

Release Weight Forever Without Willpower

I'm sure if you're at all like me that you are skeptical of the title of this report, thinking it sounds too good to be true. But don't worry. When you've read what I have to say, I think you will change your mind and start to feel a little glimmer of hope.

I'd like to introduce myself. I'm Angie Monko and I'm just like you....and have been where you're at right now. As a child, I loved to eat, chips and dip, cake and cookies, and regular food too, you name it. Food brought me great pleasure and comfort and still does, but not to the same extent. I grew up in an emotionally charged household. Night time was especially stressful and full of tension because my Dad was around. He physically and mentally abused my Mom. My older brother (by two years) and I found it difficult to experience this trauma.

When my Dad wasn't there which was often, my Mom and paternal Grandma spoiled and adored us. They praised us and gave us a lot of affection, which was a grateful offset to the "other" times.

I remember the last time my Dad attempted to hurt my Mom. It was New Years Day 1981. I was eleven years old and my brother almost thirteen years old. My Dad was going to attack my Mom, but my brother and I got a hold of him and threatened to harm him if he ever touched her again. He never did.

My compulsive overeating days started about three years prior to this New Year's Day, when I couldn't stand to think of helplessly watching my Dad hurt my Mom. So I began to eat to put on weight so I'd be strong enough to defend her. I equated strength with physical heftiness. Even after my Mom was no longer in danger, my subconscious didn't know this. My belief was that I was safer if I was overweight. And if my own Dad, my "protector," wouldn't keep me safe but would indirectly harm me through my Mom, then the world must not be a very safe place to be, and I must not be worth that much either. At least that was the writing on my walls at that time. It was *my* truth based on my young life's experiences.

Well, needless to say, I was an overweight child at 11 years old. I weighed 158 pounds when I first went to Slim Talk with my Mom and Grandma. Ironically, we all weighed the same amount. I also started liking boys around this time and was motivated to lose weight more than ever, and I did. I lost about 20 pounds and I started to exercise, something I still do regularly today. I actually looked very slender because of my body type and being solidly built, but I don't think I stayed at that weight very long. I gained weight and shot back up to about 160 by the time I graduated, but I didn't really look very overweight.

The weight losses and gains weren't as important, though, as what was going on inside of me emotionally. I was good in school and got As, but secretly I binged on salty and then sweet foods at night (while my family was in bed) and when I wasn't in the least hungry. My Mom always made well-balanced nutritious meals. I ate to anesthetize or numb my feelings. I didn't feel adequate in any way, but especially about my body. I just hated how I looked. I hated my fat stomach, waist and legs. I admired the "skinny" girls in my

class with the long, lean legs and flat abs. I envied and resented them too. I felt cursed to have my inherited body type.

I started dating boys when I was almost thirteen. I placed a LOT of importance on how they felt about me. I met my first love, Paul, at Six Flags in August 1982. He was also the first boy I really kissed, and he was the first boy to officially break my heart after dating 7 months. I was crushed. To this day, when I hear Chicago's "Hard to Say I'm Sorry," I feel strange inside because he used to sing that to me. It took me almost two years to get over that one. Think I might have been searching for that illusive father figure? You got that right. And I continued searching....

Can you relate to any of this story? Do you hear your own story?

I dated several other boys and did my share of road parties on the infrequently-traveled country roads of small-town America. This is where a bunch of under-aged teenagers get together and drink illegally-obtained beer and liquor and party like there's no tomorrow.

Those days ended rather abruptly. Little did I know one gorgeous spring day while I was sitting in my sophomore English class that my whole world was about to change. It was the last quarter of the 1984/1985 school year, and for some odd reason, the school decided to switch my teachers from an older lady to a very young, bright-eyed, charming, recently college-graduated male teacher. I was enamored and instantly had a crush when I realized how smart he was too! I was truly searching for a father figure now since my new teacher was 12 years older than my 15 years. I'll call him Mr. Joe Smith.

