



INTRODUCTION

The truth is that our bodies are rivers of intelligence, information and energy constantly renewing themselves in every second of their existence.

Just as you cannot step into exactly the same river twice, you cannot inhabit the same flesh and bones for even a fraction of a second because, in every instant, you're literally creating a new body. You change your body more effortlessly, more spontaneously, and more expeditiously than you can change your clothes. In fact, right now, this very second, the body that you're using to read this book is not the same one you started out with a few minutes ago.

—Deepak Chopra, MD, *Perfect Weight*

The Freedom From Food (FFF) program delivers a revolutionary perspective and an unprecedented process for returning your body to its perfect proportion *without dieting*. This radical technology works with your consciousness to change the way food affects your body. The outcome is that you will be able to eat whatever you want, eat as much as you want and never gain weight.

Can You Change Your Body With Your Mind?

From my own personal healing and from experience in working with individuals and groups for 30 years, my answer to this question is “YES!” The advances made in quantum physics reveal that the material world is an optical illusion. We are not solely what we see. When my healing happened, this idea was not being discussed. Now quantum physicists have substantiated the body/mind connection. There is abundant scientific evidence that our thoughts and emotions directly affect our physical form.

The FFF process is aligned with Einstein's theory—everything in our world is energy slowed down to assume the appearance of matter. This matter is not fixed. Dr. Deepak Chopra, in his book *Perfect Weight*, confirmed that 99.999996 percent of our body is, in fact, empty space that changes with every breath we take. Although the world appears to be stationary to the naked eye and our bodies appear to be solid, we are constantly moving and fluctuating. By following the specific progression in the FFF program, you will experience how you are creating with your energy all the time and how you are affecting your body.

Through ancient knowledge, yogis have shown us extraordinary possibilities of what can be accomplished when you focus the mind to change the body. There are stories of yogis from the Himalayas who can submerge their bodies in subfreezing temperatures. The heat from their bodies melts snow up to 10 feet around while they stay at the normal temperature of 98.6 degrees Fahrenheit. To produce such feats, they train their minds with such methods as visualization, hypnosis and other methods that alter their energies and vibrations.

These same principles are available for you and me in our everyday life. Freedom From Food takes the body/mind concept out of mental theory or speculation and empowers you to demonstrate these universal laws on yourself. You will master how to change your physical form by changing your consciousness.

Freedom From Food has brought me, and many others, out of the devastating pain of food addiction and into an empowered place that is totally free from the bondage of food. The program shows how to remove permanently the veils of your mind that keep you from knowing your full strength and living in harmony in your body temple. If you dedicate yourself to this process, you too can live in a world where you can eat whatever you want, eat as much as you want and not gain weight.

Why Freedom From Food Is Different

Although other weight loss programs talk about the body/mind connection, they inevitably say or imply that the weight will come off only in conjunction with specific diet-related actions. FFF is different. It has no diet. It does not tell you to cut down your food intake or eat certain foods at certain times in a certain way. It does not deal with lowering calories, eating only when you're hungry, watching fats or carbohydrates, drinking large amounts of water, exercising or evaluating your body type. Although I feel that some of these elements are important for a balanced healthy life, it is possible to lose weight in a way that is completely separate from them.

FFF is unique in its purity, in the way it examines mind-over-matter principles and how they are integrally connected to weight (not health). To lose weight, it makes no difference whether you eat junk food or health food—either your mind can affect your body, or it can't. In this program, there are no catches.

I do not want to oversimplify what is needed to heal a food problem and to correct the misperception that what you eat affects your weight. This process is not for the faint of heart or the wishy-washy. To shift what your body does with food, you need an open mind, intense practice and the ability to hold a new consciousness for the rest of your life.

Intellectual knowledge is not enough. It is not about declaring, "Food makes me thin," on Monday and starting a new diet on Tuesday. The FFF process must be done on a weekly basis as directed by the guidelines at the end of each chapter. To anchor a new way of thinking permanently and eliminate unconscious, negative messages about food, you will need to make a commitment of at least 6–12 months.

Weight and Health

I want to be clear that I am not advocating in any way that it is advisable to eat junk food or unhealthy food, or to overeat and not

exercise. I believe in being physically active and eating what is nourishing. Neither do I claim in any way to know what foods are healthy or unhealthy for you. I am making a definite distinction about the connection between food and weight, *not* food and health. For the latter, I recommend you follow professional, medical advice.

However, I have seen that deprivation makes forbidden foods only more desirable. Therefore, the path of this program is to neutralize the effects of *all food* on your weight. This gives you the freedom to choose what to eat, not because you might fear getting fat but for improving the quality of your life.

