

The Seven Spiritual Laws Of Weight Loss

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About Brian Bonito:

Brian Bonito has been in the weight loss game for over 20 years. He's seen the good, the bad, and the ugly.

Brian is the CEO of Insane Solutions an online company focused on helping individuals lose weight quickly and efficiently.

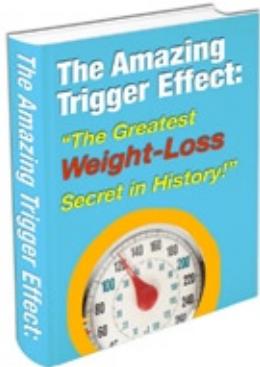
He teaches his own proprietary weight loss system to clients who are usually 30 pounds—or more—overweight helping them achieve rapid results, where before they had failed many times.

His system is NOT based on simple diet and exercise. In fact, Brian believes that if you truly desire to lose weight you might want to skip diet or exercise, at least for a little while.

He's the author of over 60 weight loss articles and the following e-books:

1. **The Amazing Trigger Effect: “The Greatest Weight Loss Secret in History!”**
2. **Killer Weight Loss Tactics!**
3. **Fatty Patty and The Secret Weight Loss Formula**
4. **The Seven Spiritual Laws of Weight Loss**

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The Seven Spiritual Laws of Weight Loss

We fight when we should not resist. We battle, and we only make things worse. We complain, but the negativity from grumbling only ushers us further down the same road that began the complaints in the first place.

The visible forces you now face are *not* your enemies.

When you finally look in the mirror and see yourself as “overweight,” *that* is a moment to behold. The reflection is undeniable evidence; it is a clear case against you, truth as they say.

But it is not the end.

Outer conditions are always based upon inner thought. Being overweight is an external manifestation caused by incorrect mental programming, it is a wave of continuous disorganized thought perpetuated over a period of time, with the end result, ugly, disheartening, unbalanced (call it what you choose) there for everyone to see.

Thoughts are things. Actions are a result of those thoughts. And results are the end-points of whatever action you have finally taken, usually over and over again. The occurrence of your present state of excess has gone through a process of organic growth. Your thinking has caused your unwanted overweight condition.

It did not happen overnight. Not in six weeks...

It should serve to note, then, that to reverse the overweight “curse” you must go through yet, another organic growth process.

Growth. You must grow. You must adapt and develop the tools that will allow you to overcome the burden you face, once and for all.

How do you grow?

Do you grow by adapting the next, best weight loss diet? Do you grow by getting a membership to the fitness center down the street? Do you grow by watching Oprah everyday? (You *might* with Oprah)

The numbers can overwhelm a person, and maybe desensitize a nation (or the world). New diets and new exercise programs have never been the solution. If they were, then we’d be a much fitter nation, and the national obesity statistics would rank much lower.

We have more, better diets, and pills, and more effective workout selections than at anytime in our nation’s history. Yet, we’re in the middle of an overweight health crisis, a true “freight train” epidemic.

Diets, exercise, pills, while they certainly have their place, in the end they are still just tools only good enough to fight the enemy where it stands. One can do battle in earnest, but only for so long before growing weary. Humans get tired, especially when a tunnel-light fails to appear in a timely manner. You are only as strong as your weakest link: therefore you must conserve your energies for when you need them most.

For media and consumer purposes, diets (and the sort) are only a promise of fool’s gold for fighting conditions that cannot be defeated. A bandage on an abrasion will stop the bleeding, temporarily, but as the cut gets deeper the wound will re-emerge from the edges. You’ve looked in the mirror. You already know; the source of your own pain seeks fastidious attention.

Permanent weight loss is born from truth.

Little victories are always short-lived. 5lbs & 10lbs reductions are only a prelude to something much worse: more time wasted on something you’d hoped would work. How much more time are you willing to waste?

For proper resolution you must go directly to the cause, you must tap into your own core, into your spirit.

There you will find the “tools” needed to stop the enemy from sending more recruits. Invisible energies must be awakened, your own inner power source. Spiritual forces. You must engage them, stimulate them, and develop them to overcome the unforgiving demons that hold you at present.

The overweight condition cannot be fixed. It must be removed. It must be eliminated completely, not by might or force, but by peace and faith and serenity, with wisdom. Spiritual power is the one true antidote to overweight suffering.

