

The Message Behind Your Weight

Why Can't I Lose Weight?

Have you ever asked, Why can't I lose weight and keep it off for good? When you see weight as the enemy, it keeps hanging around. Whether you want to lose 10 lbs or 110 lbs, the core of the issue is the same: your body is sending you a message much deeper than, "Hey fatty, get to the gym!"

Most diseases and chronic ailments we experience are messages to us about how we have lived our life up until this point. We can try to cover them up, treating just the symptom, or we can ask ourselves a new question: What is this here to teach me about myself? Weight is no different – it's a condition your body has presented to you so that you can grow. The body is always communicating with us, each and every day it is telling us what it needs. If only we were listening.

A New Perspective on Weight Gain

Consider that weight gain is actually a message your body is sending you. And if you try to control it by depriving yourself, using willpower or restricting yourself, you are only tightening the situation. What is needed is expansion – a new look, an open perspective, a new door to open for learning and growth.

If your weight is a message to you, then what is the message? It's different for every person.

Some examples of messages that come in the form of extra pounds are:

I need to slow down

I need to love myself

I need more balance

I need nourishment

I need to change my old belief system that isn't serving me any more

I need to honor myself

I want to feel good

I want to have more energy

I want to be happy.

Can't I just lose the weight first before I have to look at all of these other sticky issues?, you're wondering. Most people go about it this way. And they often lose weight, but most times it returns. In fact, most diets fail. Ninety-five percent of people on a diet gain back all the weight they lost within 1- 2 years, or sometimes they gain back even more. The reason is, they didn't learn the lesson of why the extra weight was there to begin with.

If you are looking for long term health and balance, you will have to take a deeper look. Any one can figure out how to burn calories with a google search or a pass by the diet book section in Amazon. Losing weight is not just about calories in, calories out. Shedding extra pounds is not just about counting points and calculating fat grams, if it were, we'd all be supermodels.

Keep in mind that weight gain is not strictly a physical event, it's also an opportunity for personal growth and empowerment. The real secret is the message your body wants you to know so you can begin to live your very best life. And uncovering that secret is an amazing journey that will create not only long term weight loss, but lasting balance and a renewed sense of self.