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A Magazine Devoted to the Journey of the Soul

● LIVING ● KNOWING ● BEING ●

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Giving & Receiving

DR. ERIC PEARL
The Reconnection

AN UPTAL
Flexion Master of Global Sound

WILLIAMSON
Free From Food

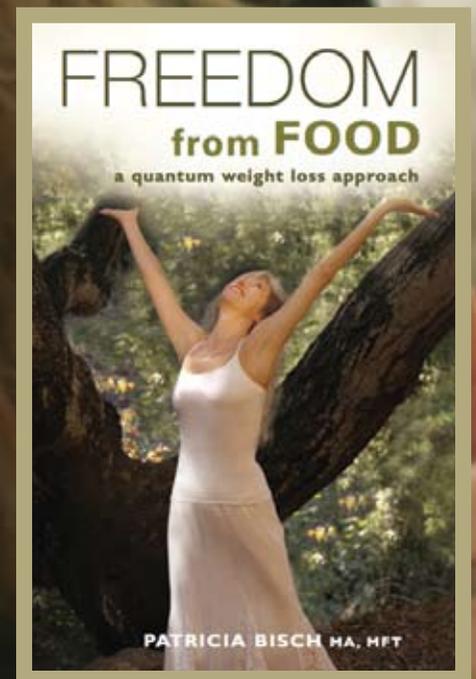
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FEATURE

Patricia BISCH

Free From Food ...



Q: Who is Patricia Bisch today... in her power and authentic nature?

Patricia: Who I am now is quite different than who I was thirty years ago when I was an out of control addict. Who I am now has to do with being able to make choices about food. As an addict, someone who was totally at the mercy of food, I disconnected from myself and used food to protect and heal me.

The person I am now is utilizing advanced eating which means no matter what I eat, it does not affect my weight. I can now make choices that make me feel better, have more mental clarity, be focused and not foggy. For example, if I would eat ice cream when I went to bed, I would wake up foggy. I am now able to choose, something an addict cannot do.

An addict is out of control and has no choice but to eat; eat what they can't have...eat what they are being deprived of. I still, at times, will emotionally eat to cover up feelings but I don't binge like I used to. I rarely emotional eat and most of the time I choose to eat what makes me feel better and healthier.

Q: How does this co-dependent behavior with food begin?

Patricia: The problem starts with a deep disconnection from self, others and from Spirit. Some betrayal happens; with me it was with my father. I felt extremely anxious and hurt. Food was a way for me to cover that pain. It was a shield, a protection from the onslaught of critical judgments. Whatever one's betrayal...a divorce, having children, emotional or physical abuse, or even something like a sibling being born and the attention being diverted, betrayal will create a need for love. A person begins giving themselves the wrong thing. In this case, food becomes a substitute for the love that is missing. Continuous giving of food as a substitute for love becomes a pattern.

Q: In giving oneself food to feed emotional discomfort, is love being received from the food or is it a temporary sensation?

Patricia: I used to break up with men and choose M & M's; I would reach for them immediately. I was giving myself something I loved where I had the power. I was not getting love from the relationship or this man. Did it really give me 'the love'? In a way it did. In a way I was giving myself something I loved and felt in control. But, that is what eaters do. Is that real love? No. And a price will be paid for it because one ends up not feeling good. If weight is gained, which I no longer do but at that time I would put on weight, I would hate myself even more. However, I sedated my pain and anxiety until it came up worse. So it, in essence, is the mirror for the source that caused the pain in the first place.

Q: When you spoke of the ice cream and mentioned waking up spacey and foggy, were you sensitive to how food affected you?

Patricia: No. I was choice-less. I was just so addicted to food. I was just deprived and deprivation is one of the greatest culprits... the diets. All you

want is what you can't have. The mind becomes glued. It is like a neuro-pathway gets set up so the focus becomes 'I want that. If I can't have that, it becomes all I want'. I was not conscious at all...it is almost like a heroin addict or the person who takes a drink. They are not thinking, 'Tomorrow I am going to feel bad'. They are thinking, 'Get me out of this pain!'

