



Michelle Melendez

The Proven Formula To Lose Weight Naturally (Without Dieting)... Guaranteed!

Hi, I'm Michelle Melendez, founder of Women Being Fit and author of *End Dieting Hell: How to find peace with your body and release the weight*. I want to share with you three ways to end dieting hell. If you have struggled with your weight most of your life, if you feel like a professional dieter, this call, this video is for you.

So the very first thing that I want to tell you is a little bit about how I found this information.

I've been a Live In A Body You Love specialist and weight-loss coach since 2009, but my career actually started in 1996, when I became a personal trainer. And what I found when I started helping women—that's normally who I work with—to lose weight is that after a year, or even less, they gain the weight back. And I really, really wanted to find out why. Why was that? Why was it that these women, who I knew wanted to lose the weight and keep it off and feel good about themselves, why would they sabotage themselves? Why would they gain it back?

So really I went on a mission to find the answer, and I'm going to share what I discovered in this video. But first, I want to ask you some questions.

Do you constantly think about your weight every single day? Do you constantly want a different body? Do you—have you tried every single diet on the planet and you feel sometimes like a professional dieter but nothing lasts? Do you feel alone and frustrated that you're still trying to lose weight after all these years? And do you feel deep down like nothing's going to really work? Like you know when you go on a diet that it's not really going to last you. Something inside of you already knows that, even when you start.

If that's you, the reason for you struggling all of your life is not because you don't have willpower, it's because you are emotionally conditioned and the cells of your body are

addicted to the feeling of struggling with your weight. It feels normal for you to struggle. You know how to run your life and be in your life as a woman—and that's normally who I work with—as a person who struggles with their weight. And if that's true for you, no diet on the planet will ever fix that. No weight-loss program will ever fix that either. You would literally have to release the emotional conditioned and addictive behavior first and even know that it's there, even understand that, oh, this is my addiction.

It's like a smoker. It's like a smoker who doesn't know they're smoking. They keep coughing. They're like, why do I keep coughing? And they're smoking a cigarette and they don't realize they're smoking—that the smoke—the smoking is causing the cough.

It's the same thing. If you do not realize that your body, the cells, the 50 to 70 trillion cells of your body are emotionally conditioned to the frequency and the chemicals of the feeling of frustrated you can't lose weight, of not feeling good enough, of feeling insecure about your body, feeling ashamed, feeling embarrassed, constantly comparing yourself to others, if you don't know that that's an emotional conditioned behavior in every cell of your body, it's going to keep running your life and you will never, ever live in a body that you love.

When I discovered that I was like light bulb, light bulb went off, because I finally understood that there was no diet that I could give my clients that would help them release the weight and keep it off, that it had to go at—I had to literally coach my clients in a completely different way that doesn't have anything to do with food. The food comes in, but later in the program that I run. I run an In Dieting Hell 90-day program that actually starts with the emotional conditioned behavior first and then the food. Because the food—you're not overweight because of a diet. You're overweight because of the emotional conditioned behavior that's running your life.

So I'm going to give you, like I said, I'm going to give you three ways to end dieting hell. The first thing that you have to know is that your body, the cells of your body, are actually your subconscious. Your subconscious actually lives in your body, not in your mind or in your brain. The subconscious actually lives in the cells of the body and every single cell is conscious. This is so cool.

Because every single cell of your body is like a mini version of your body. It has a digestive system and an immune system. And so the cells of your body actually are conscious. They actually found this. This is so incredible. And the subconscious of how you run your life lives in your body.

This is why you can drive a car without thinking about it. Like the first time you learn to drive a car it's wonky. I remember my first time. I was 15 years old and there was a cop behind me, and I had my permit. And I kept rolling back—because we had a manual—I kept rolling back, almost hitting the cop.

And so we pulled into this store and my mom gets out laughing and says to the cop, 'She just got her permit. Do you want to see her permit?' And the cop's like, 'No, no, I believe you,' because my mom's cracking up and I'm so mortified.

But now, you know, I've been driving for a bazillion years. I can drive, you know, without even thinking about it. And that's the same way that you run your life. Your body runs your life. You get up and go to the bathroom in the morning. You don't have to think about what you're doing. The body does it. You're brushing your teeth. You start on one side. You end up on the other side. It's the same exact way every single day, and you don't have to think about it because the subconscious body is running your life. And the subconscious body is emotionally conditioned to feeling frustrated that you can't lose weight, so it will sabotage anything you go on.

So when you understand that, now you have the power. Now you can actually put down the cigarette and understand that your smoking is causing the cough, like I said earlier. So your body, the cells of your body feel normal struggling with your weight.

