

Chapter 7

THOUGHTS ARE THINGS

*“And the universe is just a big Xerox machine.
It simply produces multiple copies of your thoughts.”*

– Neale Donald Walsch



Yes, indeed, thoughts are things! According to the Law of Attraction, you are a magnet constantly attracting into your life whatever you think about – *whether you want it or not*. Your thoughts and beliefs determine whether the food you eat adds pounds or subtracts them. Therefore, **if you continue to THINK of yourself as overweight, you will continue to BE overweight** even if you work out at the gym every day and eat like a bird. As

you deliberately direct your thoughts toward being thin and sleek, you create a thin and sleek body. **To BE thin, THINK thin.**

“Change your thoughts and you change your world.”

– Norman Vincent Peale

“I’m a chef and I love to cook and I love to eat. My sister is as skinny as a stick and she always says, ‘I can’t gain weight.’ She takes supplements to gain weight and eats cheesecake for breakfast, but can’t gain weight. Aha! I thought of the overweight people I know who make these kinds of statements: ‘I look at food and I gain weight. I just smell food and I gain weight.’ Many of these overweight people claim to hardly eat anything and I believe them. It became so clear to me that it’s our thoughts that are keeping us skinny or making us heavy – not the food. You can have it all. You don’t have to compromise. You don’t have to give up your favorite foods to have your ideal body. You can have it all. You don’t have to change what you eat. Just change what you think.” – Deanna

“Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life.”

– James Allen

Thoughts are the building blocks of our lives. Thoughts transmute themselves into their physical equivalent. It is estimated that we think 50,000 thoughts per day. That's about one thought per waking second. Since you become what you think about, rather than giving up your favorite foods, how about giving up your heavy, negative thoughts!

“As a nutritionist, I know the acid-alkaline balance story. I know about the equilibrium that keeps the pH level of our blood and body fluids in balance. I know that acidic foods bind to fat to balance pH. I know that when we're acidic, the body attempts to neutralize the acidity by holding on to fat. Then I realized that negative thoughts – like worry, guilt, and fear – create acid in the body. I realized it's toxic thoughts that cause toxicity and acidity and weight gain – not food. When I released my habit of dwelling on toxic, anxious thoughts, I naturally desired fresh healthy foods and lost 12 pounds almost overnight.” – Lila

A slender body is not just for the lucky few. Everything physical started as non-physical. Everything physical was created in the non-physical workshop called the mind. You can think your way to whatever you desire. You can use your thoughts to design and create the body you've always wanted. **You can literally THINK yourself thin!!!**

**Your thoughts created the body you now have.
Your thoughts can create the body you would like to have.**