



# **Truth About Weight Loss and Body Image**

## **5 Insights To Set You FREE!**

by Michelle Melendez-Founder of Women Being Fit

This ebook is for any woman who has struggled with her weight and body image long enough!

It's time for peace, hope and new insights that reveal how you CAN live in a body you love!

You Deserve that!



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## Intro

I've never struggled with your my weight but I did struggle with body image for years!

When I was 13 years old we found out I had a slight case of scoliosis.

Scoliosis is where part of the back is curved and in my case, my back sits slightly behind the other.

It wasn't bad enough for a back brace but because of it I have one boob that is larger than the other and being a 13-year old I was already self-conscious of my body and this new insight was **horrifying** to say the least.

I hated my body!

I felt embarrassed, ashamed, humiliated and completely insecure.

This was especially the case if cute guys were checking me out. I was sure they could tell my boobs were uneven and I was afraid they would laugh at me and then it happened...

One night when I was making out with a cute guy and he started to touch my breasts and then he started laughing. I was mortified!

I didn't know what to do so I acted like nothing happened and kept kissing him.

Luckily my sister showed up and we promptly left.

I remember my thought looking in the mirror thinking, "Why me? Why did this happen to me?"

Every time I would go and buy new clothes I would slowly open the door to the fitting room and look out to make sure the fitting room attendant wasn't around to look at me because I wanted to see what I looked like first.

I was sure she would judge me and see that my body wasn't even.

Before my sister and I went out I would ask her the same question every time..."Can you tell?"

She knew that meant, can you tell that one boob is larger.



She always had the same answer, “No, Michelle. You can’t tell and no one is going to care anyway!”

Well, I could tell so I normally always went back to the room to change or get a sweater.

I remember seeing a friend in high school who was toned and looked amazing!

I thought, I’m going to start working out! I bet that would fix things.

My goal was to workout the larger side of my chest, the left side, so it would tone-up and hopefully shrink and then my boobs would look even.

Sounds silly now and back then it made a ton of sense!

Something happened when I starting working out that I wasn’t expecting...I started to have more energy and then started to feel somewhat better about myself regardless of my boobs being uneven.

I was hooked!

In 1996 I became a personal trainer (PT).

I really just needed a job and since I enjoyed working out I got hired at a gym and got my PT certification.

In my 30’s, I had been a fitness trainer for 10 years with almost 12 fitness certifications on my belt. Surprisingly, I still struggled with my body image.

What I didn’t understand was the action I was taking to get fit and be a trainer **wasn’t re-conditioning the emotional vibrational that my body was addicted to.**

I was sick of the feeling shame, frustration and humiliation for my body so I tried something completely different.

I signed up for a, Creating A Better Body Image Retreat.

I got out of my environment and did something radically different.

I remember this one exercise where I had to do a strip tease for myself in the mirror. I was so uncomfortable to do this exercise. I didn’t want to look at my body in the mirror because I knew I wouldn’t like what I saw.

Part of the exercise was to consciously **feel something different in your body** that you hadn’t felt before.



I decided if I was going to do this, I had to make it fun. So I put on some candles and some fun music and I took off my clothes and stared at my body.

I saw the cellulite on my legs. The unevenness of my boobs and even a bit of a pouchy belly.

The practice was to **consciously** feel something different so I started to think what could be different...

Then, something came over me...

I thought about the many miles my legs had walked, and all the people my arms had hugged, and the strangers my hands had shaken who soon became close friends, and a relief came over me.

The feeling of relief and appreciation consumed me and what I **didn't know at the time was that I was shifting the emotional vibrational energy** I held in every cell of my body most of my life.

I decided to practice this new feeling everyday and something shifted inside me.

Don't get me wrong...It didn't change over night but something did change.

Had you told me in my 30's that I would be writing an ebook **and disclosing the unevenness of my breasts in my 40's**, I would have **told you you're crazy** that would never happen!

I was so ashamed about my body and I didn't want ANYONE to know...EVER!

Today, I literally feel so differently about my body that I don't mind sharing it.

I even did a live spoken word performance and revealed my ENTIRE self-loathing story and you can watch it by going to <http://womenbeingfit.com/michelles-story/>

I no longer have the insecurity I once did. It doesn't phase me at all.

