



get

your
Essence
back

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PREFACE

Why do you want your skinny back? To feel better? To look better? To fit into that perfect size 6 dress that's been in the back of your closet for years or is your real reason to get back to the essence of that strong, sassy, powerful, creative woman who used to wear that dress? This book is a time-tested method of how to get back in touch with your "skinny" or the genuine YOU. How to feel good about YOU in a real, sustained way. This is not another diet plan. This is a life plan. If you are really serious about getting YOU back, then proceed. This is not for the weak of heart or those who want a quick fix that vanishes just as quickly. Are you ready to do what it takes and have fun doing it? Then come on and let's make your life delicious even in the most daunting times.

This is an extended program and as such, it is most effective when done as prescribed. Each chapter is meant to be at least a one-week session. The seven-day factor has great meaning. The 7 number is a recurring cycle. 7 years is when you really start school, there are 7 days to a week, "the itch" happens in the 7th year of marriage, and 7 is a complete cycle of consciousness. Feel free to double this and make it two weeks; this will give you 140 days. For this to be the most effective, you will need to dedicate at least 1 week to each chapter. Repeating each chapter is not only allowed but also encouraged. Make this material yours.

Dedication to this book is the root of creating the patterns you want to support the real you who is a skinny and an amazingly wise woman. Don't worry if you don't feel this way now. You have said yes to a journey, now enjoy it. Become the observer, the doer, and the receiver. Enjoy all the roles.

This process is not about being hard. This is about bringing your innate joy back by relearning how to give her space to expand your grace. Please have a blast even when it seems hard. Life is too short for torture.

Enjoy! Connect to you and with me. Enjoy the total journey.

*Blessings
Gurutej*

1. Do Want Your Skinny Back?

Do you want your skinny back? Do you want your power back? Do you want your intuition back? Do you want *you* back? The pain of not having ourselves in a real, empowering way is the most painful thing in our lives. I want you to have *you* back. The real empowered skinny you. Do you want that? Then this program is for you. Cashing in pain for power.

You are not alone. Many of us want our skinny back. Fat just seems to creep on your body in your least favorite spot. Is there a favorite spot? Let's be truthful, have you ever said, "My fat landed just where I was hoping it would. That is my favorite fat spot." Didn't think so.

Let's uncreep the fat. Let's get that fat to crawl away in shame. We are funny. We hate receding hairlines but love receding waistlines.

Before you go on this adventure to get your skinny back, you need some fortifications to take with you. No, not food, these are good for you and have zero calories.

What is the first component? You must say "yes" and you must have an accountability person.

This person must be:

- Someone who cares about you and gets you.
- They must not bend to your diatribes, your moods, or any other such assaults.
- They must have a sense of humor so they can cajole or tease you as needed.

Choose this person with great thought and intuition. You will need this person to commit to being "Your Person" for – are you ready for this – 140 days. That is over four months. That is how long it takes to break, start, and create a new habit. So, yes, you need the person for that long. They can still do their day job – at least part-time. Just kidding. You are not their project; you are their inspiration.

The other gear you need to pack is your courage. You will need to go grab it from whatever corner it is hiding in and jump into it. Really, you are going to inspire and give hope to many, so see if you can sit with yourself and get ready for this journey as if you are going overseas. You will be.

Do This For Releasing Fear:

Put on some Mozart or chanting music and then inhale in a whistle and exhale in a whistle. If you can't whistle, get lessons but for now make an "O" out of your mouth and inhale slowly through the "O" and exhale slowly the same way. It will calm the nerves.

Try This Meditation When You Don't Know What To Do:

It is very easy and very complicated.

Sit in an easy sitting pose or with your spine straight on a chair.

Next, rest both hands palms up in your lap, let the right hand hold the left with fingers pointing away from the body at angles, the right thumb crosses over the left thumb.

Breath: Inhale slowly through the mouth and exhale slowly through the mouth.

Inhale nose and exhale nose.

Inhale mouth and exhale nose.

Inhale nose and exhale mouth then repeat for a minimum of 3 minutes, 11 minutes is optimum.

Then contact me and let me know who your person is and what you have done with this meditation.

We are getting prepared for this journey. Are you coming?

Commitments:

- 1) Write out your commitments for this week.
 - a) Who is your person? Make a list of possibilities and then start asking from the top of your list first. The number one being the one who you would most like to have as "your person."
- 2) List the things expected and unexpected (have fun with this) that could get in the way of this journey.
 - a) _____

- b) _____
- c) _____
- d) _____
- e) _____

You many have a lot more so make the space to write them all down. Now look at them and laugh and say 3 times, “You will not deter me now or ever.”

