

I am Ingrid DeHart from Eat Well Enjoy Life. My intention as a nutrition coach is to help people transform their relationship with food and their body so they are able to maintain a natural weight and live happy healthy lives. Today I want to talk about feeling beautiful.

How beautiful do you feel? I am not talking about feeling beautiful or pleasing to others but to your self.

**Salma Hayek says...**

**People often say that beauty is in the eye of the beholder, and I say that the most liberating thing about beauty is realizing you are the beholder.**

Unfortunately many of us have trouble feeling beautiful. We often criticize ourselves, feeling our stomach is too fat or perhaps we don't like our hips or thighs.

**This is something I have been struggling with my whole life.** I look at pictures from the past, I remember I did not feel beautiful at that time now I look at those pictures and see how beautiful I looked. It is sad that I didn't feel that way then. When I learned tapping I discovered I didn't have to walk around feeling unattractive any more. I changed the way I feel about the way I look. I am not saying I never struggle at all, but now I have a tool to quickly shift my energy into something more positive before I make choices that hijack my health.

**Feeling beautiful has less to do with your appearance than your beliefs.**

I am sure you have met women are not considered attractive by traditional standards but they look amazing. They feel beautiful and sexy inside and that radiates out

**Do you know the thoughts and feelings you have about your body affect your cells and how they behave.**

The biologist Bruce Lipton says "the cells in your body react to everything that your mind says." Your cells are listening to everything you say to yourself. Do you think your body would love if you walked around feeling it is beautiful? Wouldn't you love to feel beautiful?

Now you may say I can't feel beautiful until I lose a certain amount of weight or I can't feel beautiful because I am too old and I have wrinkles. With tapping you can shift those belief.

The truth is you can feel beautiful just the way you are. You deserve to feel beautiful just the way you are.

**Feeling beautiful tells your body you love and adore it. In actually boosts your immune system. I know from experience when you shift into feeling more beautiful you want to eat better and take better care of yourself.**

Today I want to show you a tapping process I use myself and with clients to open up to feeling beautiful right in this moment.

Lets begin, If possible, stand in front of the mirror in your underwear and look at yourself or you can imagine yourself standing there. Yes there you are. Now say out loud "I am beautiful"

Rate how true that feels from 0-10 ( 0 is I don't believe it at all and 10 is completely true)  
I am beautiful. Write that number down \_\_\_\_\_

Are you 10, 3 or a 5 Why? What don't you like? What is the feeling. Do you feel embarrassed? Do you judge certain parts unacceptable, do you feel disappointed, or angry? What would you say about your body if you were being really mean and judgmental. Really let yourself hear how painful it is to listen to that voice.

Now with tapping we like to start on the negative to give it a voice. These negative feelings are there we may as well acknowledge them. When we voice our negative feelings while tapping it doesn't anchor them in instead it allows them to be heard and transformed. It is one of the most powerful things you can do for your health.

We'll start on the karate chop point and just repeat after me.  
I will use general language but you can put in your own words if you like.

### **Starting on the Karate Chop**

Even though it I don't like what I see in the mirror, that makes me sad, I think my body looks terrible I deeply and completely accept myself.  
Even though I don't know how to feel beautiful when my body it isn't the way I want it to be I accept who I am and all my feelings about this  
Even though I would love to feel beautify and sexy, but there is no way I deserve to feel that, when I look in the mirror, I feel sad, disappointed and ashamed I accept myself anyway even with this harsh judgment.

### **Tapping through the points**

I can't accept my body when it looks like this  
How am I supposed to love the way I look when I don't  
I feel embarrassed  
My body should be different

I can't feel good about my body until I change it  
I look at myself and I don't like what I see  
All I see are the things I don't like  
That makes me feel angry and sad

All of this frustration  
All of this disappointment  
I judge myself unattractive  
And everyone else must judge me too  
I just keep judging myself  
I refuse to feel beautiful  
I refuse to give myself that gift  
Maybe I am afraid to feel beautiful

Maybe it doesn't feel safe to walk around feeling beautiful  
I wonder where I learned I shouldn't feel beautiful?  
Maybe it's just an old voice, a younger part of me  
I have been hearing for so long  
That just wants to be loved and accepted  
A little girl inside me that feels unattractive and wants to be love  
I choose to love the one who feels unattractive.

### **Deep Breath**

Again, imagine looking in the mirror. Say out loud "I am beautiful" Rate how true that feels now from 0-10

If it is at least a 5 go onto the positive rounds below, if it is still pretty low repeat the script above.

### **Back to the Karate Chop**

Even though I am feeling better I am still judging myself, I am just going to honor how hard I am on myself  
Even though I feel more attractive part of me is still focusing on my flaws, I choose to let that go and notice my beautiful parts  
Even though I know it is possible to feel beautiful, part of me is afraid  
I honor all of my feeling about this and love and accept myself with compassion

### **Tapping through the points...**

I am open to healing some of this today  
Maybe I can accept my body just the way it is  
Maybe I can be kinder to myself  
Maybe I can forgive my body for not being the way I want  
I give myself the tiny gift of forgiveness

I forgive other people all the time  
I am open to feeling beautiful just the way I am  
I give myself the gift of loving the way I look

I am creating a new way of seeing my body  
One that allows me to see my beauty  
I love and accept my body just the way it is  
I choose to notice my beauty  
Letting go of judging myself  
Letting go of telling myself my I am not attractive  
Letting go of feeling discouraged and frustrated with my body

**(take a deep breath) keep tapping through the points**

There I am feeling really beautiful  
Alive and vibrant  
I feel awesome  
Beautiful and sexy  
When I feel like this my body is full of energy  
I am going to let myself feel beautiful  
Really owning my beauty  
Really feeling fabulous  
I am vibrant and alive  
This feels really good

**DEEP BREATH**

Again look at yourself in the mirror and say out loud "I am beautiful"  
Rate how true that feels now from 0-10 (0 is I don't believe it at all and 10 is completely true).

Your number should be much higher but even a shift of a few points will make a difference. You will feel stronger and more alive.  
You will make different decisions about your food.  
This is the beauty of tapping we can shift our perception. When we do, we send more affirming messages to all the cells in our body.  
The chemistry of our body actually changes.

Repeat this tapping process to quiet down that judgmental voice.  
Put in the exact words you say to yourself and have fun with it. This is just something you learned, you can tap on it, release it and notice how much better you feel.