The reason for this didn't come with the mirror practice I shared earlier but that was the start of my new journey.

It wasn't until I learned the **5-insights I'm going to share with you that things got a lot whole easier and I started to really love my body!**

Let's get started!



## INSIGHT #1:

### Your Body Is Emotionally Conditioned/Addicted To Struggle With Your Weight and Body Image

If you've struggled with your weight for years, your brain and body have **Memorized how to live in a body you don't love** from past experiences and you repeat those thoughts and memorized emotions daily.

You are basically living into your past...EVERYDAY!

As soon as you get up in the morning your body sends a signal to your brain to have thoughts that create the same emotional vibrations you feel on a daily basis.

Do you get on the scale first thing in the morning?

Do you feel anticipation for what it will say?

Do you put on clothes and your attention immediately goes to what you don't like about your body?

Here are some clues to know if you are emotionally conditioned/addicted to struggle with weight and not like your body:

1. You think about your weight or dislike your body everyday
2. You start to get results, then you self-sabotage yourself
3. It feels normal to dislike your body and struggle with your weight.
4. You feel like a failure with your weight
5. You have don't know how it would feel to consistently like your body and may even have fear around that
6. You don't know how to live in a body you love on a regular basis

**If these sound familiar, your body is emotionally conditioned to keep you struggling with your weight and body image...for the rest of your life!**

This emotional frequency in your cells feels normal and safe in your weight loss and body image struggle.

In fact, you can't allow feelings and thoughts of a higher vibration into your body and mind other than what you are currently feeling because you can't accept, believe and surrender to a higher emotional frequencies like self-love and appreciation.



It doesn't feel normal!

Does this sound like you?

**The truth is your body has memorized the behavior when you look in the mirror, think about your weight or try and feel good about your body.**

The over 50-trillion cells in your body have **MEMORIZED** how to behave and react!

It's like driving a car.

You don't think about how you're going to drive a car.

You get in and your body has memorized how to do it and does it without your conscious thoughts.

In actuality, your subconscious is driving the car and your conscious mind has checked out!

The pattern of how you relate to your body and weight are created the same way.

You wake up and your brain and body take over and run your emotions through the memorized patterns you created from your past.

These memorized patterns in your brain and the memorized emotional vibrations in your body will not change with diet and exercise.

If it did, it would have changed by now, don't you think?

I spend a whole 5-days taking women through understanding how they are addicted to a body they don't love.

You can learn more at <http://womenbeingfit.com/retreat>



## INSIGHT #2:

### How Did Your Memorized Programming Begin?

If you've been struggling with your weight and body image for years, your memorized pattern was created when you were young; probably before 5 years old.

If you've been challenged with your body image and weight as an adult, your memorized pattern may have been created later in life.

#### **It started because of a high emotional intense event that happened to you.**

This event could have really been something very dramatic, like child abuse or it could have been something you perceived as dramatic. Regardless of what it was, the emotion behind it was so intense that **ALL of your senses became heightened** and your brain created an organized pattern that memorized the event.

Because your 5-senses (seeing, hearing, touching, feeling, tasting) were heightened your brain became very aware of everything and recorded how you felt, who was there and what was happening.

Here is an example: Does a certain song remind you of someone or something?

That's because that song was playing when your emotions were heightened.

Something or someone caused an intense emotional reaction in your body and your brain recorded everything about the event. Every time that song plays your body and brain will bring up the memory and the emotions of the memorized event.

In regards to low body image and struggling with your weight, an event happened and your senses became heightened, you then **made a decision about who you are, how to feel about your body and your worthiness of love.**

#### **That then created a personality trait around your body and weight and that trait runs your life EVERYDAY!**

Your memorized patterns run your life 90-95% of the time. That means you are only running your life consciously 5-10% of the your day.

This is why if you want to lose weight and go to a gym or start a diet, it won't last!

90-95% of your body will take over throughout your day and you will go back to how you've always been living.





You'll self-sabotage and your belief that exercise doesn't work for you or that you have no "will-power" gets to be right!

You then put yourself down and the cycle begins again.

Crazy!

Here is the truth sweet sister... You are NOT your emotional memorized patterns and thoughts in your body and brain!

I know it sometimes feels like that is who you are.

I mean that's how you see yourself, so that must be who you are, right?

WRONG!