I started staying after school each day to help Mr. Smith with cleaning up around the classroom. I made sure to put on extra make-up after my P.E. class to look fresh and appealing. I was a good student, and I could tell he liked me. One Friday evening, shortly before school was to let out for the summer, I found out that he and a friend were going to this bar in a nearby town. I made arrangements, unbeknownst to him, to meet him there. This is when our affair began. We kept it secret until I graduated the following May 1986 (one year early because I had the credits and didn't want him to be my teacher anymore).

We had a rocky relationship from the start. We fought a lot because I felt he was trying to control me. He was always threatening to break up with me because he felt guilty about my age. This didn't help my feelings of insecurity. He could also sniff out my vulnerabilities like a bloodhound scents out a criminal. When he got angry at me and really wanted to hurt me, he would tell me how fat and disgusting I looked. He knew this would be worse than saying I was an evil degenerate because of my body image issues. These words stuck to me like glue because they cemented my deep inner beliefs about myself. They confirmed what I knew to be "true."

I continued to overeat and put on more weight. I probably weighed around 175 as my normal weight and that was with watching *what* I ate the majority of the time and also continuing to binge. In the meantime, I continued to date Joe Smith throughout my

college years. I graduated in 1990 with a BS in Accounting from a good accredited school. My heart was never into accounting, even though I worked in public accounting for about seven years. I loved the idea of psychology but I let others dissuade me from that career.

When I was into the food, which was pretty regularly, I did not think as clearly. I could still function at my job but not at an optimal level. I was also pretty moody about my body image. I felt repulsed when I'd lean over in my chair to pick something up, and I'd feel my love handles. Ugh!!! I lost weight a few times but always gained it back and usually more. I also got stressed out very easily. As a means to compensate for my feelings of powerlessness over my life, I was very organized and liked to plan. Everything had its place.

In May 1992, Joe and I got married after dating 7 years. We lived in a tiny apartment and were the managers for the complex so we could get free rent. We managed to scrape by for a couple of years that way, and then we decided to move up in the world, bought 5 acres of property and moved a pre-fabricated home onto it. We also bought our first dog together, Maggie, a very high-strung brindle boxer. Maggie liked to destroy window blinds, and she was constantly throwing up or pooping in our house. This didn't sit too well being the neat freak I was. She was such a nervous dog, couldn't be left alone! A couple of times, I felt great rage at Maggie, and I smacked her. I felt horrible about this, and thought "Oh great, what if I did this to my future kids?" I now know that being in the food contributed to this lack of control.

In April 1996, we had our daughter, Maddie, a very beautiful little girl. I weighed about 190 after I had her, my all-time high non-pregnancy weight. I continued to hate my body. We found out that Maddie had cystic fibrosis 4 days after she was born. We were devastated, but we just decided to hope for the best since she seemed so healthy (she's still doing great 14 years later ☺). Things didn't improve with a child. They worsened as a result of more responsibility and stress, long commutes to work, etc.

Before Maddie turned two, I had an affair, and my marriage began to fall apart. I admitted my affair and told him I wanted a divorce and joint custody. He wouldn't agree to joint custody, and I didn't fight him for it. I felt rebellious, like part of me just wanted to be alone on my own. And another part of me felt very guilty for splitting up the marriage. So I gave him full custody of my daughter, and we divorced in January 1998.

We had been together for twelve years, but I had begun to change, reading books on religion and trying to figure out who I was and what I wanted in my life. Our energies no longer meshed, and he vibrated right out of my life. Of course, I didn't understand that at the time. I just thought I was selfish. Since I had started dating him when I was fifteen years old, I always felt he was smarter and more experienced. I didn't know how to take care of myself and express what I needed from our relationship, and I felt resentful towards him most of the time.

This was a real low in my life. I'd always tried to do what was right and follow the higher road. I was good to people, treated them kindly and always did what I said I would do. Then I just wanted to rebel and reclaim my life, and that's when I had the affair. I was so confused and distraught. I loved my daughter, but I wanted to be free of my marriage. I also felt extreme guilt and that the whole divorce was my fault.

I started over at ground zero and moved into a small apartment in St. Louis, Missouri. Can you relate to any of this story? Are there problems and challenges that have held you back and still hold you back? Do you use food to prevent yourself from feeling these feelings?