3) **I am committing to this meditation today and every day for the next 140 days and longer if needed so that my path may be cleared for me to be the “skinny” me.** You need to write this out at least 26 times with great relish and joy. This is not punishment; this is joy writing. If this was a punishment for you at some time in your life, great! Make it mean what you want it to mean now. A joy @##% ride. Laugh, cry, write in with crayons, or chalk. Write it on your mirror with lipstick. Write it 108 times because you are having so much fun writing it. Think of how you want what this meditation can deliver even if the results remain unknown until the end, you will get great surprises along the way. Embrace it!

2. Commit To Your Person

I am assuming that you have “your person” by today and are ready to proceed. What do you need to do with “your person?” You need to make the commitment to them that you will follow this program for the total 120 days and explain that you want them to hold you to this, no matter how you squirm and squeal.

The meditations I gave in Session 1 are to be done as follows – (you are following me, right?):

1. The “*When You Don’t Know What To Do*” meditation should be done every morning or every night – pick a time and then complete it at that time. Don’t bounce back-and-forth like a ping-pong ball. That bouncing is your brain trying to get out from under perceived restrictions. The great news is that it’s not a restriction – it is an amazing commitment that you have made to the “skinny you,” the bright you, the energetic you.

2. The other meditation, **the whistle or “O” breath**, is to be done during the day when you are feeling challenged, unsure, anxious, or fearful – whatever word you choose to apply to those !@#\$\$%^ moments. It brings your heart back into the picture so that you can make better, more whole decisions.

Are we straight on this? Are you doing it? Stay connected with me and get ready for Step 2 – What do you really want from this course?

Please write yes – in ink your favorite delicious color of ink. Deeply ask yourself what you want to attain in this course of action? If there is no goal, there is nothing to guide you. Then it’s easy to make excuses and flee the scene. We are like hit-and-run drivers. We hit a bump and we want to run back into the safety of our old habits. One of my clients used to say, “Be it ever so shitty, there is no place like home.” Have you ever felt that? We long for security. Yet we are at our best when challenged to become who we really are.

I am going to give you a couple of ideas and please only use them if they fit you. They are meant to get your process going.

MY *Skinny* GOALS:

Better health?

Great looking body?

Great feeling body?

Less psychic baggage?

Identifying your longing and utilizing it to support your total self?

Please write for 11 minutes or longer on what you want. Let it come out, come through you. Use the 11 minutes (11 is a master number – finite and infinite together a working for the good of all – called the Guru number) to go deeper than the first thought. What is under that thought and the next one? Dive in feet first and become an adventurer in your own desire pool.

Next step: Prioritize your desires/goals. Come out with the #1 winner. Choose the one that holds the most energy of your intentions and hopes. Don't combine two or three of them to do this. Just one, keep it clear and keep it simple. Now write this on a colored index card. Choose a color that you love to look at.

1. Keep the card displayed on your desk
2. Make a second card for your altar (if you don't have an altar, create one, it alters your consciousness).
3. Make a third card for another area of your choice. Place it where you will see it frequently during the day. (No, not the office bathroom mirror!)

Make this goal “you.”

Keep the goal in your consciousness all day. Say it to yourself often. See your intention accomplished. Make this the last thing you do at night. Sleep wrapped in the knowledge and feeling that you have already accomplished your goal. You have, we are just bringing it out. Let your entire body become impregnated with this thought. It is your thought – live it, love it, embrace it freely and joyously. Think of it and smile at it, into it. Delight in the reality of it.

I once heard Marianne Williamson say that she had wanted and tried to lose weight for ages. It was when she just stopped obsessing on that goal because she got so busy that the weight vanished.

I don't want you to obsess on the weight loss goal – I want you to joyously cultivate the real reason you want to lose the weight. There are probably more reasons under that reason. The deeper you delve, the better off you will be.

“You want to learn something, read it. You want to know something, write it. You want to master something, teach it.” – Yogi Bhaian

So you choose what you want to do with this: learn it, know it, or master it. You do realize that “your person” will be learning, knowing and mastering along with you? Share your goal with them. Make it verbal, alive, and accountable in the world.

You can write poems, stories and songs about your renewed state.

The more you pay lovely and loving homage to this new state, the more it will grow in reality here on planet earth—and inside your beautiful body, the house of your spirit, your essence.

As you go toward what you love and are passionate about, that which you don't want will die of neglect.

Stay connected. I may not answer your emails but it doesn't mean I am not reading them. I am. Support is necessary in changing habits. If you need more personal help, go to www.gurutej.com and book a private session with me.

Write your poem, story, sonnet, haiku, or blog here. Take up space with it and publish it on facebook, twitter, your blog, and more.