So the first thing that I want to give you, the first tip I want to share with you is that there's nothing wrong with you. There's nothing wrong with you and nothing to fix. This is completely away from the diet industry, because the diet industry wants you to think that there's something's wrong with you and something to fix. And you—if you are someone who struggles with their weight, you're constantly putting yourself down. You're constantly making yourself wrong.

You can't live up to your own standards. If you're someone who struggles with their weight most of your life, you're constantly seeing what you do wrong, not what you do right. Oh, I shouldn't have eaten that. Oh, I eat too much. Putting yourself down. Even if you've had a really good meal, you still didn't do it, right. You still didn't do it perfectly right.

You cannot live up to your own standards because your standards are the fact—they stem from the foundation that you're not good enough. And that feeling, that emotion lives inside of your body and is the conditioned behavior.

So the first thing I want to share with you, one of the first, first, first tips is that there's nothing wrong with you and there's nothing to fix. And I want to go on a really deeper level and have you understand this on a cellular level.

So Einstein once said that we are not in space, but we are extensions of space. So I want you to understand exactly where you come from. The probability of you being born exactly as you are to who you were born to, with your exact personality was 1 in 400 trillion chances that you would come and be born at this time in history. 1 in 400 trillion. That's like ginormous.

You're exactly who you're meant to be, with your personality, with your quirkiness, with the things that you like, and your passions, and the things that you don't like, and who you are in the world. You're exactly the way the universe designed you to be, the exact way that you're supposed to be.

And let me tell you this. This is so cool. Now, Nassim Hameini is a very famous, amazing scientist and he found—and this is so incredible—he found that within every single proton—and protons are in atoms and you have over a trillion atoms in your body—what is it, a 100 trillion?—I can't remember the exact number—so anyway, but it's freakin' lot—and protons, which are—like there's like 36 protons in certain elements—every single element has a different number of protons in it—every single proton—he found this—this is so crazy—every single proton has a holographic image of every single element in the entire universe. This means that you, your body, has like a trillion or 100 trillion—I can't remember, but the numbers are just extremely, extremely huge—atoms in your body, and every single atom has like 12, 36, however many protons. But more than just that atom. So a lot, a lot, a lot. Huge, huge number. Can't even fathom the number. And in every single proton is a holographic image of all of the elements in the entire universe.

Now, why am I sharing this in this video about weight-loss and ending dieting hell? The reason is, is because I want you to know that your body is connected to everything. The cells of your body are connected to the empty space that's around you. And this is important because you want to understand where your awareness of yourself came from.

The awareness of yourself came from the empty space that's around you. And let me explain this. Nassim Hameini was talking about one cubic meter of empty space, one cubic meter of empty space, which isn't very much. If we could harness it, if we could harness the empty space in one cubic meter, we would actually be able to power all of humanity for millions of years in just one cubic centimeter of space—meter of space.

This is important because this empty space that we think of as empty is actually conscious. And your body is the awareness of itself that is the consciousness in the empty space, in everything.

So I know this is deep, but I want you to get this because I really want you to understand that there's nothing wrong with you, that there's absolutely—that you are absolutely the way you are supposed to be in the world at this time in history.

We are extensions of space. Einstein said we're not in space, but we're extensions of space. In this empty space we are extensions of it. You are the consciousness that knows of itself in the space that you're in. That's who you are. That's why I want you to know there's nothing wrong with you and there's nothing to fix. Your journey to live in a

body that you love is about emotional expansion. Emotionally expanding your feelings of who you are instead of staying stuck in 'I'm frustrated I can't lose weight. I don't like my body. I'm ashamed of myself. I'm embarrassed. I compare myself to others. I'm not as good as her. I'm not good enough.'

Instead of that, realize that you are exactly who you're supposed to be at this time in history. It's not a mistake that you were born to the people you were born to. It was not a mistake you were born in the location you were born in. It's not a mistake for every experience you've ever had in your entire life. And it's not a mistake that you're in the body that you're in.

There is a journey of emotional expansion that the intelligence within the cells of your body wanted to experience as you having gone through everything you've ever gone through, no matter how horrible, in your entire life, to be you in this world.

So, I mean, I know that's deep, but if you can just get the fact that there's nothing wrong with you, that you are on a journey of emotional expansion.

So what is emotional expansion? What does that look like? And this is so cool. Emotional expansion is like being in love. Emotional expansion is like when you go to a concert and you just have the best time and you're just like, oh my gosh, you're on cloud nine, you're having a great time. When you're having a seriously, seriously great time, you're not remembering that you're someone who struggles with their weight unless you see something and it takes you out of that feeling-good moment, and then you start getting in your head and making a story in your head. Then you actually drop down out of the emotional expansion.