I deeply regretted my decision to give him custody. Instead of letting this destroy my life, I decided to figure out how I could have had such low self-esteem that I would give him my only daughter. I was on a mission to heal my wounded spirit. I bought all sorts of self-help workbooks and books and did the work of going within, which can be a scary place, right?

I continued to date the man I had the affair with, and I'm currently happily married to. I saved my money for three years and bought a nice home. I got a really good job one year after the divorce with AT&T. I was still afflicted with feelings of inadequacy and jealousy towards other women. I compared myself to them. I also cringed every time my ex-husband criticized me for my past decisions, and even worse, I believed him on some level. Do my struggles sound familiar at all?

I tried various programs like Weight Watchers and Lean for Life. Both seemed to feed my compulsive nature. I never could reach my goal weight in these programs. When I did Lean for Life, a carbohydrate-restricting program, I binged for three days before the diet and three days after the diet. I felt so deprived!!! I was constantly obsessing over food thoughts and body image thoughts.

In August 2002, I joined Overeaters Anonymous (OA), and this really helped me to turn my life around. I worked the steps and became abstinent from compulsive eating and have had this emotional freedom from food for over 8 years now. I also currently sponsor about 10 people in OA and help show them a way to recovery. Working with sponsees in OA is where I discovered my love of helping others. Various people suggested I look into personal coaching which led me to the technique I'll be sharing with you. I've used this technique with people on a gamut of different issues and had great success. I'm also now employing it with people in OA to help them get the willingness to work the steps and recover.

I see myself as your Solution Facilitator. Can I help *you* solve your weight problem, body image problem, food obsession problem? Believe it or not, right now in your body, mind and soul, you have all of the answers to any problem you are facing. I'm just here to help you do some digging and uncover what needs to be exposed so that it can heal. I help *facilitate* or make it easier to find your solution, but I don't *give* you the solution.

If you will, please take a journey with me. Put on your imagination glasses and dream a little. You wake up tomorrow morning. It's a Monday. You get out of bed and it's your morning routine as usual. You're off to work. Along the way, you stop off at a coffee shop for a pick-me-up, and you see the daily newspaper with great big glaring headlines that declare the absolute worst judgment about you that you could possibly imagine! You've just been exposed and you start trembling inside. Now the whole world knows your worst secret.

Pretty frightening, huh? Think for a moment. What would your headlines read? Would they say something like: "Jane Smith is the worst mother in the world! She is self-centered and selfish and only thinks about herself. It would be amazing if her kids didn't end up screwed up just like her!" Or what about this? "Bob Jones is incompetent at his job and providing for his family, and he's a lousy lover in bed to boot! What a BIG loser!" "Pam is a first-rate whore and sleeps with every guy in town!" "Jack molested a child when he was a teenager!"

The point of this exercise was to help you realize how much shame and guilt can drive us, if we let them. Deep down inside of us, we have all felt guilty or ashamed of something, and we may still feel that way. We hold on to an idea or a vision of ourselves that is less than ideal. We have all sorts of negative self-talk going on in our heads. We assign meaning to events as children that no longer hold true today, but yet we still follow these outdated beliefs.

Do any of these limiting beliefs sound familiar to you:

"I'm weak and I'll never get this weight or food issue under control—gonna be fat all my life. After all, it's in my genes and my family is overweight."

"I need to smoke because it helps me cope with my life. I know I wouldn't be able to handle life without the cigarettes, without doing something with my hands, without my crutch. I'm inherently weak."

"I deserve to be mediocre. What makes me so special that I deserve to be abundant? My family doesn't have money, and money is hard to come by."

"I'm not worthy of a healthy relationship. I come from a history of abuse, and I don't even know what a healthy relationship looks like. So how can I ever create one?"

You may feel stuck in your life, like you have no choices and that everyone but you is deciding how you're going to live your life. Your job, your marriage, your debts, your familial obligations overwhelm you at times. You feel powerless and pulled to and fro by your emotions. They control you. So you eat too much....drink too much....gamble too much.... Food was my addiction of choice. Give me my next food fix to calm me.

