

THE ENERGETIC  
FACTOR BEHIND WEIGHT

# WELCOME TO MODULE 4

## THE ENERGETIC FACTOR BEHIND WEIGHT



*There are so many important things in life for us to bring our focus to. How much of our life have we spent focusing on our weight? Too much weight, not enough weight, weight in the wrong areas etc. In the last module we explored the role of our metabolism, thyroid and hormones in our health and how this can have an impact on our weight. However this is only part of the picture: a huge aspect of healthy weight is the energetic aspect of weight.*

### ***Are you ready to be clear with your weight?***

*This module is an opportunity for you to let go of any unhealthy feelings towards your body and your weight and start taking a truer approach. Many of our weight issues, stem from us carrying hurts, protection, and many other unresolved energetic imprints. Our ease with being ourselves in the world has a direct affect on how we present ourselves i.e. our body. Can we fully be ourselves or is there an underlying tension that when unaddressed starts to affect how we care for our body? Do you carry negative attitudes or unresolved hurts from your childhood? There are not many people who are totally free from the negative impacts of our society's narrative around body image. What messaging are we constantly bombarded with and what does our self-talk tell us about what we have taken on? All this and more will be explored in this module, enjoy!*

## WHAT SELF-TALK DO WE HAVE AROUND OUR *Weight?*

*How do you talk to yourself about your body? In my experience, it is often rare to find a person who doesn't have a negative (even cruel), judgemental or diminished way of talking to themselves about their body. Our thoughts around how we look can be so consistently demeaning and so repetitious that we become numb to the actual quality they represent. For many people, this negativity started in their tween years (9-12 years) and so has become a fixture in their everyday life making it difficult to even notice that anything is wrong with it.*

**Question 1: What is our current self-talk around our weight and body?** Spend 3 days documenting the types of thoughts that play out for you on a regular basis. Keep coming back to this page as you continue exposing more thoughts. You can write positive and negative thoughts here.

# HOW DO YOU FEEL ABOUT YOUR *Body?*

## Question 2:

How do you feel about your eyes?	
What do you like or dislike about your hair, skin or teeth?	
How do you feel about your breasts/chest, abdomen, legs or arms?	
Is there a particular part of your body that you would want to change?	
How do you feel about how your body moves?	

# WHAT DID YOUR CULTURAL UPBRINGING TELL YOU ABOUT *Weight?*

Many attitudes and behaviours we develop towards our weight stem from experiences in our childhood. Even if nothing is directly said, we carry a lot of imposed ideas, hurts, prejudices and judgements about our weight from those around us. Exploring our beliefs about weight can be very freeing, especially if we are prepared to challenge those beliefs that are unhealthy, limiting or plain old false.

## CULTURE / FAMILY CULTURE

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Some of our beliefs come directly from our family, in many cases passed down from generation to generation for many hundreds of years. We can take on these attitudes directly from what we are told or indirectly by what we can feel and see. Sometimes it can just be a part of our family or a particular family dynamic that we carry.

*EXAMPLE:* One of my clients recently shared with me that she realised that she had an unspoken pact with her sisters that they would all be fat together. No one would challenge the other and they would all stay comfortable in being overweight. She realised that whenever she lost weight she would feel the discomfort of others (and in turn herself) and would eventually return back to the pact.

There are also beliefs around weight that are more specific to the larger culture that we grew up in. This might be a defined culture based on religion or country or it may be more subtle based on the pocket of society you were exposed to: white collar, blue collar, different sporting or recreational cultures, private school, spiritual, etc.

**Question 3: What are some of the cultural beliefs that you were exposed to in your childhood?**

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# WHAT DID YOUR GENERATION TELL YOU ABOUT *Weight?*

## GENERATIONAL INFLUENCE

Each generation has a slightly different flavour in how it views weight and ultimately the body image we should have. Below is a snippet of how the “ideal” body image for women changed with each generation. Reflect on the significance of this for yourself and also for your parents/grandparents and/or children.

**1950's** - In the 1950's women were encouraged to be voluptuous and the perfect female form was the hour glass body shape. Advertising even promoted weight-gain supplements to “skinny” women to fill out their curves. The 1950's is where Marilyn Monroe rose to fame and became one of the most popular sex symbols

**1960's** - In the 1960's the “ideal body” was a waif thin androgynous type look where there was very little waist definition and we saw the rise of models such as Twiggy.

