

# Feng Shui

## Weight (Loss) Release

By: Serafina Krupp

*What are you holding on to that you need to release?*

*Do you look in the mirror and love what you see?*

*Have you been focusing all your energies on what you don't want instead of what you want?*

In Feng Shui if you truly want to be healthy, thin, and fit you need to start to think and speak differently. You need to start using different words. When you say you want to lose weight, on a conscious level, you think you are going to lose something and you consciously want to gain it back. When you are in your perfect body there is no loss; there is nothing to regain. You want to RELEASE that which no longer serves you. If you change your thoughts and words you can focus on attracting what you really want.

In Feng Shui the inner environment for making the changes we desire, like being in our perfect body, is our subconscious. It is the place where we create and manifest. Our thoughts and words go right into the sub-conscious. The sub-conscious always hears what we are saying and thinking. The subconscious is the pure White Luminescence of that greatness that is you. This is the place of creation of all that you desire. The subconscious does not know the difference between reality and what is made up, so it always reaches its goal. Because it hears what you say, you need to start being more conscious of your words. When I hear someone say "whatever I eat puts pounds on me" I cringe. The subconscious hears it, takes it in, and says OK I'll do that for you. For this reason it is important not to focus on what repulses you but to focus on what is for your highest good to manifest. Where you put your energies is what you manifest. Where energy flows manifestation goes ...

In Feng Shui how you feel on the inside reflects on the outside. I tell my students to fake it until they make it. It will feel uncomfortable at first but allow yourself to start feeling and seeing yourself differently. Look in the mirror and look into your eyes, which are the windows of your soul, and say an affirmation of being in your perfect body ten times every day for two weeks and you will have the changes you want. An example of an affirmation would be "I am in my perfect body. I release the weight easily, effortlessly, and joyfully." Make the affirmation something you can really start to feel. For this to work you have to first have a strong desire, second you have to believe, and third you have to let go and allow it to happen. Be patient with yourself. I know this works because between the ages of 20 to 35 I had always suffered with my weight. I made a collage for myself of thin people that looked like me. I put it in the upper right corner of the mirror. Every day for weeks I would glance at it and then I would look in the mirror and say my affirmations. Well my metabolism changed for the better. I went to my thyroid doctor and he said I needed less thyroid because my metabolism changed. I still take thyroid pills but I have never gained the weight back and it has been 25 years. This happened because I was using my subconscious and I was creating a new reality. That new reality has blessed me ever since. I am thin and happy.

In Feng Shui for staying healthy you also need to take a good look at the environment you are living in. Are you bringing in cookies, candy, chips, and junk food into your home? Are you sabotaging your goodness? The food you have in your home is what you eat. Bring in fruit, vegetables, grains, fats, and protein. Discover the foods that are good for you find out your blood type. Keep your refrigerator clean and de-cluttered. Keep your kitchen clean and de-cluttered. Bring in some fresh herbs like chocolate mint, lemon verbena, and peppermint. Bring in some fresh fruits like sweet strawberries, luscious oranges, and crisp yummy apples. Start to experience the sweetness in life and you will eat fewer sweets. Turn on the music in your home and dance. If this feels uncomfortable, do it anyway and break the mold that you have placed yourself in. Break the thought patterns that you are heavy, release this and set yourself free.

In Feng Shui you and your health are the center that impacts all the other areas of your life. Your health and vitality are crucial for you in achieving your fullest potential. If your health suffers, every part of your life suffers. Start having compassion and love for yourself. Focus on the good stuff and have appreciation and gratitude for being in this body that contains your spirit and transports you on this life journey. May you get into the flow of conscious health which seeks to exalt!

Love, Serafina  
Serafina Krupp  
Serafina's Enlightenment Journeys  
[www.serafinaonline.com](http://www.serafinaonline.com)