What obstacles prevent you from moving forward in your life and keep you from living the best life you can? Often, these "obstacles" are our limiting beliefs that we formed in childhood. We created them at the time because they served a purpose, and the purpose was to keep us safe and protected in our environment. We needed them to survive. As adults, these beliefs may no longer serve us, but we aren't aware that we carry them

around and that they guide our every move and prevent us from being as successful as we want to be. Your old beliefs may be stubbornly stuck in your subconscious mind, but you have the ability to transform them into beliefs that serve you and your current dreams. I'm going to share a technique with you that can help you do this beautifully. Answer the following questions.

- 1) Poor Self-Image or Realistic Image? List 10 beliefs you have about yourself. Fight back the negative self-talk when damaging or limiting beliefs surface in your mind. What in your childhood started these beliefs? Do you compare yourself to others? If so, why? How can you change your thinking?
- 2) Addicted or Abstinent? Are you addicted to any substance or activity, such as food, alcohol, drugs, nicotine, sex, gambling, etc.? Do you use something to help numb you out so that you don't have to "feel" life's pain? We naturally want to avoid pain and increase pleasure in our lives. This is normal, but sometimes the only way to solve a problem is to move straight through it. There are 12 step programs that provide a supportive network of people. To start, you attend a meeting and find a sponsor, someone who helps guide you in your recovery. You humbly ask a Higher Power of your understanding for the willingness to help yourself.
- 3) Victim or Empowered Self? Do you blame everyone else for your life and where it is today? Or do you accept responsibility for your thoughts, words, actions and deeds? The only way to begin moving forward is to accept responsibility for your life to this point. The past does not matter. What matters is that you now realize you have choices and that you are the only one who can change your life. You have the power to create a beautiful existence, and nothing external to you (other people, places, events, goals, etc.) will ever be able to accomplish this.
- 4) Co-Dependent or Independent? Do you take on other people's "stuff/issues," suffering pain or abuse because you feel you are responsible for their happiness or lack thereof?
- 5) Ego vs. Wisdom Nature? Do you orchestrate life and try to control it as if you were God? Or do you humbly surrender to a Higher Power greater than yourself for direction in your life?
- 6) Abundant or Lacking? Do you have the attitude that life owes you something? Do you feel that there is a limited amount of resources and that you must be stingy or you'll never have enough? Or do you trust the universe to support you and keep you safe?

Remember that all of our answers lie within us. Everybody's situation is different, but one thing we do all share in common is that we create our own destinies. We are the masters of our own fate. You hear about others living a joyous life and *really* living, traveling the world, connecting with other human beings, feeling like they have a purposeful and meaningful life. Why not you? Isn't it your time now? If you're ready to get unstuck and lead a happier life than you can comprehend right now, then keep reading.

I must warn you that some work is required. You will need to question your current set of beliefs and be ready to replace them with more empowering ones. The path to this new life can feel a little uncomfortable because you will be shaking up your existing foundation. When current habits and beliefs are questioned, your subconscious will want to rebel and fight to maintain the status quo. This transition stage is annoying, but if your vision is big enough, important enough to you, you will make it through this stage and be stronger for it. If you persist with this technique I'm going to teach you, you will be amazed by the results.

The good news about the technique is that it works rather quickly and very effectively. It's different from conventional therapy in that it doesn't take potential years to overcome emotional blocks that keep you stuck in existing patterns of behavior, such as overeating, smoking, drinking, gambling, etc. or stuck in limiting belief systems, such as you are not good enough, you are inherently defective, you are not worthy of love, abundance and joy, etc.

Probably the most important ingredient to your success on this path is to keep an open mind. Some of these concepts may sound strange to you, but who really cares how strange they are if they work? I'm all about helping you achieve your desired objective. This is all about results. It's that simple. Perhaps one of the hardest things you have to do is to become clear on what you want. Notice I didn't say become clear on what you *don't want*—clear on what you *want*. You may have some blocks to even doing that if you don't feel worthy of receiving good things.

