

Wow! I'm A Size Four; Finding Weight Loss through Love



by Vibhooti Kumar

Never in my wildest dreams did I imagine getting down to a size four eating what I love. My weight loss journey over the past 16 months had nothing to do with diets or exercise, and everything to do with allowing pleasure into my life, opening my heart to love, surrendering the concepts and imprints that were not mine, taking responsibility for my life, embracing and celebrating my womanhood, and becoming more authentic and connected to myself. Falling down and getting up was part of the process of uncovering the real issues behind my weight gain and about taking responsibility for my life. In the process, I have grown as a person, as a woman, and as a spiritual being.

For so many years, I beat myself up for not ever being able to stay on a diet or exercise program. I lost weight then gained it back — the yo-yo syndrome so many of us are painfully aware of. Every year, my scale moved up a few pounds. I did not like what I saw in the mirror. I was frustrated by how clothes fit and by the lack of selection in the stores. After many years of struggling, I thought it best to give up. I was defeated in a battle with fat. I tried to love my body as it was, which was difficult — we can be so critical of ourselves in the mirror. At age 50 and at 5'1", I had reached 168 pounds; I was now a size 16. I gave up on myself and stopped making any efforts to look good. There were no dreams of ever being able to have the body I would enjoy looking at or being happy with.

Then, a tall handsome Italian man came along and changed all of that. He gave me a whole new understanding of how to relate to my food, to my body, and to my emotions. He taught me how important it is to allow pleasure into my life; how to keep my heart open and love no matter what, and how to surrender to God. Weight loss became my spiritual journey and my inner journey. I learned the most amazing way of losing weight, healing my heart, and taking back my life. One thing is for sure: diets don't work, and they are the cause of additional trauma in your life. Get rid of them. True weight loss is a journey of Love: loving food, loving yourself, and loving God.

Do you believe in divine intervention? I do. Weight loss was not on my to-do list, but it was to be a part of my spiritual journey with Alfonso De Rose. I met Alfonso De Rose as he was finishing up his weight loss lecture at the Bodhi Tree in August of 2009. I had been to the Mt. Washington Self-Realization Fellowship Center earlier that day and had prayed for the ability to go deeper into my spiritual journey. It did not take long for my prayers to get answered. Of course, I was to discover that later. At the Bodhi Tree, I was looking for exhibitors for the Conscious Life Expo, but what I found was much more personal.

Alfonso looked at me intensely and said "I see sadness in your eyes." True, my marriage was crumbling, but I thought I hid it well. I was surprised that he could read me so easily. He asked me to take the *Thinner Journey*. I replied by saying that I didn't like diets. "We teach you to eat what you love and make love to food," he explained. No restrictions — eat whatever you want and lose weight. I decided to trust this Italian man. I could feel his heart and his sincerity. I took the very next workshop in October.

Before starting, I did my usual pre-diet drama. I went on a crazy eating spree, thinking I would have to deprive myself in the coming days. I really did not believe that you could eat whatever you wanted.

It's not easy to erase all the dos and don'ts that we have internalized. We are constantly bombarded by the untruths of the Establishment, which dull our own inner intelligence and silence

the guru within. That weekend, I lost six pounds. I was shocked and delighted. For years, I had struggled and the weight had never come off so easily. You might argue that it was water weight — and you could be right, because I shed a lot of tears those first few days. But that water weight stayed off and I kept on losing, but this time I was losing the excess fat that I had been hiding myself behind.

Yes I ate what I loved and learned how to make love to food and have foodgasm. I learned to listen to my body's subtle messages instead of my mind's chatter. I learned to distinguish between the two. Our body is intelligent and knows what it needs, how much it needs, and when to stop. We need to learn to listen to these signals. Many of us eat when we are not hungry, eat for the wrong reasons, or eat to comfort ourselves. What we need to understand is when to eat and how to eat for pleasure and satisfaction. It is important to pay attention to hunger levels and the body's signals that let you know when it's full. Next time you put something to your mouth ask yourself; Am I really hungry? Why am I eating? What am I trying not to feel? What do I not want to surrender to? For many women food and shopping become an addiction — a way of escaping or suppressing the emotions that we don't want to feel. For men, instead of shopping and food, it could be sex. Our mouth is a pleasure organ. Pleasure and love are intertwined. Delicious food brings pleasure to your body. Eating is a way of connecting to your heart. Your five senses are the windows to your soul. They allow pleasure to enter, and they help you experience and enjoy life. Eat what you love. Food is God's energy. Trust your food, and trust your body. Throw out all the nonsense you have been ingesting about what you should or should not eat, drop the calorie counting, stop thinking about carbs and fat, proteins, vitamins, and the food pyramid. The lap band is not needed. Make your mealtimes an orgasmic experience. Eat to enjoy life.

