasure. Or you're doing it to numb out from that pain and discomfort that I was talking about.

And more than that, it's about peeling back the layers of even being able to feel what it is that you're either A, feeling or B, wanting to feel. And this is the beginning of re-establishing a strong relationship with your body. That is the foundation. Remember we're building strong foundations here.

So if you don't have that relationship with your body, if you aren't able to trust it, if you aren't able to feel into what is going on, what you're feeling, what you don't want to feel, you have to be able to trust and feel safe enough to actually feel the emotions that are going on in your body. We're so trained to believe that the minute we feel a little bit of discomfort or anxiety. Like oh god, this is bad. I shouldn't feel this way. And then what do we do? We go seek out. We engage in those behaviors, those addictive numbing behaviors. Either binge eating, or binge drinking, or smoking weed, or having a bunch of sex, or watching ... there are so many, anything can be an addiction. Literally anything. Being too healthy is an addiction, it's called orthorexia.

Everything needs to be in balance. But we have to examine if we are aware of what we're feeling and what we think that means. Because feeling any emotion, it doesn't mean anything about you. You are not your emotions. You are not your thoughts. You are not your behaviors. You're not your past. You're not any of that stuff. That's not who you are. What you feel, it's just energy. It's just energy passing through. So we have to identify, why am I so afraid to feel this? Why am I resisting it so hard? Why am I seeking out these behaviors or avoiding certain ones? This, it might sound so unrelated to body image, but I'm telling you, it is literally everything.

Because right now, you do not trust your body. So the relationship that you have with your body is not a positive one. When you think about your body, you probably don't feel in a positive way. We need to flip that. And the only way to do that is to start trusting your body. Because here's the thing. You've been putting your trust in external parties, like the weight loss industry, who's playing you for full, and stealing all of your money, and all of your self-esteem and confidence too. They're ripping everything from you. And you continue to trust them. You continue to put your trust into a machine who has nothing but your least interests in mind. They don't want you to succeed. They don't want you to feel

good, because they want you to become dependent on their products and services. Which obviously, all of America has.

You don't need that. Your body knows what to do. Your body was designed to do what it is that you're trying to control it to do. By going on a diet, you are literally telling your body that you don't trust it. You're cutting it off. So we stopped trusting those internal signals that we get from our bodies when we're hungry, when we're full. We stopped trusting them because we were listening to someone else telling us when we're supposed to eat, what we're supposed to eat, how much we're supposed to eat. You are not the same as everyone else. Your body needs different things from what I need, from what your parents need, from what your boyfriend needs. Everyone's body needs different things. And if you're wasting your time counting your calories, I'm telling you stop right now because your body does not ... what's on the package that's written in the nutritional facts or whatever that says how many calories are in it, your body may or may not be absorbing that many calories. It's never accurate. So if you think you're eating a specific amount of calories every day, you are so mistaken. Again, you've been fooled, you've been duped. Our body only extracts what it needs from certain foods.

Food is just energy. We have to neutralize everything. Nothing is good or bad. Everything just exists. So many things have been demonized, like sugar and carbs. And right now, keto is the big thing, which makes my head want to blow up. Because it's just so aggravating. Again, what I was talking about with the children with masks being afraid of people in their face.

Our diet culture is what I like to call has created a society that's afraid of food. That's afraid of carbs. That's afraid of sugar. And the thing is it's so obvious that it's all lies because 10 years ago, the thing that was demonized was fat. It was all low fat this, non-fat, fat-free, blah, blah, blah. It was literally, Diet Coke came out. You know what I'm saying? It changes.

And again, it goes in cycles. My mom, when keto started being big again, my mom was like, "Here's keto again. This was like big when I was dieting or whatever." Guys, it goes in cycles. None of this information is new. They're just packaging it and presenting it to you in a different way. Everything works. Everything works. But again, it's not going to work if you're hating your body so much and you're not trusting it.

Here's the crazy thing that I probably should have said at the beginning, but I'm going to say it now. It's better late than never. If you believe that eating a certain food is going to make you gain weight, you are literally telling your body to store that food as fat. What you need to understand. Again, a lot of this is in episode three. So make sure you go back and listen to that one. What you're believing, what you're thinking is actively creating. You're manifesting your reality, your current experience right now in every moment. So if you have this solid belief that carbs make you fat, or if I don't work out seven days a week, I'm going to gain 25 pounds or whatever. If you truly genuinely believe those things, you're creating that experience for yourself. If you're constantly telling yourself you're never going to lose weight, it's always going to be this way. You're perpetuating that experience for yourself. You've got to change the dialogue in your head. You've got to start talking to yourself in a more kind way. You've got to start loving and accepting your body. The way that you talk to your best friend or your boyfriend, or your mom or your dad. Things and people that you love, you've got to start talking to your body and yourself like that. Because anything that you're saying, anything that you truly believe is becoming your experience.

