

# *Freedom* <sup>from</sup> **DIETING**

*A Whole Approach for Nourishing Your Self and Your Body*

## **5 STEPS TO CREATING WHAT YOU DESIRE**

Jane, a client in her early 40's, successful and fulfilled in her work, came to me needing a kick-start to get herself back in shape physically, and to address some of the habits that were keeping her from being vitally energetic and attracting a life-partner. Between her work with a personal trainer and the coaching she has been doing with me, she has lost weight and strengthened her body and is feeling physically great. So we started to address the issue of attracting a loving man into her life.

After clarifying the top twenty qualities that she is looking for, identifying what is compromisable and what is not, and looking at the fears that are standing in her way, I challenged her to bring her clarity into greater focus by creating an art-piece that reflects her desire and commitment.

When I offer this creative challenge, I am often surprised by the beauty of the work that people produce, even though they are not artistically trained. Jane does have a strong creative bent, but she blew my expectations off the rail when she created a long train mobile with the qualities of the man listed on individual cards attached along the train. She then laid her mobile train along some trees bordering a well-used pathway in a park, and left her ideal-man art to become part of the environment.

I imagined what it would be like to pass this mobile while walking in the park. It can't help but spark imagination and thought in others.

In putting it out into the community, Jane clarified, focused and courageously expressed her desire as fully as she could imagine.

A week later she met a man in her neighbourhood who matches her desires. They created a powerful connection in a short time, but they shifted it to friendship when they discovered their difference in their desire for children.

Jane has now added mutuality about children to her list, and the experience has reassured her that she does have the power to attract a wonderful man.

Our minds are a huge resource for creating our desires. Follow these steps to bring your desire into reality:

1/ Ask yourself, “What do I want?” Be detailed. Get into the nooks and crannies of your desires. Explore them in a bigger way than you have before. Write the details down.

2/ Ask yourself, “What are the obstacles and the fears that are keeping me from my what I desire?” Write those down as well.

3/ Use the tools that you have at hand to clear those obstacles. If you do not have effective tools, seek help to learn them. Check out my free article **“Tools to Help You Deal with Your Emotions so that You Can Create Change”** for insight into options that you can use.

4/ Express your desire in every way that you can. Tell someone, write it out, compose a song and sing it, create a piece of art, dance it, visualize it, etc.

5/ Repeat the above as often as you need to.

With trust and patience, watch the desire become a reality.

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