If you've been struggling with your weight for years and years, you have the personality, behavior, and beliefs of a woman who struggles with her weight, but that's not who are!

**That's ONLY your brain and body's memorized patterns** so you know how to relate to this world and stay safe.

Again... that's NOT who you are.

**Who you are is infinite intelligence that wanted to know itself in your human body, through your past experiences that created your personality.**

What?

Yes, again, I teach a whole 5-day retreat on this topic that is life changing and for now, understand that your memorized patterns came from a past event and you are living from the emotions of that past event that were created to keep you safe.

They came from an experience in your past and you are unconsciously living from those feelings. You CAN live something different if you're ready!



## INSIGHT #3:

### Your Body Signals Your Brain

I touched on this a bit in insight #2 and here is the full story!

Let's start with understanding self-sabotage...If you've ever tried to lose weight and sabotaged yourself, you know the frustration and self-defeating feelings that comes with that.

Here is what you must know about self-sabotage: Self-sabotage doesn't happen because you don't have the "willpower" or self-control to stick with a program. It happens because every cell in your body is comfortable and feels normal struggling with your weight and not liking your body (Insight #1).

If you were to love your body and be happy with your weight, it wouldn't feel normal in your cells. It would actually feel wrong because it's a feeling you haven't felt long enough in your cells to have them feel comfortable with it.

You self-sabotage consciously and unconsciously to go back to what feels "normal" to you, which is struggling with your weight and not liking your body.

It looks like this...

Your cells vibrate at the same emotion every day. When you start to make changes and you're not paying attention to the memorized feelings in your body, then **your body sends signals to your brain to think thoughts that will produce the regular chemical feelings like "I don't like my body"** and you think it's because you don't have the "willpower"... NOT TRUE!

Your body actually sends signals to your brain to create the same emotions it has everyday so it can have it's "fix" of the chemical vibrations it always has.

This is why you will forever struggle and live in a body you don't love.

It may be hard to understand that your body sends signals to your brain. I mean it's supposed to be the other way around, right?

Nope.

Your body gets a say in how you run your life.



If it didn't, you would have to learn everyday how to walk, tie your shoes, brush your hair and all the normal activities you do.

You see, your body becomes your mind so that you can live your life without re-learning normal patterns like how to drive a car and take a shower.

When you try and lose weight, you must understand that your body has daily patterns and habits that run 90-95% of the time and equate to not liking your body.

It is unconscious and how you be you in the world.

This is what you need to shift if you want to live in a body you love!

How do you start your transformation?



## INSIGHT #4:

### Understanding The 4-Function Of Your Mind

**QUICK REVIEW:** In regards to struggling with your weight and body image, an event happened in your past that heightened your senses and you made an unconscious decision about your body, self-confidence, and self-worth in this world.

You then created a personality trait that reflects your past experience and you live into that everyday as if that is who you are.

That is NOT who you are. That is ONLY a memorized pattern that was created from an event you experienced.

To give you power over your memorized emotions you must first understand where they come from.

This next part was taken from the **Eastern Vedic** teachings, which is the oldest tradition of knowledge in the world. They come from the mid 2nd to mid 1st millennium BC so these teachings are thousands of years old.

There are 4-Functions of your mind:

1. manas (senses)
2. chitta (the memory)
3. buddhi (the intellect- coming to correct conclusions about what is true or real)
4. ahañkāra (the ego).

The first function of your mind is yours 5 senses.

You walk into a room and immediately all of your senses tell your brain what is happening. For example: is there a weird or sweet smell; is it cold and you need a jacket; is it too loud, what is in the room that you can see and so on.

The second function is your unconscious memorized patterns that run your life 90-95% of the time.

You begin to feel the familiar emotions of who you are in relation to who, and what is going on in the room.

Are you shy?

Are you an extrovert?



Do you feel comfortable or uncomfortable?

Who you think you are, or your personality, begins to process the information from your senses and you act in accordance to your memorized emotions and behaviors.

You think that is who you are but it's only memorized patterns of emotions.

The third function of your mind is your intellect.

Your intellect discriminates what is true and what is not true about you. This part of your mind notices the emotional memorized patterns and decides if that is true about who you are.

99.9% of the time it will agree with your memorized pattern that that is who you are and how to behave in the situation because it doesn't see the pattern as coming from a memory.