It is the only way you will ever be free from the mental binds that currently imprison you.

The Law Of Truth

The first spiritual law of weight loss is *the law of truth*.

This law is based on your ability to begin your weight loss journey truthfully. To begin honestly and continue throughout without falsehood and artifice toward yourself, or any actions required of you. Truth is your desire; it is your destination.

You've already begun the law of truth by admitting to yourself that weight loss is a necessary personal journey for which you must willingly embark. The mirror, or picture (or any other valid way you arrived at that conclusion) was your first measure of truth.

Your journey will continue by searching deeper into your own unfettered realism. Where do you desire to arrive, truly, without compromise? This answer shall not be fleeting. If so, then never bother.

When challenges face you, when you feel as if all things have turned against you, that the world has conspired to make you suffer... Those are the moments for which you seek. Those are the moments in which you pass through a threshold of falsehood and into the new world of realism.

Don't fret, then, only know that you must confront the wall of demons before they allow you to pass through. What are you willing to give? What are you willing to let go of? This is the true source of your struggle, trying to hold onto something while grasping for another thing. Two end points

cannot be held, only one. Release the one you already have, and you will easily gather the other.

Simply let go.

Once you move beyond the first trial, your first emotional test, you may draw on that victory. You now have a reference for the next confrontation, for the next checkpoint, and for all confrontations that may follow.

Handle them with calm, each moment one by one. They are only single moments, small illusions seeking to distract you from truth. Truth is your deepest desire. Truth sees through all confrontations. Truth is your guidance.

You must trust your own truth.

The Law Of Deliberation

The second spiritual law of weight loss is *the law of deliberation*.

This law calls for you to deliberate over what specific actions you are willing take in order to reach your own weight loss truth.

To create a “thing” there are always tools needed to perform the job properly. We are lucky, indeed, to be in an age where tools for weight loss are plentiful. Diet and exercise are weapons that fight conditions, and while necessary on the physical plane, a deeper selection of armor must be found, first, to impact weight loss now, and second to defend against an overweight return.

What will you give of yourself to reach your weight loss goals? Not money. No amount of money will get you thin, not without truth. What effort of contemplation will you give? What discipline of silence? What solitary moments? What personal sacrifices?

The law of compensation will indicate your rewards: You will be compensated inversely to the same degree for which you contribute, in all things.

Deliberation calls for your consideration—what you *have*, and have *not*, done. Examine the many things you allow, the self-imposed roadblocks obstructing your weight loss path, evidentiary, stamped, mental imprints leading to your current truth.

All things work from the inner to the outer. Your core is the origination of all deeds.

What are you presently allowing—thoughts, emotions, actions—to get in the way of losing the weight you desire?

Deliberation relieves your mind of such burdens by putting pen to paper and examining each obstacle, one at a time. Take the time and empty your mind properly. The mere action of “clearing out the truth” affords you an ability to organize your thoughts and prepare for your next course of action.

Once you have an honest understanding of your own personal missteps, you may then deliberate on how you can correct them. Simply repeating what you have done will not perform the job.

There must be change. Deliberation allows for honest evaluation and then a stimulus for change in the form of objective knowledge. The answer arrives when the student is ready. Detach yourself from what you’ve recorded on paper. The actions are not you; they are merely a result of disorganized thought patterns.

Now write down 3 things that will allow you to work from the inner to the outer, thus altering future weight loss results.

Examples:

1. Deliberate more often: This is often called meditation.
2. Pay further attention to your thoughts during the course of the day. Cultivate supreme awareness.
3. Beware of potential distractions. Always ask yourself: is this getting me closer to my goals?

Once you’ve increased mental acuity, you may now seek the “tools” on the physical plane. This is the time to plan for proper planning of diet and exercise.

The Law Of Motion

The third spiritual law of weight loss is *the law of motion*.

This law is based on your ability to begin. It has been said, “Faith without deeds is dead.” I will amend that here by saying “Truth without deeds is only potential truth.” Until you take action truth is only a suspect, a theory. It is something that “might be” but one cannot be sure.

Here is a person that perceives the right thing to do, but does not do it: He never really knew to begin with, but merely *thought* he knew.

When you take immediate action you transfer potential truth into knowable truth. Knowable truth is the beginning of tangibility, the beginning of real, lasting weight loss results.

