



provide a rush, the happiness is superficial and momentary (even if it is gluten-free, no processed sugar, fair trade, blessed-by-a-Shaman chocolate). *What lies beneath the desire for happiness?*

Over the years what I have observed is that sugar often relates to loneliness or boredom. Maybe you are at a holiday party. You indulge in some small talk, smile at the right people, obligingly explain to your relatives why you are still single or have not yet had children. You have a cookie. One cookie. A few minutes later that becomes a piece of cake and glass of eggnog. This distracts you from your feelings. What often happens next is a trifold effect: you feel physical effects from eating more fat and sugar than usual, shame or self-judgement, and the loneliness or boredom which was originally present. Freud called this the “return of the repressed.” Einstein tells us (and as energy workers we know) that energy is neither created nor destroyed, it just changes form. In this case, you have not created happiness, you simply changed the energy from loneliness to distraction to shame.

If, instead, you decipher these really deep feelings, you may begin to take action which addresses loneliness. Deciphering deep feelings is not something to be done in a moment. It is not as simple as ducking into the bathroom and taking a deep breath. It takes deep trust and often working with guidance to help you face what is truly underneath or to observe what you cannot see due to your vantage point. Just as a medical intuitive can often see what allopathic tests cannot yet detect, an appropriately trained person can often detect what is happening on another level. Once deep feelings are named, re-patterning and creating new habits can begin.

From this new place you are able to act with integrity. Actions arise from a commitment so deep that it feels completely natural. Intrinsic motivation takes over. Resolve, rules, external motivation, distractions and counting calories, carbs or anything else is unnecessary. Those are all temporary and untrue patterns anyway. When we operate with restriction or constriction, well, it only lasts as long as it does. For example, I have seen people declare they will not have ice cream in November or December. They are strong-willed. They are committed. They may even keep that goal! And then January 1, they dive head-first into a pint of their favorite flavor and eat the whole thing in one sitting.

Deprivation and moderation are not sustainable. Food rules invoke the judgment of “good” and “bad” food. This often gets translated to self-judgment (I ate ice cream = I am

## Leave Your Diet to FATE

As the holiday season approaches, many people look for strategies to avoid gaining weight. They eat at home before going to a party. They drink lots of water. They resolve to eat only healthy foods. This year, I want to suggest you leave your diet to FATE: Feelings, Actions, Thoughts, Energy. When these four are aligned, your weight takes care of itself and you are free to enjoy parties and socializing.

It really does start with feelings. Deep, authentic feelings. It takes learning and practice to identify our true feelings. After identifying them, we can sometimes dig deeper and learn what lies underneath them. If we are willing to face our deep dark truths, we can learn to process them and transform them into something else. That is where the real life-altering juicy parts lie.

For example, sometimes you might think “that candy bar makes me feel happy.” While it is true that the chocolate chemically ignites feelings of happiness and sugar will



bad). This leads to the self-destructive pattern described at the beginning of this article: bad feelings lead to eating which equals distraction and avoidance which leads to bad feelings and shame.

Deciphering feelings, interrupting the pattern and beginning to re-pattern leads to new possible actions which arise from a different set of feelings. As you begin to take new actions, you begin to have new thoughts. As these changes happen, your energy patterns shift and thus begins a cycle of healing. No longer do you reach for a distraction from your feelings. You allow the feelings to arise, process them, release them and transform the energy into something better.

Continuing our example, if loneliness is part of the underlying desire for happiness and this pattern is transformed, there might be new actions which effortlessly align you with connecting to people. Or you may begin to see connections where you did not before. Maybe you become interested in your uncle's stories about his childhood and learn more about him as a person. Maybe you discover your "boring" cousin shares a love of sci-fi that you never knew about. Maybe you see yourself differently, begin to see others differently and begin to feel differently around them.

Aligning feelings, actions, thoughts and energy fills your life with satisfaction and joy. Joy is distinguished from happiness in that joy is a state of mind, a long lasting experience rather than the result of an event, which better defines happiness. So while the cookie might make you happy in that moment from a chemical perspective, connecting with people from a heart-space brings joy. ☺



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