But emotional expansion takes you to another level. Emotional expansion brings you happiness and joy and peace in your body and in your heart and in being who you are. And that's our journey, because the universe is constantly expanding. Take a look at us and our conscious self compared to the Neanderthals and the caveman. We're the emotional expansion of this lineage called being human. You're the emotional expansion of your parents and your grandparents and your great great-grandparents. You know, in the industrial revolution, women—I mean, we were just able to have jobs because of the war. But way back then, we weren't able to have jobs. We weren't able to be our own employer. You know, and we weren't even able to wear pants at a certain time in history.

So when you look back at where we have come from, it's an expansion of humanity. The feelings and the emotions of your life, of your body are the same way. They're emotionally expanding all the time, if you let them, if you follow the journey, if you take the journey.

If you don't take the journey, it looks hard. If you don't take the journey, you're depressed. If you don't take the journey, you're putting yourself down, you're not good enough, you're never enough, you never do anything right, you're constantly in misery, if you don't take the journey of emotional expansion. But it's time to take the journey of emotional expansion. Now, we're going to do it together in this video.

So that's the first thing I want to share with you is that there's nothing wrong with you.

The second thing I want to share with you about end dieting hell—and this is just—some of the stuff is in my book, and you can get this on Amazon, *End Dieting Hell*. Just put that in. *End Dieting Hell* on Amazon. You can get it right on Amazon or on Kindle. And I'd love for you to get that and comment. Oh, my gosh, that would mean so much to me.

But the second thing I want to share with you is that in order to end dieting hell, you have to line up your heart and your brain. They have to be on the same page. And if you're not living in a body that you love and you're not having peace in your heart, it's because your brain and your heart are not lined up. They're not on the same team. Usually they're against each other. The brain is thinking something and the heart is feeling another way and they're not lining up with each other.

And what that looks like is this. You think about your—you think you should exercise. 'I really should go exercise.' But really, deep down, you don't want to exercise. You're just like, 'Oh, you know, I'm really too busy.' And what that is, is that's your heart. Because the pleasure of not exercising is actually way bigger than the mind thinking 'I need to exercise'. There's no pleasure for the heart in exercising.

You see how they're totally opposites? You have to line them up. If you were to think, 'Oh, my gosh, I get to exercise today. I don't have to. I get to. I get to exercise today. And it's going to feel so good. And I loved having a toned, firm body and oh, my gosh, I'm going to look so awesome in that outfit what I'm going to wear on Saturday and I'm going to go do my arms. I'm going to get some big arms, and that's going to feel so good.' And that is lining up your heart and your brain.

But the addiction and emotional conditioned behavior is they're separated. They're not on the same page. You've got to get that heart and the brain on the same page. And how this is, is you actually play the game of I love whatever it is that your brain is saying you need to do.

So if your brain says, 'I need to go exercise' or 'I should go exercise', as soon as you hear that 'should', don't be shoulding on yourself. You 'should', then you know that your heart is not lined up with it.

One thing about the heart you've got to know—or a few things about the heart. First, the heart was the very first organ ever created in your body. It was the very first organ that was made when you were conceived. It is a hundred times more powerful than your brain electrically. Electrically, your heart is one hundred times more powerful than your brain. It's five thousand times more powerful magnetically than your brain or your mind—your brain.

Your heart is five thousand times more magnetic energy, more magnetic frequency than your brain. Isn't that awesome? Your heart—the energy, according to HeartMath, goes out twelve feet away from your body. Twelve feet away from your body. That's how magnetic your heart is.

This is why when you're in love with someone there's so much gravity pulling you toward that, because it's part of the frequency of your heart. And here's the other thing. Your heart absolutely needs to feel love and pleasure. It has to feel love and pleasure. If it doesn't, it will pull you toward things that are more pleasurable, no matter the circumstances, no matter what happens in the long run.

This is addiction. This is what I'm talking about. Emotional addiction. You're addicted to the foods you eat and the way you do your life, and it comes from the feeling that your heart needs to feel that pleasure. And you think—actually you don't think, you feel—you feel that the comfort food, that's comfort food. It's comforting your body and it's bringing pleasure. That comfort is bringing pleasure to your heart.

Do get why diets don't work? Because if you are going on a diet and you don't really like the diet and you don't—it's not making you feel good in your body and in your heart, you're going to sabotage yourself because that heart is way more powerful than your mind and your brain, over the top more powerful. So the things that feel pleasurable to you, even in the short term, are going to win out always.