Action is faith. Faith is invisible, like the wind, it is truth, organized and unfaltering; it performs miracles for those who believe. It shuns and will keep low those who do not.

“According to your faith it is done unto you.” With you, or against you—it’s always your choice. Your actions decide. Never what you intended, never what you planned, never what you hoped. Your actions are the true compliment to your thoughts; words are just words.

In the world of truth, words that contradict proper action can only be excuses.

Begin your motion in faith. Dig in. Keep your mind ready, alert, vital. Once the motion takes hold, it begins breathing a life of its own. Momentum begins there. That, after all the starts and stops, is your true starting point toward ultimate weight loss.

The Law Of Adaptation

The fourth spiritual law of weight loss is *the law of adaptation*.

This law will call on your acceptance for things unknown, for your positive response to challenges and pitfalls, for continued embracement of discomfort. No great weight loss success can be achieved without a strong adaptive response to stimuli, both mental and physical.

Here is a man who knows his body will ache with soreness. He does the physical labor once, but tempers his efforts the next time. The next time he mitigates further. His weight loss resolve has faded. He sorely quits a squat time later and the demons reappear in short order.

Here is a woman who likes to eat dessert. She skips one night for her cause, but cannot muster a second night of discipline; she slips. The third night the thought of success has disappeared. She fails to maneuver a path through her overweight agony.

Each being goes through an adaptive response while learning something new. The adaptive process cannot be skipped. It cannot be “leap-frogged” because it is, in fact, a gateway into a new haven. These are steps, checks and balances for those who will *earn* success. The adaptive process is the first real test for truth.

Nature provides for all needs. For coping and then overcoming, one must creatively prepare for all weight loss obstacles. To think well is to prepare well, which is to succeed.

Success is adaptation.

Your truth will be answered with your patience for the adaptive process. For each person the timing is different, but fair. All things considered, you must pay your dues. You must summons resolve without rush, and then patiently stare down the demons (the sabotaging habits) and embrace the strength that rises from staying faithful to your weight loss plan. You build on that strength. You focus only on the strength (Never focus on “almost” weak)

Do this as many times as it takes. With each pass it becomes easier. And lest not force the timing, the timing takes care of itself; the more you do, the more you can do, and so on.

Whatever tornadoes and storms the new process throws at you, adapt. They are guideposts, favors showing you the way. To be something new you must perform something new. You *must* adapt to show the weight loss gods you are worthy of newfound success.

Your adaptive ability provides proof for your case.

The Law Of Energy

The fifth spiritual law of weight loss is the *law of energy*.

Energy is an emission of power of all types blocked together on a similar force field, separated only by vibrating codes.

The law of energy is closely associated with the law of environment. The law of environment is a statement of your surroundings—no matter who you are, or what you do; you cannot rise above your environment.

The reason: environments of many types, in many cases, cannot be controlled. A negative environment has the potential to hold back your weight loss progress at all ends.

The law of energy differs in a more personal respect. You are the energy. Therefore you are in control. Every living being is a synergistic make-up of pure energy. The only thing that separates each one of us is a genetic vibrating code.

The vibrating code is an ever-changing emotionally charged mechanism that works from one end of the emotional horizon to the other. Positive and negative the two extremes.

Each second of each day your own vibrating code is transmitting a signal. Your signal connects unerringly with other signals on the same plane and shares similar communications of the same general message, leading you to people, places, and circumstances in harmony with your dominant thoughts.

Whatever focal energy you hold, not specifically, but emotionally, you will be drawn to.

Here is a man who sheepishly tells his friends of a plan for his own weight loss success. He goes home and instead of reading an inspirational book that a co-worker bought to support his proclamation, he turns on the TV. Later, after seeing a commercial for food, he promptly advances to the freezer and fixes that banana split that's been on his mind all day.

Here is a woman who decides to take up jogging. During her first run she cannot quiet her mind. She quickly grows tired, weak. She is tempted to stop. But with focus she is able to redirect her thoughts and see herself smiling at the end of the run. Her speed picks up and suddenly she's okay. She finishes the run.

You must firmly align your focal point onto your new truth and charge it with positive energy. Like a slippery hand, at first, you will grapple with concentration. This is to be expected. There will be immediate challenges. You will fail time, and again. This is why you conserve your energy. You will need to draw upon inner resources to keep working until you finally lay a firm grasp on your new truth.