In Conclusion

The FFF program will teach you how to experience food as moving energy (*quantum physics approach*) instead of dense matter (*Newtonian physics approach*). The quantum approach makes available a different set of natural laws than the methods adopted by our diet-crazed world. The new paradigm is based on expanding your consciousness. *Consciousness* refers to your ability to be aware, to understand the subtleties of the physical and quantum worlds and to make this awareness a reality in daily life. The FFF methods bypass judgments that food is either “good” or “bad.” Food—whether celery sticks or a jelly donut—is viewed as neutral energy that the mind directs according to your beliefs. Now you will have an opportunity to demonstrate these unique and exciting principles on yourself.



HOW TO USE THIS BOOK

F*reedom From Food* (FFF) is divided into five parts. The chapters within each part follow an essential progression to align your thinking and create a paradigm shift in the way food affects your body. For this reason, it is important that you read the chapters in order and do the practice sessions at the end of each chapter exactly as described. There are two CDs that are highly recommended to accompany the practice sessions and will greatly add to your success in this program. See the back of the book to order them.

Most examples in this book will use the pronoun *her* when referring to a person, although this program was also created for men. Therefore, as you read this book, please apply the appropriate gender.

I want to reinforce that this is not a quick-fix weight loss program. FFF is for people who have given up on all diet programs—those ready to try something new and willing to do whatever it takes to return to their perfect proportion. The miracle is that *once you have mastered the Keys to the process, you have the possibility of permanent freedom from the bondage of food and from being overweight.*

Outline of the Program

Part I: Why Freedom From Food? In Part I, you will be guided through two introductory chapters: *Diets Don't Work* and *My Story*. They are each followed by your first practice sessions.

Part II: The Four Mastery Keys. You will travel down a path

guided by a Wise Woman, who will teach you the Four Mastery Keys that are essential to understand in order to heal yourself:

Key 1: The Body Heals Itself

Key 2: Mind Creates Matter

Key 3: Emotions Affect Your Body

Key 4: Food Is Energy

The Four Mastery Keys are reinforced by exercises that assist you to embody the concepts.

Part III: Empowerment Training: Preparation for 2-Week Healing. This training teaches you to become a *Warrior*. It will take you far beyond just thinking thin. You will acquire skills to fight the dragons and mental saboteurs of doubt, fear and self-loathing that contribute to weight gain and keep you stuck in a negative cycle. You will learn how to hold a stand and how to focus long enough to actually create a change in the way your body processes food. You will see for yourself that if you are 100 percent vigilant and impeccable in how you think, you will be able to eat chocolate, bread and butter, or anything else, and it will not affect your weight. This requires you to step into a mastery level of consciousness in a way that you have never done before.

Part IV: Demonstration and Transformation. You will learn the incredible power and strength of your own mind! You will go through a trial by fire by doing a *2-Week Healing* on yourself. First you will create a Ceremony of Empowerment to make sure you are ready. Then you will be guided through steps where you will get on and off a scale and prove to yourself that you no longer gain weight from food. This process, which is the same one I went through 30 years ago, is designed to create a quantum shift in how food affects your body. As negative thoughts and deprivation diminish, so will your compulsion and obsession with food.

Part V: Follow-Up. In this part, you will learn how to *practice* and *support* your new consciousness. When you know beyond a shadow of a doubt that food does not make you gain weight, you have the possibility to start losing weight and return to your perfect

proportion. Because consciousness creates, you are responsible for the thoughts you entertain from this point forward. As deprivation ceases, you naturally move into *Advanced Eating*. You will find yourself choosing foods that help you think more clearly, give you more energy and make you feel better. You won't gain weight if you don't eat this way, but as your healing progresses, you will be drawn to foods that enhance your quality of life.

Timeframe

The FFF program takes about *6–12 months* to complete. The preparation for the 2-Week Healing takes approximately 4 months, followed by 2–10 months of additional review, support and deepening of the practice. Doing the exercises in the practice session at the end of each chapter requires approximately 1 hour a week for individuals and 2½ hours a week for those meeting in a group, depending on the size of the group. This program is set up purposefully in the exact progression necessary to get the optimum results and to open the possibility for you to make a quantum leap to change your body.

The timeframe is based on the experiences of people who have worked the steps successfully. I have not found any short cuts, so I advise you not to jump ahead prematurely. Your mind may understand the material, but without the in-depth work provided by the exercises, you will gain nothing more than intellectual knowledge. During this program, I highly recommend that you receive professional help to clear out any emotional issues that may be affecting you. The FFF program is not a replacement for consistent psychological work.