This is why some people can say, "Oh my gosh, my metabolism is so fast. I could literally eat anything and not gain a pound." Because they genuinely believe that, that is their experience. But the people who believe, "Oh God, if I even look at that cookie, I'm going to gain 10 pounds." You're creating that experience. It's literally everything comes down to how you think and feel, and what you believe. That's why behavior change alone doesn't work. If you go on a diet and you're constantly telling yourself, "Oh man, this isn't going to work. I'm not going to be able to do this, blah, blah, blah." You're creating that

experience for yourself. What if one time you just let everything go and just trusted your body to do what it's meant to do? Our bodies were created to tell us when we're hungry, tell us when we've had enough to eat. We've got to start trusting those internal communication signals again.

This is why, like I said in the beginning, when your body gains weight after you go on a diet, it gains back everything you lost and then more, because it's got to create that buffer because it's in a fear state. It's in a stress response. It's storing extra because your body knows you better than you do. Your body knows what you need more than anything else. Honestly, your body knows best. That's something that I've been saying for years. So it all comes down to re-establishing and rebuilding a solid relationship with your body. And I know I've mentioned that several times, but this is the cornerstone. This is everything. And the way that you start doing that is you start to feel into your body. You have to actually be present in your body. You have to be willing to feel. And we are all so terrified to feel. We are so conditioned to believe that feeling any, like I said, any little bit of pain is bad, and we shouldn't feel that way. And then we go and we numb out. No, it's the opposite.

Here's another one of those sayings that I mentioned. Pain, feeling your pain, that's the gateway to your evolution. That's the gateway to your next self. One of my old coaches used to say pain is the portal to transformation. It's true. You cannot go to the next level, you cannot create the things that you want to create, whether it's a better body, or a better life, or a better relationship, or whatever. You have to be able and willing to actually feel the pain. Because the pain holds the key. Your pain is where your power is. It's not in the things that don't make you feel a certain way. Everything that you need to learn about yourself and about your body is in that sensation. And that's all it is. It's just a sensation. It doesn't mean anything about you or who you are. No, it's just there to tell you something, to show you something that something's wrong. It's like all the information is in that sensation that you've been avoiding. If you feel it, you instantly know exactly what you need. It just needs to be acknowledged.

Your body. God, this episode could literally be four days long. And maybe I'll maybe I'll have to do this in a couple of different episodes. But your body has stored every single pain and trauma that you've ever felt, that you've ever experienced, but you have not processed yet. So if you feel heavy, if you feel weighed down, it's actually not physical weight. Physical weight is a representation of the emotional weight that you've been carrying. If you allow yourself to feel that pain, if you allow yourself to just feel into your body for five seconds. I'm telling you, when you start doing this just little bits at a time, and I'll tell you how to do that in a little bit here. Your body releases it. That's how it's released. It comes to the surface. It's processed, it's healed, it's released. And it's never in there again. I guarantee you, you'll start releasing weight, physical weight just by doing that alone.

Because you're only overeating or whatever you're doing, the behaviors that you're engaging in are just a symptom. It's a symptom of the deeper issue. The deeper issue is always energetic. It's always an emotional issue. It's always a past trauma that's stored in your body that has not been dealt with properly. That is how disease begins. That is how obesity begins. That is how injuries happen. It's energetic. Energy is everything. Everything starts with energy.

So if you can begin to just feel into your body and just see what's there without being, no judgment, just feel into it. That is how you begin shifting and transforming, and building the relationship with your body. Because your body is there for you. It's kept you alive. It's done so much for you. It's only doing the things it's doing because that's things it has to do to keep you alive.

So we have to just let the body know that it's safe. We have to remind it and teach it. This is actually a process of relearning and reconnecting with your body. And once you do that, it is an unbreakable, I trust my body so much. It is the reason why I have been able to not really work out that much for the last several months. And I was going to talk about that in this episode, but I'll have to talk about that in

Friday's episode. And I'll make note of that so that I do, because it's actually really important. And I really wanted to talk about that.

