



Eating with Grace™

making peace with food, weight & body image issues

JULY 2009 NEWSLETTER

Remember, your body hears everything you think.

from www.bodypositive.com

Eating with Grace Fall SCHEDULE

MONTPELIER ONGOING
GROUP STARTS:
AUGUST 2009

BURLINGTON BASIC
GROUPS START:
SEPTEMBER 2009

**Now OFFERING
WEB-BASED SERVICES:**

- consultations
- email support
- telephone/Skype support
- coaching
- referrals



MAY YOU BE HAPPY
MAY YOU BE PEACEFUL
MAY YOU HAVE SAFETY
MAY YOU HAVE EASE

Be a fly on the wall in the gym, the grocery line, the dressing room, the classroom, the office, and you hear it, whispered or shouted: endless critiques of body size, weight, shape, clothes, attractiveness, obesity, fat. *The Don't Diet Live-It Workbook*, which we use in **Eating with Grace**, calls it "Fat Chat." It's kind of like cows chewing their cud: a way of digesting imperfectability. You'd think after the invention of moon rockets and space shuttles and invitro fertilization and hip replacements and the World Wide Web and Google, we'd be able to perfect the body.

What's wrong with this picture? The amount of suffering it causes, for one thing. New parents rarely shower their precious newborns with "You are like, so fat, Dude" or "God, look at her thighs." We'd call that emotional abuse. And yet we've learned to talk to ourselves and our bodies that way. In fact, if you were sitting in a cafe and heard one woman talking to another the way you talk to yourself about your looks and your body, and your worth as a person, could you stand sitting there?

We can't stand it that we can't control the body -- that's a leftover from being really little and bossed around by bigger people, dependent on them -- not fun to be helpless and dependent and not in control of pooping and feeding yourself, and not able to make arms and legs and hands do what you want. Mastery is great, kids grow into it, adults love it. But perfection, invulnerability: it's the stuff great comic books are made of. And it's what drives disordered eating and body image abuse.

Body image abuse -- that's what Fat Chat really is. When you are mean to your body, criticize its weakness or flaws, compare it with somebody else's body, or airbrushed media images (see www.campaignforrealbeauty.com/home_films_evolution_v2.swf), starve it, push it past its limit, weigh it every day -- the list goes on and on -- is this not abuse? If you talked to or treated a child the way you talk to yourself about your body, treat your body...? And when your first thought about someone is a critique of her hips or her appetite, is this the world you want girls to grow up in?

We all just want to be happy with ourselves and to feel we're loved and belong. It's basic. Dogs and cats seem to come by it naturally. Humans have to create it. We may not be responsible for the first thought that comes to our minds -- lots of conditioning gives birth to Fat Chat, everything we read and listen to is riddled with it. But we ARE responsible for the second thought -- that is, we can wake up and change. We can notice what kind of reality we're creating by continuing the abuse. We can remember that newborn, and realize, she's us. We're precious and beautiful, we're children of the universe, no less than the trees and the stars... Bless this beautiful child. Bless her. She's yours.