

Guilt and Self-Hate

Food and eating will always provide pleasure; it's supposed to. Without an automatic attraction to eating, we'd all find anything else to do like the laundry or watching TV rather than eat and find ourselves withering away to nothing! Imagine if eating was like exercise for a lot of people—you know you should, but you just can't seem to motivate yourself to do it.



More than one person has told me *“Dave, I just love to eat!”* as their reason as to why they can't control their eating. My response is always *“So do I and everyone I know!”*

So what is it that allows healthy weight people to control their natural love for eating?

What is it that thin people have that heavy people do not that gives them this control?

Genetics? Willpower? DNA?

Here's a great insight from best-selling author and women's spiritual leader Marianne Williamson:

“You're you whether you're eating wisely or eating excessively. But when you're eating wisely, you're expressing love for yourself. When you're eating excessively, you're expressing fear....Any reaction to your not-thin self that is based on fear—judgment, attack, self-criticism, self-loathing—will only keep your excess weight in place. If the miracle you are seeking is the removal of excess weight, then learning to love all aspects of yourself—even her—is your liberation....As counterintuitive as it sounds, it is your learning to love Not-Thin You that will cause this aspect of yourself to disappear.”

“To judge an aspect of yourself as ugly is to abuse yourself, and then you might respond to your hurt by...lets say...grabbing something to eat. Obviously, this conflict keeps you in a chronic pattern of self-hate and self-sabotage, kept under control at times, but never healed.

Marianne describes the cycle of failure that you are likely caught in:

“Your pain is exacerbated by the fact that other addictions can be kept secret, at least for a length of time. Yours cannot, which increases your self-loathing, which increases your conflict, which increases your eating, which increases your weight, which increases your suffering...until a miracle frees you.”

I care about me

The simple fact is that people who have defeated their weight problem went from not caring to caring about themselves. This is not at the conscious level. If I were to ask 10 people if they cared about themselves, 9 or even 10 would say “of course I care about myself!” Why? Because they’d feel less-than not to answer me that way. This is the same reason everyone says things are “fine” when they are not. We all walk around wanting nobody to know how we REALLY feel about ourselves.

But at your true inner level of belief, what do you believe? Do you have a voice that speaks to you and tells you you’re worthless and hopeless? All of us do. Those that are overweight tend to hear this voice more often and tend to believe it more causing it to occur more than thin folks.

How do you know if you have an inner program that believes you are worthless? Simple, by what you do.

If you do things that are good for your long-term interest, your inner belief must match your outer belief that you do care about yourself.

If you do things that are destructive to your long-term interest, you must have an inner belief that is in conflict with your outer belief.

Control comes from self-value

What stops people at one serving? What stops people from eating ice cream every night? What stops people from daily trips through the fast food drive-thru? Control comes from within. It has nothing to do with “willpower” and has everything to do with liking yourself. If you don’t like yourself, why care about yourself? Eat, drink and be merry so as to cover up this inner feeling is the motto of the subconscious mind programmed with a strong dose of self-disliking or even self-hatred at times.

How do you like yourself?

To answer this question, I’d like to ask you another question: “Why DON’T you like yourself?” You probably could make a fast list for me of your bad habits with a smile on your face, but what I’m talking about is on the deep inner level. It goes back to parenting. When you spilled food on the new sofa and got yelled at by a frustrated parent, you believed with all your heart that YOU were bad rather than your judgment to eat on the new sofa was faulty. When you got in trouble over and over for not brushing your teeth, you thought YOU were bad, not your behavior was bad because it came from your youthful belief that brushing teeth was a pain

you'd rather avoid. You were too young to understand this. For some it was much worse. A couple of generations ago it was quite common for parents to physically and/or verbally abuse their kids. Spanking and belt whipping was common and even teachers could use their rulers to instill fear and gain control of the classroom. Over and over, day after day, literally hundreds of thousands of incidences taught you:

When I screw up I am a bad/worthless person and I should dislike myself and get angry with myself---just like those who pointed out my faults because that is how I can feel better.

(Please re-read this again a few times until you have an “aha moment”)

Did you have an “aha”?