Q: How does your system support one in moving from the cycle of bingeing, deprivation and dieting?

Patricia: My program gets individuals to the mind set where they are no longer afraid to eat anything. There is an approach to the whole concept of food being good or bad. When deprivation comes off, we are no longer in the dire straits of dieting and bingeing. Then there is time to think consciously about what the food is doing to them. People begin to make what I call "advanced eating choices".



Q: What were the significant places of pain that created the journey to 'Freedom from Food'?

Patricia: Around ten, my younger sister was born. I had been the apple of my father's eye. After her birth, his attention turned from me. I did not realize how much I was being held up by his attention. When it was gone, I was left wondering, 'Why did his love go?' Particularly with children, when love goes, the questions become, 'What is wrong with me?'

What I said to myself was 'I am not pretty enough! There is a deep pain that takes over and you start asking yourself 'Why?' The answer seems to come back as 'you are not enough...not charismatic enough, not intelligent enough, not good enough...there is something defective.' Once that begins, 'a disconnect' occurs with oneself because of the shame of what you are not enough about. There is often times a spiritual disconnect as well, with no idea of how to get back. A deep separateness, a deep aloneness occurs that is very painful.

It really became bad for me in high school. I started going on diets and it became a cycle. You think you are going to lose weight on a diet, but you never do. It always comes back laughing at you. It was never really gone. In my experience, weight was never gone. It was always just a bite away. There are 300,000 people dying of obesity today because diets do not work. Something else is needed. Over two-thirds of our adult population is overweight. If diets worked, I think we would have gotten it by now.



Q: What if someone says, 'My size has nothing to do with food. My weight is genetic. Everyone in my family is this way.'

Patricia: In the old days we could not come up with a good answer. Now, a lot of research proves otherwise. Bruce Lipton, a research scientist of cell biology, discovered that cells receive information that is not controlled by the genes and DNA. It is actually controlled outside the cells and includes effects of positive and negative thoughts and emotions. We are not locked in. It is one of the many scientific findings from psycho-immunology and bio-feedback. Hospitals are hooking people up and feeding in positive thoughts and creating health changes. If we really access our mind and emotions ...access the codes in which we hook up our minds and bodies, we become empowered. Our bodies are fluctuating waves of energy that are impacted by our thoughts and emotions. Our bodies are 70% water. Inputting any thoughts and emotions are going to affect our water composition in a particular way. Emoto's work proved the ability to change the crystal structures within water by imprinting particular vibrations. Our bodies work the same way.

Q: So, can we just decide to think differently about food and experience it differently on the inside and outside of our bodies? Is it really that simple?

Patricia: If you say 'everything I eat makes me lighter and lighter' versus saying 'oh my goodness, I just look at that food and it goes straight to my hips', you will discover two different results. However, I do not want to make it out that you can just switch your thoughts.

One must develop a 'loving practice' so that shifts in emotion stand behind the thoughts. In order to master at something, you need to make a loving commitment to yourself. You have to give yourself a nurturing loving practice. By developing a loving adult, who will say 'no', draw boundaries and will do the things that food is doing so we can give up our attachment to food, our loving adult can give the nourishment that the inner child needs rather than food which creates a self-loathing inside.

By following the steps in my book, it is not a hit or miss thing. You will begin to move the cells of your body into a flow that allows food to come in and go out in a balanced way. All people in their perfect proportion know there is a flow. They have a deep understanding within them that knows they can eat whatever they want and not gain weight.

Q: What about people who do not view food as important; they skip meals, do not eat proper foods or suffer from anorexia or bulimia? How does this philosophy apply to them?

Patricia: Anorexic individuals definitely feel out of control. They are afraid of food. Once again, it is that feeling of being out of control; people search for a way to have control. A sense of control for anorexics is to 'not eat'. Controlling their food and intake is a way to have some semblance of control. In bulimia, there is a fear of taking in food. This system really helps to take away the fear around food for anyone.

