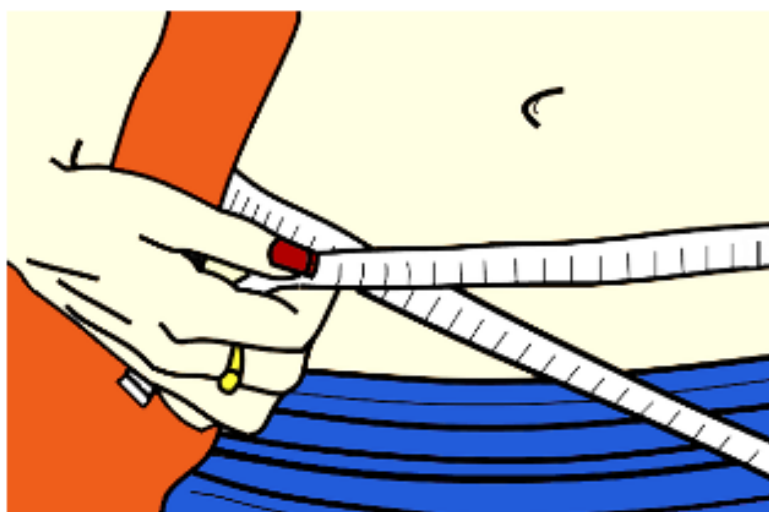


**Discover  
The World's Best  
Weight Loss  
Secret**

**Without this secret,  
you're spinning your wheels.**



**By Anne Sermons Gillis**

# The World's Best Weight Loss Secret

By Anne Sermons Gillis

As I've aged, I've put on weight. This was not such a great problem. I used to be skinny, so I could afford to gain weight, but now it is a problem. I stopped taking natural hormones and my body shape rearranged itself. Now I'm not feeling too lithe, and so I'm ready to take off some fat.

In my 68 years, I've had many occasions to reduce my weight. I always kept myself on the slim side. People said I was lucky, but I knew it was exercise, mindset, and eating wholesome foods that did the job.

While it is important to eat appropriately and exercise in order to slim down, these are not the most important ingredients. ***I found that my mindset is the most important factor. My mind has to be in the right place.*** When I want to take off weight, I picture myself in my favorite clothes, and see them as fitting well ***in the present moment***. These are ones that fit tightly now, but I pretend they fit well. I imagine myself standing on my scales and seeing myself at my desired weight. ***I develop an image of how I want to be, and operate as if it is true right now.***



***"I found that my mindset is the most important factor.***

***My mind has to be in the right place."***

***I don't try to restrict my eating right away; I wait for a signal.***

There's always a "this is it" moment, when I know I am ready to stick to my restricted eating plan. Once this signal goes off, I know what to do. I know ***what*** to eat and ***how*** to eat. My vegan plan leaves off sugar, grains, pasta, and breads. ***It focuses on eating raw foods.*** Each one of us has "the plan" that we know will work for us, but it is important to get our minds set in the right direction before we embark on weight reduction or our health renewal plan.

I prepared my consciousness for several weeks to drop weight, but had not gotten my "I can and will do it now" signal. My signal came this week. I had been to four social events, all food laden. I got up one morning with a food hangover. I felt terrible. I marched into my husband's office and declared, "We have to do something about this." He laughed. I poked my stomach out. The next day I went on my plan. I already feel better and, unfortunately, I am going on a 2-week trip that will not allow me the opportunity to stay on my plan. But my resolve will keep me from going full throttle on eating while on vacation. I work with this affirmation, "I always lose or maintain weight while traveling." Somehow that thought seems to back me up and I don't gain weight. Another of my other favorite affirmations is ***"My health is more important than my appetite."***

If I go too long without getting a deep resolve to restrict my eating, I ask for help and continue to picture myself at the desired weight. Eventually something seems to turn around, and my eating patterns start changing. It is important to keep the image of how we want to be in our minds, rather than focusing on our current size. None of what I am doing is based in sacrifice; it is based on flow. ***I simply lose my desire for certain types of food.***

You might be interested in [Demonizing Food](#), another approach I take toward food, that appeared in the *Quest Journal* in the winter of 2013. There are many approaches to losing weight, and ***the one to use is the one that works for you***. Whatever the approach, it works best when we have an internal image of ourselves being the way we want to be. If we have an image of how we are now, sprinkled with a little hopelessness, the mind replicates that image and keeps us at that undesirable weight. When we continue to pretend we are the weight we want to be, it brings up a strong internal resolve to behave in a way that will bring our desired body image to pass. Bon appetite and happy healthing. We can do it.

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\* Some people believe we should ***not say*** we are going to ***lose weight***, because when we lose something, we try to find it, so it's best to ***say "release weight."*** While I believe words are important, I think it's the intent behind them that is the important factor. I don't want to have to be politically correct when I'm talking about losing weight! If you find the idea of releasing weight more helpful than the idea of losing weight, then it's a good idea for you to use that term. ***Just remember, what is really important is seeing yourself the way you want to be.***



ANNE SERMONS GILLIS

Anne Sermons Gillis is the foremost expert on ease. She is an international speaker, minister, author, breath worker, and personal growth coach. Anne's wisdom, humor, and exuberant presentation style make learning fun. Armed with years of experience in human dynamics, Gillis consistently delivers more than promised. She teaches people how to have accomplishment without struggle by presenting refreshing material that is immediately accessible. "Life is not meant to be a series of to-do lists punctuated by eating and sleeping," says Gillis. Her approach to nondualism is called Radical Presence. She is the author of [five books](#): *Offbeat Prayers for the Modern Mystic*, *EZosophy: The Art and Wisdom of Easy or At Least Easier Living*, *Standing In The Dark*, *Words Make A Difference*, and *The Living Book*, plus other products and services available on her website.

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