The last part “...because that is how I can feel better” is very important. Parents and others who pointed out your mistakes felt better doing so. Didn't your parents “need” to yell at you for spilling juice on the carpet because it made them feel better! YOU as a child learn quickly that if you get mad at yourself for mistakes, YOU can also feel “better”.

So self-loathing becomes your cure!! Punching yourself (putting yourself down) makes you feel better! And this then becomes your habit day after day!

Another “aha moment”?

As you've learned before, your behavior does not define you, but we program that into our brains from the time we get our first spanking or time-out. So later on in life, if our life is not perfect, we tend to blame ourselves and see ourselves as the fault. Furthermore, people like to criticize and put others down so as to affirm themselves. The funny thing about humans is that we imitate those around us and YOU'LL start telling yourself the same crap others told you years ago. So you no longer need people to tell you how bad, stupid, crazy, uncaring, selfish, lazy, inconsiderate and incapable you are...you do it to yourself all day long every day!



To break free from this bondage, you start by taking Dr. Wayne Dyer's advice to connect with who you really are—a spirit having a human experience. Connect with your Higher Self so that you see yourself as an extension of God within you. I know it may seem very difficult to put

much faith in the belief that God is IN YOU when you feel your life is one big stressed out drama! You might say: *“How can God be in my life when I hate my job, my kids don’t listen and my husband doesn’t care?!”*



The simple but profound answer to that is because he doesn’t control you or want to!

He’s not a magician, he’s a Creator.

Just like you want your kids to go out and be successful on their own to enjoy their free will to achieve, God wants the same for you times a million! He didn’t create humans so He could have a billion dependent puppets on strings. What would that accomplish?

You can only use this Power and Intelligence I call “God” when you believe it is within you. You were already CREATED with it IN you. **God’s job is done. You CHOOSE whether you open up to it and use it or not.**

I hope this makes total sense to you, because this belief is what I have found brings maximum success in life!

Here’s the deal. You are not limited to what your mother or father or brother or boss or sister said you could be or are. Who are they to judge? Or if you believe they are all better than you, who are YOU to judge? Your potential is and always will be the same as it is with ANYONE. Sure you might be 45 years behind in learning this truth, **but the TRUTH is that from this very day you can CHOOSE to see yourself differently and start living your life with a new Higher Standard for yourself based on this new true self-identity!**

The funny thing about humans is after a while, YOU’LL start telling yourself the same crap others told you years ago so you no longer need others to tell you how bad, stupid, crazy, uncaring, selfish, lazy, inconsiderate and incapable you are...you do it to yourself all day long!

An important mission

Some folks find it hard to believe that they can sit at home and stare out the window and God will see them just as important as Mother Teresa or Gandhi. We humans judge each other by what we do. We see a doctor as more important than a mechanic. We see a principal as more important than a teacher's aide. But God sees us all as equally important extensions of himself. If you have more than one child, you don't love them differently based on their accomplishments—or at least you try not to! (humans are unable to love perfectly, but God is because God IS the energy we call "love"!)

The truth, whether you decide to believe it or not, is that you don't have to do a damn thing to be PERFECT in God's eyes! Despite all your mistakes and faults, God sees you as perfect, because He is perfect and He is in you. So you might say: *"If this is true, why haven't I been perfect and why do I want to do better but keep struggling?"*

"Perfect" means "Perfect Potential" to give and receive Love and therefore experience total inner peace and happiness with yourself that *allows you* to achieve good health, good relationships, good everything!

Isn't that the real goal of all life? Why do you want to be thin? Why do you want to do anything? To feel inner peace and happiness. This can only be found from total Love for yourself and others.

Go over this again until you have another "aha moment"!

But, we are human and I know it would be awfully hard for you just to take this truth and start to Love yourself unconditionally like God does. I know I am not there yet! We all want to feel important from what we are doing with our life. So here's what you can do to satisfy this human ego need to feel important that we all have:

1. **Refocus on what you currently do that is great!** Don't discount what you are doing. As a gym owner I can either focus on the fact that a lot of folks pay a membership and then don't use it which makes me feel lowly, or focus on the fact that I offer a great service that has helped many people live better lives which makes my life feel important. No matter what you do, refocus on how it is helping other people. Forget about anything else.
2. **Start improving yourself.** When you feel like you are getting better, you feel like a better person. Pick something you care about like parenting or taking care of aging

parents for example. Start reading and learning more about it. When you feel you are learning and improving, your self-esteem will rise up to higher levels.