Deeds usher the mind when the mind has trouble focusing.

When your schedule says to exercise, do it. When a difficult task calls for your attention, do not shy away. Tackle your task with vigor and appreciation. Embrace it.

Usable energy comes in a finite daily amount. That amount can be increased over time. But it may only be increased by the show of respect for that which you already possess. Do not waste free time with idle chatter and gossip. Do not sleep in late. Do not toddle through your days and then complain that you're unlucky.

Challenge yourself to notice the many opportunities of weight loss progression that exist for you now. Continuously study weight loss and inspirational literature. Focus on a future vision of your thinner truth. Take general notice of your emotional disposition.

Do whatever you can to get further in tune with your mind and body.

Utilize your energies on those small windows of advancement and you will be rewarded with something much larger: measurable progress.

The Law Of Perpetuation

The sixth spiritual law of weight loss is the *law of perpetuation*.

The law of perpetuation serves note that the majority elements of your world automatically spin in a daily, irregular, circular motion from the moment you wake in the morning to the time you turn in for sleep at night.

Think of your life as a record album spinning round and round, playing the same songs all the time. Your thoughts, your actions, your results are all habitual, all relatively predictable. Those same elements (songs: inner dialogue, etc) have manifested as your enemy. They continue to work against you, creating a gravitational pull that perpetuates your current overweight condition.

To escape is difficult, but not impossible.

Again we start with truth. Truth is not outside of you; it begins at your deepest core. To alter your future you must widen your rolling atmosphere. You must venture out, push yourself in earnest, and test your abilities knowing that the mere venture itself will broaden you perspective.

Even if truth is not readily apparent, venture out anyway, stretch yourself into a broader spectrum, do a little more today than you did yesterday; tomorrow a little more than today.

A better perspective gives a better chance for foresight, thus creating clarity where before only fuzzy vision. The busyness you have now will suddenly become easier to master. The chores you now fret will instantly become less obtrusive.

The more you do, the more you can do. The more you can do, the more you *need* to do. This is perpetual expansion, progression. It is organic growth. It is a prelude to results.

Organic growth is essential for creating new, lasting weight loss results.

A warning: do not fall into a law of a different sort: the law of accident, which is a direct corollary of the law of ignorance. There is truth and order to all things. Knowing more is doing more. Doing more is being more. Being more always nets the largest results.

Knowing more and *doing less* is always inevitable destruction.

The Law Of Destiny

The seventh spiritual law of weight loss is the *law of destiny*.

Destiny has been fabled as an ending of sorts, a final arrival based on previous action and from which—more often than not—a fortuitous result has been harvested. To arrive, to be favored, to be destined, these are all fictitious labels generated by a mass media hoping to shine a favored light on those who “have” versus those who “have not.”

Conversation fodder. Comparison talking. Call it what you like. There is no final decided place where Kings wear fleece of gold and eat cookies without getting fat.

Rest assured your destiny, weight loss or otherwise has not been preordained. Your present condition is your destiny, but only for today. Tomorrow’s present condition will be your destiny as well, but only for tomorrow. And true for the next day. And so on from there...

Destiny is not the future of any man, only present. It is the “now” of your life. There is not a “when,” only “now,” only today’s results. Destiny is a decision, a choice made by all, conscious or not. Destiny is ever changing. It is molded, first by daily thoughts, and then by subsequent actions.

To reshape a different tomorrow, alter your thinking. Begin with today’s truth. And if the truth does not appease you, if it makes you unhappy, accept it still. The mere acceptance of truth will allow you to see even more truth.

Further acceptance and appreciation of truth provides strength to overcome shortcomings and weakness of character.

When you confront weight loss, when you meet it head on, suddenly the chore of losing weight becomes smaller. When you acknowledge the difficulty, and you reside yourself to “act” in the face of adversity, in the face of imperfection, you cause a shift on your own plane of destiny.

From there, follow through.

Tomorrow’s destiny will be a reflection of today, unless and until you strive for truth, and then bravely follow through on that truth. Everyday examine your own truth, and by doing that become more aware, take more action, and finally reap.

Nothing is static, unmoving. All future is change. All positive change is truth.

All great weight loss results begin and end with truth.

~ The End ~

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