Journaling

Keep a journal throughout the course. Jot down the things you relate to most strongly and make notes about questions that come up as you read this book. You can also use your journal to remember and

track poignant things other people say, empowering thoughts you may have or messages from the past you know you need to address. Your journal is the record of your journey. It will be of great value when you do your 2-Week Healing and need to remember the program's essential principles.

Sacred Space

Create a sacred space in your home where you can write in your journal and reflect on your experiences in this program. You may decorate it with candles, sacred objects, pictures of yourself at your perfect weight, affirmations and the like. Whenever you pass by or spend time in your sacred space, it will remind you of your intentions and be a focal point for the new thoughts you are putting into your consciousness.

Inner Child Work

Do some Inner Child work every day. It is important for your Inner Child to feel that she can trust your Adult Self to protect and draw boundaries for her. Weight is often a protection against abuse, hurt or unwanted sexual advances. Your Inner Child may not release excess weight until she feels confident that your Adult Self will be there for her in the way that food has been—and her original parents have not. This relationship will grow over time. Here are two recommendations for how to work with her:

1. Listen to the Inner Child segment on the *Freedom From Food* CD with audible words.
2. Keep your journal by your side while you create a dialogue between your Inner Child and your Adult Self. Close your eyes and picture your Inner Child. Notice what expression is on her face. Tune into how her heart feels. Ask her the following questions:

How are you feeling today? (mad, sad, angry, glad, scared, anxious)
Where do you feel this in your body?

How do you feel about how I am taking care of you?

Is there something you need from me?

How are you feeling about the people in your life? (friends, family, relationships)

What kinds of things would be fun for you to do?

Here is an example of how to nurture your Inner Child (the relationship will build over time):

I am the Nurturing Parent within you. If you have any problem, you can talk to me. I'll be there for you any time you need me. I am here to listen to you—just to listen. Tell me what is going on with you. You are No. 1 to me. You are important. I believe in you. I believe you can do anything you want to do in this life. Whenever you need to, just call on me and I will be there for you. I love you.

Setting up an Individual Practice

If you are working individually, I recommend that you set aside about an hour each week to do the exercises at the end of each chapter. Prior to each session, give yourself additional time to read and digest the new material. It will take 1–4 weeks to complete each practice session, depending on the number of exercises required.

The sacred space you create in your house is a good place to do your weekly activities. Be sure you will be undisturbed for the time allotted. If you like, light a candle or incense to signify the beginning of your practice. At different times during your session, you might hold a stone, a feather, a crystal or another object of special significance on which to focus your thoughts. Begin by using the Opening Attunement, which you will find at the end of this chapter.

Then, simply follow the step-by-step instructions. Go along at your own pace and be sure not to rush through the exercises. Write the answers to all questions in your journal. You can do the dialogues that occur periodically by speaking both parts A and B aloud. This is

just as effective as having another person do this with you.

Once again, I recommend that you take at least 4 months to complete the practice sessions, integrating the material fully before you begin the 2-Week Healing, the process described in Part IV of the program outline.

Setting up a Group

It can be helpful to work the FFF program in a group. Groups can be of any size, but the optimal number of members is no more than from six to eight. I recommend that FFF groups switch the leader every week. By alternating this role, everyone will get a chance to take part in the process.

In my experience, it is best if group meetings last no longer than 2–2½ hours. Before each session, read the chapter at least once and give it careful thought. Then when you meet, you will go through the exercises together and share your responses. It will take up to 4 weeks to complete each practice session, depending on the size of your group. I recommend that you take at least 4 months to complete the practice sessions before you begin the 2-Week Healing as described in Part IV. I have found that the following elements are essential to keep FFF groups running smoothly:

- **Talking Piece**—The talking piece can be anything—a stone, a feather, a crystal, a rattle. It is given to the person who has the floor. While someone is holding the talking piece, other group members need to place their attention and focus on that individual. The talking piece creates a space for deep listening to occur. It is a time not to think about what you're going to say but to give your full attention to the person speaking. There should be no cross talk and no comments after the person shares. Listen from your heart and look at the person.

Whatever your group chooses as a talking piece should be brought to every meeting. It is preferable that the talking piece

be the same every week. The energy from each person holding this object will build up a vibrational resonance and imbue the piece with special meaning for the group.

- **Timekeeper**—Choose a timekeeper at each meeting. Timing is very important in any group where people share their deepest feelings and the most personal details of their lives. Without an agreement about how long each person will share, it is easy to have meetings where one person monopolizes the time. A timer eliminates the possibility of this awkward situation.

Most of the timing estimates throughout the book are for a group of six to eight. Feel free to adjust the time allotted each person to speak according to the size of your group.