So you've got to line up your brain and your heart. And that's the work that I do in the End Dieting Hell 90-day program. Also, one of my most favorite things of all in that program is that I actually bring people to the Big Island of Hawaii. I live in Hawaii, the Big Island, and I bring them to a 7-day Hawaii retreat and we go through all of the energy centers. And my most favorite one of all is to go through the heart chakra.

Every single day is a different energy center, and every single day we do a different experience on the big Island to open up that energy center, and on the fourth day is your heart energy center. And what do we do on that day? You guys get to experience a very private encounter with a bottlenose dolphin, and you get to touch the dolphin and swim at the dolphin and kiss it on its nose. And the reason why I do that on that particular day, when the heart—it's the heart opening of the heart chakra—is because when you're in the water with a bottlenose dolphin that is loving you up and you get to

be with that amazing animal, you forget who you are. You forget you're a woman who struggles with her weight. You forget that you're ashamed of yourself and that you feel bad about yourself and you put yourself down. You forget completely that. And the smile on your face is maybe bigger than you've ever experienced in your life or a really, really long time, because the women who have gone on the journey with me and had that experience light up. And that feeling of light, of opening, of joy, of happiness, opens the heart chakra, opens the heart energy center, which is the fourth energy center. That's why I do it, because you've got to get out of your head and feel that heart opening.

You bring that heart opening into your life, into exercising, you feel actually joyful that you get to exercise, it's going to be a completely different experience for you. Your life will not be the same. So that's why that heart chakra, that heart energy center, that fourth energy center is so important to start to open up. And there's a lot of emotional blocks from your past that keep it blocked.

So the third and final tip that I want to give you, and then I'm going to give you a little practice to do around this work, is to trust that trusting the universe, trusting yourself, trusting—it's not even yourself, because I know that—excuse me—I know you can't get there. I know you can't get there right now. Trusting in something greater than what you think. Trusting in something—an energy, a frequency, an intelligence—you can call it God—that's greater than your mind.

And this is really important because this energy that's around us, that's the empty space we think of as empty, which is intelligence, that's a part of our bodies, that's—the more you have a connection with that intelligence, the more that you will feel and be a happier, joyful person living in a body you love. You'll actually be able to improve and increase your intuition and you'll be guided to where you need to be that's going to bring you the most joy and happiness in your life.

How you increase your intuition—and your intuition—this is so cool—I love this work—so the intuition, which is your third eye, it's actually where your pineal gland is in the middle of your brain, is connected to source, it's connected to the intelligence that's all around you. And this is why it's like when you get that gut feeling, oh, I shouldn't do that or, oh, I should call that person. Where do you think that comes from? It actually comes from the field. It actually comes from a higher intelligence that's connecting with you all the time. It cannot not connect with you. It's a part of you and it's guiding you. And your job is to start to create a relationship with that higher intelligence and let yourself be pulled to a body that you love. Be pulled to a body that you love instead of pushed away from it because your heart and mind are not lined up and you're not connecting yourself or paying attention to the higher intelligence that's all around you.

So those are the three tips. Number one, there's nothing wrong with you. There's nothing to fix. You're exactly who you're supposed to be at this time in history, in the

body that you're in, for an emotional expansion journey. Number two, line up your heart and your brain. You've got to line up your heart and your brain otherwise they're going to be not on the same team and you'll never live in a body that you love and never have really fulfillment. When you're living from your heart, and your mind and your heart are connected, oh, my gosh, you have so much joy and things are working out for you. And it doesn't always work out that way. Like things aren't always smooth. But you're living in your heart. You're trusting—that's number three—you're trusting that things are working out. You're trusting you're on the right path. You're trusting your intuition. You're trusting that you can do this, that you can live in a body that you love.

Okay, friends, so let's do it. Let's get to work here.

So I want to take you through a little journey. It's an emotional expansion journey. And the first thing that we're going to do is we're going to find an emotion in your body—in fact, let's just go ahead and I'll just talk you through this. Find an emotion that you have every single day, something that you're stuck with, something that you're just like 'I feel frustrated I can't lose weight every single day. I feel ashamed of my body'—whatever it is—and then find where does it live in your body. It's usually your belly or your sacral chakra, which is below your belly. It's usually your gut.

So let me just give you the first three energy centers. The root chakra is about the root. The number one, where your pelvic floor is, the first energy center is about safety. The second one, where your ovaries are, or your gut, is about the feelings that you have about yourself. If you're not happy with yourself, that is going to be blocked. That area's going to be blocked. The solar plexus is about your relationship with other people. And the third energy center, where your belly is, that's your energy with other people. So if you're struggling with other people, or you're struggling in relationships, something about your solar plexus and your stomach has a block.