It sees the pattern as your truth.

It feels familiar so it must be right.

However, it is very wrong!

**You Are Infinite Intelligence That Wanted To Experience Itself As Your Personality Created From Your Past Experiences. That is who you are!**

In the Live In A Body You Love Retreat, I take you through many exercises that leave you experiencing who you truly are on a cellular level. It is undeniable that you are not your story.

The final part in the function of your mind is your Ego.

The Ego is the "I know" part of your mind.

Any time you say, "I know..." that is your ego.

It is also the "I know that I know". I know that I am alive. I know that I am a woman, mother, friend, fitness trainer (your job). It is your own individuality. That is all Ego.

If you've said, "I am overweight", "I'll never lose weight and keep it off", "I try but it's too hard to change" that is your Ego taking on the personality of everything you just stated after "I".



That is who you see yourself as in the world and you will argue to keep your persona alive even if it's not what you want.

I literally had clients argue with me when I tell them, "No, that's not who you are."

The first way to create something new in your life starts with your Ego!

Are you willing to believe something different about yourself and let go of what is familiar and what you think is the truth of who you are?

That is where you start.

Your **Ego must take a chill-pill** if you want to create lasting change. I'm sure you've heard the saying, "You need to get out of your own way."

I've never really understood that until I studied the Ego.

The Ego is the gatekeeper that is keeping you locked in a body you don't love. It thinks it's keeping you safe when really it's keeping you unhappy and emotionally stunted.

Can you let go of the way you think things "should" be, or your idea that that is who you are?

You may think you can do it but it's your identity and it will fight to stay alive through justifications about why you are the way you are and the reasons you can't change.

During the last 5-day retreat, we were doing a practice that allows the Ego to chill-out and a participant said, "I don't want to let that part of me go. It feels safe. It's who I am."

I reminded her that it's not who she is. It's only a memorized pattern from past experiences that created her personality around her weight and body image but who she is, is much more amazing than that.

Then, we did a practice that gave her freedom and love around her body and past experiences that left her with more joy than she's ever had around her weight in her entire life!

When you get out of your mind and do exercises that shift who you think you are, change happens easily.

Again, to see if this retreat is right for you, go to <http://womenbeingfit.com/retreat/>



## **Start A New Practice:**

This is one practice from my 5-day retreat and I recommend doing this daily. It will transform your life.

When you notice your mind is thinking thoughts that create the familiar feelings in your body that keeps you in a body you don't live, ask your ego to chill-out and give you an opportunity to feel and be something different.

Next, feel your present moment with all your 5-senses.

Feel where your body is in space.

What is the temperature around you?

What are the sounds you hear?

What taste do you have in your mouth?

When you get present, it slows down your mind and you can open to a new possibility and new experience.

This technique may seem simple, but it is far from that. If it was that easy, you would have done it by now, don't you think?

This is again why a retreat is so beneficial.

When you feel yourself slow-down and become aware of your senses in each moment, you have the opportunity to create what you want. You can see your life from a new perspective.

In this moment, you can ask the questions like...

“What would it feel like to love my body?”

“What if I gave myself permission to feel that?”

“What do I have to let go of to feel that?”

“What that be so horrible to let go of?”

“What if it was easy?”

“What would I do if I felt that way throughout my day?”



“How would I feel right now?”

Your mind wants to give you the answers to every question you ask. The questions above will start a new emotional vibration in your body.

You're almost there!

This last insight will blow your mind!





## INSIGHT #5:

### **The Intelligence Inside You**

There is an intelligence inside you that lives in every cell of your body. It's the same intelligence that is keeping your heart beating, your immune system responding, your muscles contracting, your food digesting and so on.

This intelligence is organizing tens of 1000's of chemical reactions in every cell of your body per second.

It is pumping over 2 gallons of blood through your heart per minute, over 100 gallons of blood in an hour and doing this over 100,000 times in one day.

You lose 10-million cells every second and this intelligence is making 10-million cells every second.

You don't plug yourself into a wall and use electricity to run your body. This intelligence is the electricity!

Scientists now know that there is an intelligence to the Universe. That there is something that is running the show and that same something runs your body.

Why is this important?

Like I said in earlier posts, you are infinite intelligence and the only thing that makes you different is your brain and body's memorized patterns developed from past experiences that have created your personality.

