



I. Why I wrote *Love Your Body, Love Your Life*

II. What does it mean to Love Your Body and Love Your Life?

III. Why struggling with food and/or with your body can be the greatest gift.

1. How to transform your struggle into an opportunity

2. Recognize that every challenge is calling you home.

IV. Implementing the 5-steps: "Doing *Without* Doing"

A. Set an Intention

1. The power of Intention – how to create intentions with maximal organizing power

2. Tendencies to be aware of

3. Letting the universe unfold in its timeframe – the balance between personal intention and universal unfolding.

B. Identify and Detach from Negative Thoughts

1. Growing awareness: how much control do your thoughts have over you?

2. None of your thoughts are you own.
 - a. Finding freedom from the voices inside your head.

- b. Understanding your “thought-influencers”: family, friends, teachers, culture.

- c. Breaking Free through the process of externalization, detachment, and dis-identification.

- d. Work the exercises and let the exercises work for you. What works will depend on where you are at and how much hold your thoughts, beliefs, and feelings have over your behavior and your life.

- e. Healing the mind from stepping beyond the mind

C. Discover Who Your Really Are

- 1. Who are you really?

- 2. Reality is never your idea about it, although ideas can help to point you in the direction.

- 3. Who you think you are is a super-imposition on the reality that you are in fact.
 - a. Accessing deeper levels of awareness.

4. Why knowing who you are changes everything.

a. Quote from Maharaj

“There is nothing wrong with you as the self. It is what it is to perfection. It is the mirror that is not clear and true and, therefore, gives you false images. You need not correct yourself – only set right your idea of yourself...”

- *Sri Nisargadatta Maharaj*

5. The key to all healing

D. Befriend Your Body

1. Your body is truly your best friend.

2. Change your eyes first – learn to see what is really going on.

3. Forming a collaborative relationship – possibly the most important exercise in the book.

a. Unleashing your body's healing power – become an advocate.

- b. Loving your body *no matter what*.

E. Live Your Purpose

1. What does it mean to live your purpose?
 - a. Depends on your state of awareness
 - b. Ultimately purpose is not something you do, it is who you are
 - c. The true purpose of your existence
 - d. Allowing purpose to unfold through you

F. You Were Born Beautiful: Upcoming January Course

Exploring the possibilities

To learn more, visit: <http://www.breakfreebeauty.com/beautiful>

G. Q&A

Get your specific questions answered - How to make it applicable in your life.

"The unlimited is already perfect. You are perfect, only you don't know it. Learn to know yourself and you will discover wonders. All you need is already within you; only you must approach yourself with reverence and love. Self-condemnation and self-distrust are grievous errors. Your constant flight from pain and search for pleasure is a sign of the love you bear yourself; all I plead with you is this: make love of yourself perfect. Deny yourself nothing - give yourself infinity and eternity and discover that you do not need them; you are beyond.

—Sri Nisargadatta Maharaj

***You are love yearning for the perfectly lovable,
and you, yourself, are the perfectly lovable
that you long to experience.***