My intention is for you to heal yourself and find harmony in your life—to find the inner power and strength that all of us have if we can only tap into it. I want to teach you how to empower yourself, mentally, physically and spiritually and go beyond surviving to thriving. Sometimes it is difficult to muster up the courage and willingness it takes to bring about changes in your life because you are stuck in old, limiting beliefs. You prefer the safety of your comfort zone where at least you know what to expect. You may be bored or unsatisfied with your body, career and relationships, but at least it's not as scary as the unknown.

You've probably heard of "The Secret," the book and movie written about the law of attraction and how you can create the life of your dreams by changing your thinking. If you can visualize what you want and really believe you will get it, as if it's already in existence, then you can manifest just about anything. This is easier said than done, especially since a lot of people don't even realize that they have these deeply ingrained beliefs that hold them back. This is where the technique I've mentioned comes in.

So what is this technique? I have several definitions. The technical name is emotional freedom technique (EFT) or meridian tapping. You pick what works best for you.

- 1) Emotional version of acupuncture without the needles.
- 2) Technique to remove stress and relax you.
- 3) Talk therapy re-arranges emotional furniture; EFT clears it out.

- 4) A physical treatment that originates outside of your body but provides healing on the inside.
- 5) Massage therapy with an emotional component.
- 6) Cognitive behavioral therapy but we don't talk so much, which means it costs you less money.
- 7) Mental mastery without the mental gymnastics.
- 8) An Eastern version of hypnotherapy.

EFT (emotional freedom technique) is a form of energy therapy that you can use to release limiting beliefs and form new ones that energize and excite you. I can help you discover what these limiting beliefs are, and then by doing EFT, you can release them. Start living the life that feels right intuitively to you. All of your answers already lie within, just waiting for expression. As Gary Craig, the founder of EFT says, "It's an inside job."

EFT provides you with a means to find your special path to deep peace and serenity and fulfillment. You may be thinking, "Yes, there are all sorts of tools out there, but why will I be any more committed to doing these things than I have before? What makes this path so unique?" The answer is EFT. It often works where nothing else will. It can be used to help give you the willingness to take action. EFT provides a very practical approach to filling the empty spot that may exist in your heart and soul. EFT can help you to release the blocked energy in your body, the part of you that needs mending and "feels" broken. It helps to quiet your obsessive thoughts about how bad, ugly, and un-worthy you are. It helps you to find a happy life, meaningful work, and harmonious relationships with yourselves and others. It gives you greater connection to your Higher Source.

Believe or not, your weight problem is NOT a food problem. Yes, you may be overweight, and you may eat too much food, but this is a symptom of a bigger issue. You may obsess over food, what you're going to eat for the next several meals, your body size and shape. These obsessions are just thoughts, but they can easily ruin your emotional serenity. When you start *acting* on these thoughts, you are behaving compulsively. You may have heard the OA saying "One is too many. One million isn't enough." You become insatiable and want to be calmed down, tranquilized, by food and often large amounts of food.

If you consistently use EFT to get to the core of your feelings, you will finally see a glimmer of hope that you can be free of this obsession. Little by little as you work through your fears and worries, you will reclaim your life and your sanity. Your dream life will emerge. You will begin to live in faith and have an abiding sense of peace and purpose in your life. You will be fulfilled. You will no longer have that empty spot.

Congratulations if you're still reading. That means you are open to trying something that may sound very strange and exquisitely unique. The following is taken from the website of the founder of EFT, Gary Craig. "EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate

well-established energy meridian points on your body by tapping with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. It launches off of the EFT Discovery Statement which says...

“The cause of all negative emotions is a disruption in the body’s energy system.”

And because our physical pains and diseases are so obviously connected with our emotions, the following statement has also proven to be true...

“Our unresolved negative emotions are major contributors to most physical pains and diseases.”

This common sense approach draws its power from (1) **time-honored Eastern discoveries that have been around for over 5,000 years** and (2) **Albert Einstein**, who told us back in the 1920’s that everything (including our bodies) is composed of energy. These ideas have been largely ignored by Western Healing Practices and that is why EFT often works where nothing else will.”

When something traumatic happens in your life, your energy system is “zapped,” sort of like a satellite dish channel whose frequency is off kilter due to some sort of environmental interference. By tapping on various energy meridians that are close to the surface of your body, EFT helps to clear this blocked energy. Once your energy is flowing smoothly again, you are able to let go of issues that once troubled you.