So those are the first three energy centers and those are really the first. They're really, really important. So I want you to find the feeling that you have most of the day—frustrated you can't lose weight, whatever it is—and find where does it live in your body. It can live in your heart, but it's usually in one of the lower three centers. Put your hands on it, and then I want you to not make it wrong. Don't make it wrong. Don't make a good, bad, right or wrong. Just let it be in your body.

And now put your hands there and breathe into it. Your breath is life. Like we can live like a month without food, a couple days without water, minutes without air. Your air's life.

So I want you to breathe into it like you're pushing, you're pushing into that area. So where does it live in your body? And I'm just going to say 'frustrated I can't lose weight'.

Where does it live? And I'm going to guess it's going to be either solar plexus or sacral, the second or third energy center.

So put your hands there and then breathe into it. Let that feeling be there. Don't make it wrong or try to fix it. Let it be there. Fully accept it. It's there in your body. Don't make it wrong. And breathe into it like you're trying to expand the feeling throughout the body. And if you really just practice that and let it be there and you breathe into it, what's going to happen, it's going to start to dissolve. That feeling's going to start to dissipate. And now you're going to have a little bit of space between your heart and your mind because your heart and your mind when you're in that feeling, in that feeling of 'frustrated I can't lose weight', the heart and mind are total opposites. They're not lined up. But when you breathe into the area that you really feel the highest frequency of that feeling, the heart and mind start to start to look at each other. They start to go, oh, okay, okay, maybe we can be friends, and they start to start to notice each other and start to maybe play a little bit on the same field, because it's like, okay, I'm full. My heart goes, I'm fully accepting you. My brain goes, okay, it's okay that that feeling's there.

It's not making it right or wrong or good or bad. Now you can even talk to the feeling and go, 'What age are you?' And this part is in my book. So age, emotional age of your body is in my book. So *End Dieting Hell* on Amazon, you can get that. And if you do, please comment because I'd love to hear.

So what age are you? What age is the emotion? And a lot of times my clients go, 'Michelle, I'm the age that—my age, right?' No, it's not your age. It is, but it's not. It didn't start from your age. It started way back whenever it started. Like when was the first time you felt that? That was the root and the birth of that emotional frequency.

Now, what was happening in that moment, in that time, at that age? And here's the kicker. Don't make the event or the experience that created that event that—sorry—don't make the experience that created the emotion right, wrong, good, or bad, no matter how horrible it was. It's big. Don't make the situation or the experience right, wrong, good, or bad.

Notice it as an experience. It was just an experience you had. It may have sucked really, really bad and you wouldn't wish on your worst enemy, but it was experience you had. Can you look at it as just an experience that this human body called yourself went through that then created an emotional conditioned pattern that you've been living in ever since?

And then here's the other thing. What if that experience was supposed to happen so that you could have an emotional expansion through that event, through that experience? Because of that experience, your emotions would expand toward

forgiveness, toward love, toward peace, toward letting go of right or wrong, good or bad, and just being in the world.

And that's a big kind of chunk to chew sometimes, because I know there's definitely horrible things that have happened to many people, maybe even you. And I'm sorry if anything like that did happen. And the way to be free of it is to stop making it right, wrong, good, or bad. Make it an experience that you had that is moving you toward emotional expansion. Because you wouldn't be who you are today without that experience and you have helped probably people through an experience similar to it, or maybe you will. But that's the key right there. Trusting—so that lines up all three things. Not making yourself wrong. Lining up your heart and your brain. By breathing into the feeling not making it wrong, and then trusting in something greater than you, that maybe that was the way my life was supposed to go so that I could have an emotional expansion journey/experience toward love. Because that event/situation is not happening anymore to you. So keeping it in your body and living from it that's not emotional expansion. But actually letting it be in your body—because it is—it's not going anywhere—let it be there. Don't make it right, wrong, good, or bad. It's there. Let it be. And then feeling into your heart and trusting that everything in your life is okay and that you are totally taken care of.

Woo! It's a lot. It's way deeper than diet and exercise and weight-loss program. This is the work that I do and it takes women on a completely different level than they've ever been on. And they leave my programs feeling good about themselves, knowing they can live in a body they love, being at peace. Being at peace in your body, that's the number one theme of the women I work with. Being at peace in your body.

So this is the stuff I love, love, love so much. Aloha to you. And I know that you can live in a body that you love. You deserve it. It's time.

- End of Transcript -