**1970's** - In the 1970's we kept the thinner is better motto but added in a slightly more athletic, tan skinned, natural make-up and flowing hair. Think Charlie's Angels.

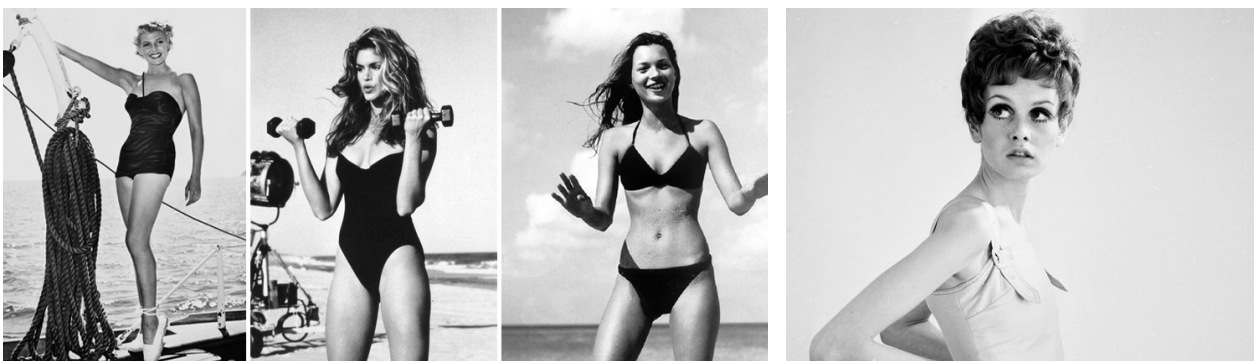
**1980's** - In the 1980's being tanned and thin was still fashionable with a focus starting to be placed on looking more athletic. Remember this is the decade that Jane Fonda started selling her workout videos, before then, exercise was thought of as a more natural part of life rather than a body image changing tool. This is also the decade that the super model was born.

**1990's** - In the 1990's tall and bony was promoted with collar bone, hip and ankle protrusions being glamorised. This is sometimes referred to as the decade of Homeless or Heroine Chick. The look was thin, withdrawn and neglected with Kate Moss being one of the most famous models of this time.

**2000's** - In the 2000's everything was about the toned stomach. Women started to flaunt six packs and the stomach played an important part in fashion and when you think of pop stars you think of Pink.

**2010's** - The super athletic, masculine, body building look started to become more mainstream with women and men trying to bulk up. As we approached the year 2020 the body image shifted to voluptuous with more of an emphasis on large toned curves. Large breasts, large butt, curvy toned thighs as well as big lips have become fashionable. This decade has also seen a rise in Anime (Japanese cartoons) and video games creating computer generated images of the ideal body

**2020** - Who knows what is to come but there is talk of the withdrawn neglected look of Heroine Chick making a come back.



## YOUR GENERATION

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### Question 4:

What was considered the desirable body shape or weight for your generation growing up? How has this changed the way you feel about your weight?

### Question 5:

What was considered the desirable body shape or weight for your parents' generation/s when they were growing up? Did you see this influence them?

# YOUR FAMILY'S BELIEFS ABOUT *Weight?*

Question 6: What are some of the beliefs that your Mum held about weight?

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Question 7: What are some of the beliefs that your Dad held about weight?

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Question 8: What are some of the beliefs that other family members held about weight?

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**Question 9:**

Did you have any specific experiences in your childhood that changed the way you felt about your weight?

## WHY IS OUR *Weight* LIKE IT IS?

One of the questions I want us all to just sit with is why am I the weight I am? Is your weight reflective of the depth of your essence? Or has something else got in the way? If you are overweight or if you've been overweight at a different time in your life, what was the weight telling you about you and your life? Have you been underweight? It can be really revealing to reflect on whether our body feels like it represents us on a deeper level. Or do we control our weight? There are a lot of people that have a "normal" body weight, but that normal body weight isn't just a natural expression and reflection of who they are and how they express themselves. Even if their body shape looked very similar to what would be true for them, their body feels quite different. There is an element of control in the way that their body takes shape. Everything comes back to your relationship with your essence and how prepared we are to be transparent with the depth of who we truly are. This is an energetic transparency that doesn't require you to be loud, talkative or share your deep dark secrets. It is a deeper settlement within yourself that allows you to be content with yourself deep down and willing for people to feel that contentment as your natural way.