You can achieve results more quickly if you hone in on a specific issue from which you want emotional relief. EFT works so much more quickly than traditional talk therapy that could take years before you achieve emotional freedom. EFT doesn’t cause you to forget memories or lose common sense. You will simply find that you are able to view your “troubled situation” in a more calm and rational way.

Here is how the basic EFT process works.

- 1) We first establish/define what you want to achieve. What is your desired result? In this case, weight release.
- 2) Really think about what you want and get clear. If you aren’t really sure whether you want something, you may not be ready for it yet. Or you may *consciously* want something, but your subconscious is not yet in alignment.
- 3) I ask you questions to arrive at specific events that may be blocking you from achieving your goals and dream life.
- 4) We assess your intensity of emotion on a scale of zero to ten, with ten being the highest.
- 5) Then we tap. We first do a set up statement while chopping on the karate chop point of the hand (the fleshy part of the palm opposite the thumb). This is designed to overcome possible energy or psychological reversals. If your energy is reversed, this is analogous to “your batteries being put in backwards.” If we don’t get your energy flowing properly, the tapping will be ineffective.

- 6) The setup phrase may go something like this: “Even though I know I’ll feel deprived if I get over this weight problem (fill in the blank with the problem), I deeply and completely accept myself.” This is normally repeated three times while tapping on the karate chop point.
- 7) Then we tap on 8 specific energy meridians, while repeating a reminder phrase, such as “I’ll feel deprived.” The meridians are at the beginning of the eyebrow, end of eyebrow, under the eye, under the nose, on the collar bone point, 4 inches underneath the armpit, and on top of the head. Many people find it even more effective to tap with all fingertips on both sides of the body.
- 8) After the first round of tapping, you take a deep breath to allow the energy to move.
- 9) We assess if your intensity of emotion has shifted to determine if we need to do more tapping. The goal is to get the intensity to zero.
- 10) If we need to do more tapping, then we’ll normally repeat the setup statement three times, but you might say something like this: “Even though I have this *remaining* (fill in the blank with the problem—i.e., feeling of deprivation), I deeply and completely accept myself.”
- 11) When you tap on each meridian, you insert the words “this *remaining* feeling of deprivation.”
- 12) I would then give you tapping exercises until the next scheduled appointment.

Keep in mind that tapping is an art, and energy is transferred from me to you and you to me, with a Higher Source as the third party. I am simply a conduit to your healing. I use creativity and intuition to get to the root cause or core issue to help you. Here are some common benefits of applying EFT:

1. Lose weight and keep it off forever without diets and willpower
2. Stop smoking
3. Achieve new level of emotional freedom from traumas, childhood events, etc.
4. Lessen or eliminate physical pain, such as headaches, backaches, etc.
5. Get anxiety relief from daily overwhelm, etc.
6. Eliminate long-held phobias, fear of heights, spiders, water, etc.
7. Increase sports performance, golf, basketball, etc.
8. Free yourself from the chains of addiction, compulsive eating, drinking, etc.
9. Improve your spiritual connection
10. Cultivate healthy relationships
11. Attain greater inner peace, serenity, calmness
12. Forgive yourself & others, let go of the past
13. Help children cope with learning difficulties and excel
14. Learn to live in more joy and lightness and have fun!
15. Overcome procrastination
16. Learn to love yourself and feel whole and integrated
17. Develop a healthy self-esteem
18. Learn how to set boundaries

Now you know a little more about EFT and its potential in your life. What do you think? Is this a path to weight release that you would like to investigate more? Have I sufficiently intrigued you? Well, I hope the answer is yes, because EFT is one of the easiest, quickest, safest and most effective means to achieving emotional freedom around weight and body image. There is virtually no downside. The worst that could happen is that you would realize that it works, but that you really aren't ready for the changes in your life right now. No problem. At least you are aware of it and can come back to it at a later time. I just want to end with this little quote from an Anonymous source that perfectly suits EFT and its benefits if you persist with it: "A diamond is a piece of coal that stuck to the job." Create your destiny today!

Peace & Blessings,

Angie Monko