3. **Start something cool.** What could you start that you would be proud of? Could you start to volunteer at church or at the local food pantry? Could you get involved with the Chamber of Commerce or use your knowledge and skills to help others? Could you start a walking group in your community? Finding a “mission” in your life that you are excited and proud of will give you boat-loads of self-appreciation.

Danger

Having a mission in life will help you feel heaps of self-love in the short term. But even people doing some really great things can get into a negative mindset that causes them to dislike, even hate themselves. How many talented actors that made millions laugh and feel happiness thought they were worthless and took their own lives or got into drugs? How many presidents have had affairs to feel powerful?

The point I am trying to make is that you can NEVER do enough to automatically feel good about yourself. When one accomplishment is made, another one is needed and it becomes a never ending quest for more accomplishments to feel self-worth.

You and I both need to get to a place where getting up and having a place called “home” with food and the ability to go outside and sit and look at a tree with birds causes our complete contentment with ourselves; A place where our self-love is not attached to our accomplishments, but to our simply being. This will require you to take a new look at yourself and life as you get on the freeway every morning to your accomplishments = happiness life we all live. This will require you to reject what parenting programmed into your brain and what society continues to reinforce every day.

Can you get to a point of loving yourself because you see yourself as a “Higher Self”?

The first step in this process is **the essential step of letting go of your anger and resentment toward your Not-thin self.**

How do you do this?

Marianne Williamson recommends writing a letter to your Not-Thin You and then allowing her to write you back.

“Although the point is not to hate Not-Thin You, you cannot get to love without first acknowledging what stands before it. Your work here is to share the truth...to tell Not-Thin You exactly how you feel...how you feel she has ruined your happiness...how much you hate her. Include the “I hate you, get out of my life” type of things. This letter is for only your eyes, but is an important thing to write. **This will allow you to SURRENDER thoughts that are already there, but if unexplored remain as toxins in your system.** By owning and articulating these thoughts and then surrendering them to God, you will activate a chain of miracles.”

YOUR ASSIGNMENT

Write a letter to the Not-Thin You and then write a response from the Not-Thin you. Write this in your journal or separately and put it with this lesson in your binder. You’ll want to read it again when you feel a need to re-heal self-hatred feelings in your heart.

The ESSENTIAL PURPOSE of this letter is to allow you to finally RELEASE your anger toward your Not-Thin you. That part of you that continues to dislike and hate yourself. This must be released to allow healing of your heart. Once your heart is healed, you will FEEL an incredible sense of peace and thus the ability to move forward with your goal of living in a healthy body!

See below example from Marianne Williamson’s book “A Course in Weight Loss”

Not-Thin You how you really feel . . . how you feel she has ruined your happiness . . . how much you hate her even, if indeed you do. Include the “I hate you, get out of my life” type of things. This letter is for no one’s eyes but yours alone, but it is an important thing to write. You are not writing these things in order to attack Not-Thin You, but simply to communicate with her . . . to begin a dialogue that allows you to surrender thoughts that are already there, but that if unexplored remain as toxins in your system. By owning and articulating these thoughts and then surrendering them to God, you will activate a chain of miracles.

Once you have told your truth to Not-Thin You and then allowed her to respond, you will learn a very important truth: *she does not stand before you craving food; she stands before you craving love.*

As with the writing you did regarding the bricks in the wall, neither rush through this process nor leave anything out. Tell the truth, the whole truth, and nothing but the truth.

