

Weightloss and Personal Growth!

I recently embarked on a rigorous, self-inflicted weightloss program. It was not comfortable, it was not enjoyable, I fought wild sugar cravings, gave up foods that are my crutch; but I did lose weight and I did win the battle over my compulsions... and that made the experience worthwhile.

Weightloss is achieved through short term deprivation – by choice (a privilege we have in western society). But it seems that deprivation is unacceptable to us, something to be avoided at all costs. We seem to have lost the capacity for delayed gratification, and it costs us our health and peace of mind. In many traditions people fast for one day a week, foregoing all but water. Imagine that!

When I can't stop myself from eating chocolate or having another coffee I feel a weakness invading my bones, creating a sense of physical, mental, emotional and spiritual 'flabbiness'. I don't think I'm on the planet to live in this state of being. I'm here to explore my vitality, to expand my energy, to grow, and to live a clean and healthy life. So challenging myself to lose weight and give up my uninvestigated carb, coffee and sugar habits is a valuable practice in self-love and personal growth! Sometimes its empowering to step outside our habits, look at ourselves, and do a spring clean.

I feel renewed - stronger, leaner, healthier and happier in my own skin, having found the strength to sacrifice a few indulgent pleasures in the short-term, for my own greater good. What about you?