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GOING ON A DIET

Some of us have come to a point in our lives where we decided we needed to lose some weight. Possibly it was for health reasons and recommended by a physician or maybe just because we wanted to be a slimmer, sleeker version of ourselves. Either way, cutting down on our food intakes, changing our eating habits and the types of foods we consumed, for me at least, were not easy tasks!

It seemed like my whole life was different. My grocery list changed drastically and, unfortunately, many of the new, diet items were more expensive. Stopping for a fast food snack or dessert, that I had taken for granted and enjoyed, now became tabu. My daily calorie and carbohydrate intake was diminished to the point where my daily meals weren't nearly as fun as in the past!

I realized though, that if I was going to lose the weight, counting calories and carbohydrates and eating differently and less was necessary. I also realized that after I lost the weight that I couldn't go back to my old patterns and habits of eating and expect to keep the weight off.

At the time I went on my diet, I think it was in 1978, I weighed around 185 pounds. I was actually down from what I had weighed my freshman year in college--a whopping 210 pounds! Even with that weight loss I still wanted to get down where I was comfortable with how I looked.

Not to bore you with the details, but I managed to lose 30 pounds in 30 days using a version of the Atkins' diet. Of course, I wanted to lose as much weight as quickly as possible so I skipped the recommended amount of carbohydrates allowed and made them as close to zero as

possible! For those of you unfamiliar with the Atkins' diet, there are few vegetables allowed and, by far, the majority of foods I could eat were red meat and sea food. As long as those were not fried I could eat as much of those as I wanted.

Ok--enough about the Atkins' diet and my weight loss! Why am I even boring you with all this? I found later on that I needed to go on a "Spiritual diet"--a diet to lose all the extra Spiritual weight I was carrying around that was blocking my ability to create the life I wanted.

I needed to shed those old ideas that I had been carrying around since I was a child. Ideas like "the only two things in life that are sure things are death and taxes". Thoughts like "that always happens to me" whenever any negative event occurred in my life.

I also had to curtail my enjoyment of blaming others for situations in my life and holding on to anger and resentments. And, yes, I do use the word "enjoy" because I did receive some kind of pleasure in wishing "bad things" for those people who I felt had "done me wrong".

My new Spiritual diet now needed to consist of forgiveness and taking responsibility for my own thoughts and actions. I needed to begin filling my plate with gratitude for the blessings I

had been given instead of focusing on what I lacked. My diet now needed a steady intake of Praying for others and having concern for others' needs instead of totally focusing on my own wants and needs.

As I began my new regimen I began to feel "lighter"--better about my life and my relationships with others. BUT--it's an ongoing process! A Spiritual diet is a diet that requires continual concentration and focus on changing our attitudes, thoughts and actions. Continual forgiveness and letting go of

anger and resentments--and focusing on the GOOD we have been blessed with in our lives.

Are you ready to start your diet? God bless--

All my best--

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