- **Confidentiality**—Everything that is spoken about in the group needs to stay confidential among the members. The group must be a place of absolute safety, where people can share their deepest feelings and issues without fear. The way to create this kind of secure space is to treat each person's words with the compassion, respect and confidentiality you would want for yourself. If you do not agree, you need to speak about it before the group starts.

Attunements

Whether you are meeting individually or in a group, plan to begin and end each weekly session with an attunement. If you are working alone, attunements will connect you with your Higher Self as well as help you focus on the intention of each session.

In this program, we define an *attunement* as a specific group of words (sounds may be used also) that creates an invisible, synergistic field of union and resonance between group members or between an individual and the wisest part of herself. Because they carry a strong vibratory frequency, these words help create a receptive environment where new thoughts can grow. This field attends to the inner parts of an individual that need healing. Attunements can blend, harmonize

and call forth various aspects of self (or forces outside of the self) to increase the possibility for a quantum leap in consciousness.

Note: In the sample attunement, I use the “Overlighting Angel” idea from my experience in Findhorn, an intentional community in Scotland that reflects a deep connection with nature and the Deva Kingdom. I call on the Overlighting Angel because I have always had my own connection with the angels and devas. However, please change this or any other parts of the attunements that might make you feel more comfortable.

Sample Opening Attunement for Individuals

I call in the Overlighting Angel of Food and Weight, who holds the knowledge of the universal principles and truths about food. I take a deep breath in and open the top of my head, open my mind and become receptive.

I call in my Higher Self, who knows, on the deepest level, that I am one with all of creation; that I hold within my being all of the ancient and scientific principles that exist everywhere and that I have already inside of me all the answers I am seeking.

Next, I call in the Warriress part of myself, who is strong and fierce and alert, and who can draw impenetrable boundaries around all that I hold sacred.

Now, I call in, very tenderly, the part of myself that needs healing around my weight issue. Tuning in, I listen to what this part is feeling—mad, sad, happy, angry, fearful (pause). Now, I send love from my heart to this aspect of myself. I thank this part for having the courage to show up. I hold the intention that I will get exactly what I need for my weight healing today.

Sample Closing Attunement for Individuals

I thank the Overlighting Angel of Food and Weight for being with me today. I thank my Higher Self and my Warriress for being here. I thank the part of myself that needed healing today for having the courage to show up and be present. I know that the seeds that I have planted today in my consciousness are already growing on a conscious, unconscious and subconscious level, and that my body has already begun its journey back to my perfect proportion as I set the intention for this to be so.

Sample Opening Attunement for Groups

We call in the Overlighting Angel of Food and Weight, who holds the knowledge of the universal principles and truths about food. We take a deep breath in and open the top of our heads, open our minds and become receptive.

We call in our Higher Selves, who know, on the deepest levels, that we are all essentially One; that we hold within our being all of the ancient and scientific principles that exist everywhere and that we have already inside of us all the answers we are seeking.

Next, we call in the Warriress part of us, who is strong and fierce and alert, and who can draw impenetrable boundaries around all that we hold sacred.

Now, we place in the center of the circle, very tenderly, the part of each one of us that needs healing around this weight issue. We thank this part for having the courage to show up today and let itself be seen. We tune to what this part is feeling—mad, sad, happy, angry, fearful—and silently listen to what is going on with her (pause). Now, send love from your heart to this part of yourself. Then, breathe that love into the center of the circle (pause). Let us each hold the intention that every person in the group will get exactly what they are needing today.

Take a deep breath in as we open our minds, bodies and hearts, joining together in a common purpose—knowing that miracles can happen when members of a group hold the same intention. A beautiful synergy of the whole can happen that is more than the sum of its parts. So let us take a few moments in silence to create a resonant, receptive field by connecting, heart to heart, around the circle as we breathe, creating an opening and joining in one heart and one purpose for this group.

Sample Closing Attunement for Groups

We thank the Overlighting Angel of Food and Weight for being with us today. We thank our Higher Selves and our Warriress for being a part of the circle. We thank the part of ourselves that needed healing today and had the courage to show up and be present. We know that the seeds that we have planted today in our consciousness are already growing on a conscious, unconscious and subconscious level, and that our bodies have already begun their journey back to our perfect proportions as we set the intention for this to be so.

In Conclusion

Review this chapter a few times before you start your weekly meetings. You cannot fill a vessel already full. Therefore, in the next chapter, *Diets Don't Work*, you will have a chance to clear your mind about any previous experiences that you have had from eating programs that have failed. Then you will be ready to fully take in the fresh new concepts of the FFF program.