

AWARENESS TRAINING:

ARE YOU PLANTING SEEDS OR ENDLESSLY FIGHTING WEEDS?

Self-awareness training is key because if you don't **know** yourself, you can't **grow** yourself and you can't **glow** from within yourself. Most people keep struggling with *outside-in solutions*, when what they really need most is greater awareness training.

If you constantly fill your mind with the mental weeds of 'not-good-enough,' you will never grow a flowerbed of 'now-I-finally-get-it.'

You can only grow yourself if you create a mental and emotional environment conducive to that growth, or if you join an environment that focuses on that growth. Only awareness training can enhance positive character growth and only character growth can nurture the heights of your personal growth.

Do you continue to try to “follow diets” and “lose weight”? Are you constantly measuring yourself? Do you find that these are conducive to real, personal growth?

So: is it any wonder then that these attempts to “better yourself” via this or that diet inevitably collapse, so that you end up right back where you started? Usually this creates a cycle, so after you're back at square one, you judge yourself and shame yourself for not measuring up or for failing something that was actually doomed to fail to begin with.

Consider this: you did not fail the diet; the diet failed you.

The very *idea* of dieting is what failed you.

If the approach is “outside-in,” then any attempts at “betterness” lead to growing weeds of “bitterness.”

The diet industry offers you a subtle bait-and-switch. It tells you that if you focus on external appearance goals you will feel better about yourself internally. The industry is lying. Does this ever work out for you, for very long? You are continuing to plant weeds, and wondering why you don't get flowers. The focus is on the wrong things.

You need to grow your awareness first.

But real personal growth doesn't just happen. It comes from paying attention and laying the foundation. If you focus only on the immediate goals of appearance, you may even hit those goals, but can you **sustain** them? And does the process of attaining these goals have you feeling better about yourself all along the way? If not, then you are growing weeds, not planting seeds.

Focus first and foremost on your **own intimate, inner awareness**.

When you do this, hitting your “goals” becomes something else entirely. You become self-connected and self-expressive in a way that empowers you!

By building a foundation in real and authentic awareness you will understand the difference between planting intelligent seeds of awareness versus fighting a never-ending battle against the ever-growing weeds of self-judgment and self-measurement, and all the emotional pressure that comes with these things.

The latter option, with all of that internal struggle, isn't personal growth. It's self-destruction.

So, are you ready to engage in **real awareness training**? Are you ready to change your mind so that you can finally let go of endlessly trying to change your body?

It takes work.

It takes time.

It is not always linear, and it's *rarely* easy.

But the end result is a sense of self-connection and personal empowerment that goes beyond any individual “diet goal” that anyone has **ever** had!