So I promise I will on Friday's show. But it's true. I have such a deep level of trust with my body now, that there's nothing that could happen where I would be in a state of fear that I was going to gain weight. And yes, my weight fluctuates from time to time. But it's nothing drastic to the point where I'm like, "Oh my gosh, I hate my body again." That's not a thing. And that's never going to be a thing for me again, because of the work that I've done. And that's exactly what I'm going to teach you in this show. That's part of the reason why I wanted to share all of this with you. Because I want you to have the same experience. Not just with your body, but with your life.

You are responsible for your experience. We cannot depend on anyone outside of ourselves to create the life that we want to live. We can't put it in the government's hands. We can't put it in the diet industry's hands. We can't put it in anyone's hands, but our own. It's a sense of personal responsibility. So the first thing that you can start doing right now today is start building that sense of trust by allowing yourself to feel into your body. So that's what I'm going to ask you to do. I want you to start practice feeling into your body in the present moment. And again, it's going to feel weird at first. It's going to feel really awkward because we're so used to like not being in our bodies. We're so used to living in our heads to living in the future or the past. You need to be in the present moment right here right now, and feel what's going on in your body. What do you feel? What are the sensations? Just take five minutes out of your day. And honestly, when you first start doing this, it's going to ... again, it's going to feel really uncomfortable. But you have to face that discomfort and just feel.

So what I want you to do is to find a quiet space. Either do it first thing in the morning, or before you go to bed. Or honestly, you can do this anywhere, anytime, wherever you are. Because it's like an internal meditative practice. Just get really still, get really quiet, take some deep breaths, breathing in and out. And with each exhale, feel deeper into your body and just notice. Notice what's going on. Notice the sensations, your feet on the floor. Notice if you're sitting in a chair, how the chair feels on your ass, your legs. Notice how your clothes feel on your skin, how your tongue feels in your mouth. Just little things like this, pay attention. And that is going to start allowing you to really start connecting with your body. You're going to start noticing things. Feel into your physical hunger signals. What does your body tell you? Do you know what it even feels like if you're hungry anymore or when you're full? Do you know? Because we've cut off those signals because we think, "Well, I can't eat right now. I can't eat past seven." Or whatever. We have to build that relationship back up. We have to start trusting those signals again.

And all you have to do is ask your body. Get quiet, feel into it, and ask your body what it needs and feel and wait, and listen for the answer. You'll be surprised. Your body is trying to communicate to you. And it's time that you start listening to it. Every single thing that you feel in your body, every sensation, every physical injury or pain or whatever, is a signal to you of what's going on, what you need to pay attention to. If you're sick, if you have an injury, everything. There is nothing that does not happen that's not a lesson for you in your life.

Remember, I said this in last week's episode, everything is happening for you. So we have to start paying attention to what's actually going on. And it starts with paying attention to what's going on inside of our bodies. Energetically, emotionally, physically. Pay attention, tune in to what your body is trying to tell you. There's something there. And the more you do this, the more comfortable you're going to be. And all of a sudden, it doesn't happen all at once, but you'll get to the point where you're no longer living in your head. You're existing in your body. And that's where we want to get you to. Because in that state of just living in your body and being so present in the moment, that's where life is happening. That's where the magic is all happening. So we want you to be there. We don't want you to miss it. This is how you

start creating the life that you want to live. This is how you start building the body that you want to have.

Everything is a decision. And it just comes down to the simple question. Who do you want to be? How do you want to feel? How do you want to live? And just feel into what's real right now and accept it, and we'll go from there.

So body image is obviously a very huge topic. And like I said, I could talk about this for probably decades, probably forever. But we have run out of time for today's episode. So I promise you everything that I said I was going to talk about in the beginning that I didn't get to talk about, I will in Friday's episode. So make sure you tune into that. It'll just be a continuation of the conversation that we had here today. And I promise you, I will definitely make sure that I talk about why it's been a little bit harder than normal to find motivation to exercise with what's going on in the world. I promise you, because it is integral. And it's going to be really helpful to you I think.

So make sure you tune into Friday's show. And one more thing. Before you go, go make sure you hit subscribe to the show. And if you feel inclined, leave me a review on iTunes or Spotify or whatever you're listening to this show on. That just helps other people find the show easier. So go hit subscribe, leave a review, and I will talk to you on Friday. Remember, you got this. There is nothing you can't do. It's all about how you think and talk to yourself. Thanks so much for spending this last 45 minutes with me today. I love you. I appreciate you. And I will talk to you in the next episode. Bye for now.