

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



'The Seat Of The Soul' by Gary Zukav

"You may seek companionship and warmth, for example, but if your unconscious intention is to keep people at a distance, the experiences of separation and pain will surface again and again until you come to understand that you, yourself, are creating them. Eventually, you will choose to create harmony and love. You will choose to draw to you the highest frequency currents that each situation has to offer. Eventually, you will come to understanding that love heals everything, and love is all there is. The journey may take many lifetimes, but you will complete it. It is impossible not to complete it. It is not a question of if but of when. Every situation that you create serves this purpose. Every experience that you encounter serves this purpose."

"If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts that you can give."

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A lush green forest with a dirt path leading through tall trees and ferns. The scene is bathed in a soft, golden light, creating a serene and peaceful atmosphere. The path is made of brown earth and leads into the distance, flanked by vibrant green ferns and tall, slender trees. The overall mood is one of tranquility and natural beauty.

The universe supports the reality of your beliefs absolutely.

When you believe you must struggle for abundance, then it will bring about situations that are conducive to struggle; when you believe you cannot experience love without pain, the universe will give you exactly that - love with pain; when you believe it takes time for an illness to heal - then so it will. There is not a single force opposing you, there is only ONE force supporting you absolutely. It is called LOVE, the force that birthed you, that created you in its own image. This love is so magnanimous it will give you exactly and absolutely whatever it is that your reality entails.

Change your beliefs and you change your reality.