

# FEASTING ON MAGIC ONE PAGE CHEAT SHEET

**Strand 1: NO RESTRICTION, NO RULES, NO DIETS:** We have been listening to external advice for so long, have developed 'learned helplessness' around food. Because diets work by means of rules and restriction, they cannot work. Diets suppress our own intuition, stop us getting full body and soul satisfaction from our food, leading us to overeat. To make lifelong changes we must 1) get full satisfaction from food, and 2) learn to consult our intuition. To achieve this, there should be no restrictions on our food either in terms of type or quantity.

**MAGIC STEP:** Eat *whatever* you want

**MAGIC STEP:** Eat *as much* as you want.

And just to ensure we don't overeat, we must combine the advice of this strand with the rest of the plan.

**Strand 2: BEHAVIOURAL TRICKS:** If we don't get full satisfaction from a meal, we will tend to overeat. We can get full satisfaction out of every meal by making a few simple behavioural changes.

**MAGIC STEP:** Pay more attention to the experience of eating. Eat at a table, serve yourself from dishes, put your cutlery down between bites and eat slowly. You will get more satisfaction from your experience and will naturally eat less without restriction.

**MAGIC STEP:** Allow yourself to waste food. If food is not fully enjoyed, it is wasted whether you eat it or not. By allowing yourself to waste food now, you will save yourself wasting tons in future.

**Strand 3: CHANGE UNWANTED BELIEFS:** When we negatively judge ourselves, our food and our bodies, this leads to guilt and body shame. This blocks our intuition and mars the experience of eating with guilt and shame. Without full satisfaction we overeat again. Given the power of placebo, it must be the case that the beliefs we have affect the shape and size of those bodies and even the nutritional effect of our food. There are three ways we can very effectively change these beliefs.

**MAGIC STEP:** Tell the new story that you would like to be true about your body, you weight and your food.

**MAGIC STEP:** Stop complaining about your body, your weight and your food.

**MAGIC STEP:** Love your body. by standing naked in front of a mirror and feeling gratitude for the body you have.

**Remember** that the only way to get the body you want is to be fully accepting of the one you have now.

**Strand 4: FINDING INTUITION:** Overeating is simply one version of the universal search for happiness. We never really find that happiness in food because that's not where happiness comes from. Happiness actually comes from within us. It is simply the feeling that remains when the wanting *stops*. This means what we crave is actually the end of craving.

**MAGIC STEP:** Use the Hero's Process to feel deeply into and through any very uncomfortable feelings.

**MAGIC STEP:** Use the Hero's Process on a strong urge or craving to eat. By feeling deeply into the craving for food, without submitting to it, we find a pure, obvious wanting to eat, or not eat. This is the seat of intuition about food. This is what I call 'pure wanting'.

**MAGIC STEP:** Use the Mini Process part way through a meal to check if you've had enough.

**IMPORTANT:** We don't use the process to restrict our eating; we use it to discover whether we want to eat at all.

**Strand 5: DISCOVER YOUR INNER NUTRITION EXPERT:** A human being must be capable of making nutritionally correct food choices. Somewhere deep inside is the ability to choose food that is right for our bodies AND our souls.

**MAGIC STEP:** Experiment with lots of new foods and unfamiliar foods, AND by pay attention to the way a food makes you feel, during and after eating it. You will discover just what food is perfectly right for you.

**Strand 6 – LET EVERYTHING BE OKAY:** If you can let everything be okay, mistakes can offer valuable learning opportunities.

**MAGIC STEP:** Allow yourself to make mistakes.

**MAGIC STEP:** Give yourself permission to put on a little weight in the early days. Better to instil good habits for a lifetime, than be put off by an insignificant short-term weight gain. To help with this, I recommend you do not weigh yourself for at least 60 days.

**Strand 7 – THE COMMITMENT TO HEROISM:** This plan only works if you do it! This will require effort in the beginning and there will be a temptation to give up. Remember, small steps outside your comfort zone create *huge* transformation.

**If you would like faster weight loss, add in some intermittent fasting.**

**THAT'S IT! NOW, SET FORTH, AND BECOME THE HERO OF YOUR OWN LIFE!**