**Question 10: Have you ever been told that you are under-weight? If so was this ever actually true?**

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**Question 11: Have you ever been told that you are over-weight? If so was this ever actually true?**

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## EXPLORING SOME OF THE REASONS WE CARRY MORE WEIGHT

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Below are some examples of some of the reasons we carry extra weight. Write notes in the below areas exploring some of the reasons you can carry extra weight.

Question 12:

### 1. Protection

➔ This is when you harden your body and feel more comfortable being bigger/tougher and being able to hold your own physically if you ever had to fight.

NOTES:

### 2. Trauma or past hurts

➔ Sometimes when there has been a lot of trauma experienced people can carry excess weight/ padding to be able to bury the trauma and not feel it.

NOTES:

### 3. Lack of activation / holding back / not saying yes to all your potential/purpose

➔ When you have a lot to contribute and a lot of potential to activate it can feel overwhelming. Some people pull back and don't bring their all, and withdraw into the comfort of fitting in or not standing out too much. This can also make you feel sluggish.

NOTES:

### 4. Other

➔ Write down any other energetic imprints that you feel keep you holding excess weight.

NOTES:

## EXPLORING SOME OF THE REASONS WE ARE UNDER WEIGHT

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Below are some examples of reasons why we become under weight. Write notes in the below areas exploring some of the reasons you can become under weight.

Question 13:

### 1. Withdrawal

➔ This is when you feel like you don't want to be here and you start withdrawing from the world. There is resistance to eating, exercising and being an active participant in the world.

### 2. Neglect

➔ Sometimes when we are hurting we can turn this in on ourselves and through lack of self-love or even self-loathing we can start to neglect ourselves. This often impacts our willingness to care for our health and wellbeing or taking the time to care for our appearance.

NOTES:

### 3. Nervous System Over Stimulation

➔ When you have a lot to do and this runs your life, nourishing your body can become secondary. Rest feels impossible and down time is not an option.

NOTES:

### 4. Other

➔ Write down any other energetic imprints that you feel contribute to you being under weight.

NOTES:

## EXPLORING SOME OF THE REASONS WHY WE CONTROL OUR WEIGHT

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Below are some examples of reasons why we can turn to controlling our weight. Write notes in the below areas exploring some of the reasons you may control your weight.

Question 14:

### 1. Focused on achievement

➔ This is when you feel like you have to live up to an expectation of a certain body image and this takes work and effort. i.e. it is not just a natural and easy flow with life.

REFLECTION:

### 2. Avoiding the deeper reflection

➔ There is something really honest about being overweight or underweight, there is no hiding what is going on for you. Sometimes when we have a controlled weight we are avoiding seeing with our own eyes the actual energy/dynamic playing out for us in our life.

REFLECTION:

### 3. Inner-Connection

➔ If we have had a lot of emphasis placed on us about the way we look, it can erode our natural connection with our essence. When this happens we lose a bit of the spark and flow in our life and make life about controlling the outcome rather than being true to our essence.

REFLECTION:

### 4. Other

➔ Write down any other energetic imprints that you feel contribute to you being under weight.

REFLECTION:

Question 15: Have you accepted an unhealthy relationship with your body as normal? If so in what ways?

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Question 16: What would you like your relationship with your body to be like?

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Question 17: Do you see any unhealthy messages from society affecting how you feel about your body?

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# True VS PERFECT

One of the biggest traps that people can get caught in with their body is the perfect trap. It doesn't matter who you are, you can always look at another and compare that they have something more or less than you. Skinny women want more curves, straight hair wants to be curly . . . you can't have it all because every expression is different. Most people haven't considered the difference between true and perfect. When your body is true for you, the imperfections serve just as much within the whole package. In other words: have you felt the deep purpose in the body you have? Do you have a skin condition, a birth mark, curvy, skin tone, etc and have you felt how these attributes have the potential to reflect a truth to the world. The truth that we are all much much more than just the physical characteristics of our body.

**Question 18: What areas are not “perfect” with your body?**

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**Question 19: What lessons / growth are your body’s “imperfections” offering you?**

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## MODULE 4 - CHECKLIST

- Watch Module 4 Video
- Listen to Module 4 Audio
- Complete Module 4 in the workbook