On the second morning of the workshop, during the twilight hours, I had a very intense and surreal dream. It was revealed to me that I was to experience womanhood in this lifetime. It was a beautiful message, and I shared my dream with the other participants. It made me cry as I read it out aloud. It touched my heart and my truth. Yes, I had been wearing the pants at home and had grown some balls. I had suppressed my softer side. I was uncomfortable being a woman — being vulnerable. I wanted to be strong like a man, compete in a man's world like a man. I did not want to appear weak or cry. I denied my emotions. I concealed myself in clothes that were not flattering.

When the realization came, I took action. Embracing my feminine side was also a part of *Thinner Journey*. Since that weekend, I make sure I do not dress to hide my body and I have dropped the balls — they were too heavy anyways. It's funny that it took a man to show me how to be a woman. I started to wear more dresses, take care of how I look, and got over the habit of hiding behind big clothes. It's amazing how many of us women are not comfortable being women. I embraced my feminine essence again. It felt great and was very healing. I learned to love and appreciate the body that I saw in the mirror. There are so many ways my body serves me; I learned to be thankful for all it does. Self love is a gift I gave myself.

Your choice of words and thoughts has a huge effect on your body. Your body listens to you. I'm careful with the words I choose for myself. I try to be kind, thoughtful and loving to my body. There is a higher purpose to taking care of your body and treating

it well. This body is a temple in which God's spirit resides. I take care of my body by getting a massage, a pedicure, rubbing scented oils to nourish my skin, or whatever makes me feel good. I nurture my body — my gift from God.

Fat is a protection. It covers up much deeper issues that lie beneath the surface — like an iceberg, you cannot see what lies beneath the waters. What we hold in our inner space affects what happens to our physical body. In order to make a lasting change in our body, we need to address the parts of us we cannot see. Many of these patterns we are not even aware of until we start looking at our trigger points. We need to seek the help and guidance of someone who has an understanding of how to see into the areas of our life we are stuck in. We need the help of a different set of eyes to understand and help us remove the negative imprints we are holding in our body. Negative emotions can be destructive to us and do not serve us nor our health and well-being. We are the power in our life, and we need to take responsibility for the life we have created. We need to see that we are the ones who chose the

life we have created. Getting past being the victim in our story and embracing being the victor of our life, we can start to bring radical changes in the healing of our life and take back our power.

Being vulnerable and keeping your heart open is scary. It's difficult. We are in the habit of protecting our hearts. But I have found closing your heart is even more painful. We are taught to be strong, to feel no pain, and shed no tears. We run from pain and often reach to food for comfort. For some of us, it takes the form of other distractions and addictions like shopping, sex, gambling, TV,

porn, drugs, etc. We don't understand that we need to let these emotional waters pass so they don't get stuck inside of us. I find that when I am overwhelmed by an emotion, it is better to sit and feel it, accepting it for what it is without any judgment or guilt, then observing it and allowing it to pass.

On a recent trip to Thailand, one day I was relating to the abbot the fatigue and pain I felt. He told me, "You are not your pain, you are not your mind, you are not your body." I tartly replied that if it's not mine then why am I feeling it. "All things that are transient are not real — that includes emotions," he told me. Emotions can change in an instant. When you shift your attention, you shift your reality. It is better to acknowledge them and know that they will pass. Our inner space is constantly changing. We just need to accept this. Meditation or taking time out to simply sit and observe without judgment can clear up your inner space. This I have found true for myself.

Diets don't work. If you really want to lose weight, you have to get in touch with your heart. Lose the parts of you that are not you. Become your authentic self — there will be no need for layers of protection like fat when you embrace your Truth.

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Thinner Journey Workshops are offered nationwide. For more information visit www.AlfonsoDeRose.com. Alfonso De Rose has been transforming lives worldwide for over twenty years and is featured in the documentary "The Inner Weigh."