After eight years of Mind/Body study and therapy, I went to my teacher one day and said, "It is wonderful I have learned how to heal so many diseases but I have not healed anything. I am sitting here in Overeaters Anonymous and I am a junk food junkie." I am eight years into this and I have to really see if this stuff works. Can I really change by body with my mind?" The journey began...



Q: Share a supportive perspective on how to view food for someone who may have been felt controlled by it in the past?

Patricia: Food is really energy. Air is energy. Everything is energy. Some things are slowed down to assume the appearance of matter but they are not really matter. They are moving fluctuating waves of energy. Think of

them as moving bubbles of energy that you are eating. If you were eating air, you would not expect to gain weight. The same goes for all of these other units of energy. Food is much more neutral than we give it credit for. Calories are heat units of energy. There is nothing about weight in them. If we eat too many heat units of energy then we would be too hot.

Q: How do 'thin' or 'proportionally balanced' people think?

Patricia: What a thin person does is trust their bodies to eliminate what they do not need. They do not hold on to controlling what they eat or how much to exercise. They begin to go into a trust of their body. The body is set up with homeostasis which supports all our bodily functions. When we trust, it sets up a different flow. Part of the emotional journey is to learn trust.

Q: What was the process you experienced to develop this practice you are teaching others?

Patricia: I was very sad and depressed at twenty. My family had fallen apart and was horribly dysfunctional. I was looking for what was real. I had lost my compass as they say. I started studying the mind/body connection and also went into therapy. I was in a lot of pain. In addition, I was in Overeaters Anonymous; that was the latest diet. I did not lose weight in Overeaters Anonymous but I started learning some spiritual principles that helped me heal my soul, helped me heal my pain. When you reach outside of yourself, you feel less alone. All of this training and self care led to this book. It is quite an amazing synthesis and the fact that it works for others as well is even more so.



After eight years of Mind/Body study and therapy, I went to my teacher one day and said, "It is wonderful I have learned how to heal so many diseases but I have not healed anything. I am sitting in Overeaters Anonymous and I am a junk food junkie." After explaining this to him, he did not even know what a 'junk food junkie' was. His reply 'Well, why don't you just stop eating?' That is one of the most ridiculous statements that someone could have said, as if I had never thought of that.

I made the decision to conduct my own investigation of all I had learned. I would eat whatever I wanted, not exercise, and weigh myself every single day just to see if my mind could change how this food went into me. I would have thought I was out of mind, except I had studied the mind/body connection for years. I had to really see if this stuff worked. Could I change my body with my mind?" The journey began... It is not an intellectual understanding. Thinking thin will get you nowhere. It requires a commitment to a loving practice and belief. Over time, I saw changes and these also resulted in better choices over time. Today, although I do maintain healthier choices, I can eat whatever I want and not gain weight.

The Four Mastery Keys

First Mastery Key.....THE BODY HEALS ITSELF

Second Mastery KeyMIND CREATES MATTER

Third Mastery Key.....EMOTIONS AFFECT YOUR BODY

Fourth Mastery Key.....FOOD IS ENERGY

Q: So for a person reading this article and deciding, 'Patricia Bisch says I can eat whatever I want, do not have to exercise and food will not affect me'...what is going to happen?

Patricia: I say please don't. Read page 22 of the book. This is something that needs to be practiced. You would not jump out of a plane or rock climb without learning how to use the tools. This is not an intellectual practice. It is a mastery. A black belt practices their form. I am a black belt in this. You practice your form and then you can transcend the tools. There are practices that have to be put into place. This is a method consisting of *Four Mastery Keys*, each devoted to a different area to be conquered. Each key has specific exercises, visualizations and readings to support integration. It is a radical approach of losing weight while eating so that people struggling with self-destructive eating behavior have a well-designed unconventional approach and program to follow...that works.

"The mind is the matrix of all matter."

- Maxwell Planck

For more information on Freedom From Food
www.PatriciaBisch.com