Your personality is what makes you different than anyone else.

There has never been and will NEVER be another person like you in history...Ever!  
This infinite intelligence wants to experience life in YOUR body as YOU.

Its main purpose in being here is to go through an emotional expansion journey and your transformation from struggling with your weight and body image to self-love and joy  
**IS THAT JOURNEY!**

It's not a mistake you're here at this time in history and that you are reading this. The next step in your journey is **HERE!**



Your experiences in the past may have been great or horrible. Whatever they were, they are not who you are. They are only experiences you've had that created your personality and do not mean anything good or bad about you.

Who you are is infinite intelligence and it's time to remember that.

Your emotional expansion journey will not look like anyone else's. It is unique to you and comes from your spirit's choice to grow from the experiences you've had and the story you've created in your mind about who you think you are.

One of my favorite neuro scientist, Dr. Joe Dispenza says,

“When you are not emotionally triggered by an intense memory of your past, it becomes wisdom.”

The wisdom he is referring to comes out of the emotional journey you go through when you finally realize that you don't have to do the same behaviors you've always done.

It comes when you're having a regular experience and you recognize your pattern and pause before you act, then choose a new way to think about the normal situation you're in and act differently.

That creates wisdom in your mind and body and THAT is why you're here!  
You change who you used to think you are and become who you've been wanting to be for so long.

You can choose to stay in your story if you want...

If you want to stay in your weight loss struggle and not like your body, you can do that for the rest of your life and many women do.

It's your free will and your right to choose.

However, if you choose to expand your spirit and your mind and release your emotional addiction and conditioning to your story and the emotional chemicals that run your body daily, you will create a new personality and feel enormous freedom in your life.

Truth: It will feel uncomfortable and even at times, wrong because it won't feel familiar.

Most women I work with don't have a clue who they would be living in a body they love when they first start working with me. In fact, they have fear around it.

They think if they don't constantly think about their weight every day and do things like, get on the scale first thing in the morning, that they'll gain more weight.



They believe they have to constantly focus on their weight in order to keep it at a decent level or they will balloon up.

You don't have to think about your weight every day, you have to listen to your body and start a dialogue with the infinite intelligence inside you that wants you to emotionally expand from your past. This infinite intelligence is here to support you on your journey.

It created the stars in the heavens; runs the tides in the ocean; informs butterflies, birds, whales and more where to migrate and runs your body each moment of every day!

When you start to communicate with it, it can easily show you how to live in a body you love and create more joy and happiness in your life.

How do you communicate with it?

First, you slow-down and listen.

I know you're a busy woman with a lot of people counting on you and to develop a relationship with the intelligence that is inside you, you must slow-down.

Here is an easy practice:

Pause before you eat and check-in with the infinite intelligence inside you and ask it, was is the most energizing, optimizing and delicious food you can eat for your body that will leave you satisfied and feeling good about yourself?

Then, listen to the answer and go eat that!

Practicing ways of being like this will create more ease in your life and an amazing relationship with your body, mind, and soul. And sooner than you know, you'll be living in a body you love!

This intelligence has been waiting for you to wake-up to who are and communicate with it!

It has so many insights to share with you to make your journey in this life, meaningful, fulfilling, transforming and joyful!

Are you ready to take the journey?

It's not a mistake you opened this email today sweet sister.



There is something inside you that is guiding you every day and when you open your heart and follow that guidance you have more synchronicity letting you know you're on the right track and your life flows more easily.

It's time for you to wake-up to a new way to think about your weight and body image and have new experiences. You deserve that!

If this information resonates with you and you'd like a quicker way to take this journey that will give you Amazing insights into who you are and the power you have, please see if my 5-day Live In A Body You Love Retreat is right for you.

Go to <http://womenbeingfit.com/retreat/>

It would be my absolute honor to take you on an emotional expansion journey that will change your life! It's time!

Your Fitness Ally,

Michelle Melendez-

Founder of Women Being Fit

P.S. Something inside you knows that you are ready for a shift from being a woman who struggles with her weight and body image to be a woman in love life and her body! Let me show you an easy way to get there!

If you'd like to chat live with me before you commit to the retreat, get on my calendar at <https://my.timetrade.com/book/GMJ3K>