Below is a letter expressing how a woman named Beatrice communicated to her not-thin self:

Dear Fat Ass,

I know your lumps and bumps are merely a navigational reminder of where you have been, of the things that were out of your control and happened early on. When Bad Things Happen to Little Girls. All of that. The Story. The Events. But now, you are the Event. He no longer has control over what happens to you, Fatty. The double-cheese pizza and nachos are no longer where it’s at. You are here. You can celebrate your fierceness that was born with me, Skinny You, long ago, when you stood up and spit in his face. With push-ups and cute bras, that miracle of a miniskirt that has been hanging in your closet since

1992, with bike rides and mountain climbing and long swims in the sea. Not with the hourly walk to the fridge to see what might make Fat You feel better in the middle of the night—he's not coming for you anymore. You made sure of it years ago. We did it together.

Put down the fork and pick up the fight!

Put the cheeseburger down and go for a hike in beautiful Hollywood! Walk the streets and listen to your music, let Bob Dylan tell you how it is, listen to Bono and let those hips subside! I'm here! I'm waiting for you! It's getting annoying, Fatty. The tires belong on your car, not your midsection. How can your spirit dwell proudly in an excess of 40 pounds? How can your dance moves come out to play if you can't make it for longer than two hours in those heels?

I'm not mad at you. I'm just impatient. I want you to live your life fully, unapologetically, with your head up and your chin in singular. The warrior you have so long searched for is right there, inside of you. I am her. I am you. Let me take over. I'm stronger than he ever was. And I am stronger than you.

Say "Yes" to bikini summers and a long, radiant life.

Say "No" to pasta and cake. Or, maybe . . . just take one bite.

Love, always, in largeness or a size 2, but come on already!

Skinny Beatrice Badass

Having completed your letter to Not-Thin You, now allow her to write you back. Allow her to tell you what *she* wants to say. Your subconscious mind is delivering the messages you need to hear and the images you need to see. Listen deeply, and write down what you feel is her truth. It's there.

Beatrice continued:

Dear Skinny,

F#@ you.

It's not easy, sister. It's a daily siege of sliding 180 pounds into jeans that barely button. I know the answers. I'm having a hard time, okay? I know I'm not really an elephant. Without this unflattering excess million pounds of sadness and fear, all piled unceremoniously on my ass, and thighs, and belly, I am actually a yogi acrobat. A lotus hovering three feet off the ground and spinning somersaults, while gracefully holding up bills-groceries-car payments-life.

But it just so happens that at the moment I am a large yogi, stuck on planet Earth, in flats. Cartwheels are a distant dream. But . . . I hear you. I know he is gone. It's just taking me a minute (30 years long) to fully know that, to fully know that his face is not the face of every man I meet—that I do not need to re-create him, that once was (more than) enough.

This cellulite is my force field, my invisible shield, my insurance policy. Fat Ass = No Possibility of Getting Hurt. Not able to get into a beautiful dress and rock the dance floor means no evil jackass will have the opportunity to get up in this beautiful mess and cause another hurricane, another tornado, a volcanic siege.

Alone in bed with Luda the Greatest Dog Ever to Live + Large Pizza with Extra Sausage and Cheese = Easy and Safe. Beautiful and Sexy means Open for Hurt.

Listen, Skinny Superhero. Give me a minute. I am getting there. I have found the yoga studio, and there are avocados in the fridge. The sun is shining today, and there is work to be done. I am dreaming of one hundred easy sit-ups and that beautiful sheer tank top with the flowers on it.

A COURSE IN WEIGHT LOSS

I'm in, okay?

Jeez, you are a pain in the gigantic ass.

But I love you for always being with(in) me.

In solidarity of spirit, not thigh circumference,

Your Fat Self

Do not underestimate the power of writing these letters. Building this relationship between Thin You and Not-Thin You is the beginning of your reconciliation with a part of yourself that belongs inside, not outside, heart. As Not-Thin-You begins to feel safe within your emotional embrace, she will calm down, she will relax, and she will take off her coat.

Dear God,

Please forgive me

if I have failed to love

every part of Your creation.

Open my eyes that I might see,

soften my heart that I might love,

open my mind that I might understand

every aspect of myself.

Heal my relationship

with all of me,

that I might suffer no more

such violence toward myself.

Please help me, for by myself I cannot win this war.

Please lift me above the battlefield

to the peace that lies beyond.

Thank You, God.

Amen

