

**Celebrate Life-long Weight Loss with Ecosystem Weight Management.  
Invest in yourself to find the answers to the challenges you face!**

Hi! My name is Bob.



Bob afterwards



Bob before at 260 pounds—top weight was 400

I've lost 250 pounds and kept it off for 31 years. I am also drug and alcohol-free for 16 years. I started my weight loss at 21 years of age. I went through numerous emotional, mental, spiritual, and physical issues to transform the causes that lead me to weigh 400 pounds in the 8th grade.

I found out that all of life (including weight loss and maintenance) is based on the laws of "sowing and reaping"—Karma. I share those ideas in the article called "**Ecosystem Weight Management & Nurture our Garden of Well-Being.**"

I have gone to 12-step groups for 31 years. I explored hundreds of different resources for support to unravel the causes of my overweight and have transformed them all. I did, at one point, just switch to alcohol and drug use because I didn't get to one of the "root causes" (over commitment to others and under commitment to me)—but finally, I discovered what I needed to change and did it. This pattern promotes a life out-of-balance and makes self-care almost impossible. The article, "**I need to slow down. I'm movin' too fast. How can I do it?**" shares many insights and practical ideas about changing the recipe of our lives.

For me, Buddhism provided profound and essential wisdom about my addictive nature and a path to transform it.

In 1987, I picked up a book by Thich Nhat Hanh, *The Miracle of Mindfulness!* It was my first introduction to **Buddhist meditation**. As I read it and started to practice what it suggested, things started to change for me. I started studying *insight meditation*, which provides techniques for becoming more aware of thoughts and automatic emotional and thinking patterns and gives techniques for changing them. I read many books. Very gradually—step by step—my deep questions about all of the profound suffering (and great joy) that I see all around me were answered. I started to change on a very deep level. See resource sections "**Resources for Celebrating Change, Self-Awareness & Life**" for suggestions about cultivating health.

For me, **I found Buddhism to be like spiritual cognitive therapy**. It gave practical answers and insights about what creates suffering and problems in my life and what creates happiness and joy. It doesn't ask me to look outside myself for answers, but suggests I look within to cultivate health and long-term well-being. I was drawn to it, because of the very practical explanations about our human journey. It helped me to understand my inherent (inborn) sufferings, how I *create* many of my own problems, and how to transform my experience by thinking and acting in new ways. In 1996, I went to Venerable Chodron's Lam Rim retreat. The teachings clearly showed me the gradual path from

confusion to self-awareness and enlightenment—for the benefit of every being. On that retreat, I took refuge in the Buddhist path. See the article “**A Globe Meditation**” for ideas on sending healing energy out to the entire world.

Buddhism provides suggestions on leading an ethical life and the means and process to achieve it. It helped me understand and apply 12-Step program’s *Serenity Prayer*: “God, grant me the serenity to accept the things that I cannot change, courage to change the things that I can and the wisdom to know the difference.”

The first step in making changes is to notice that what we are doing isn’t working and evaluate possible options for new choices to try out. To find your own answers to challenges that you face, see the article, “**Daily Personal 5-Minute Check-In.**”

With daily practice, you can nourish and develop wholesome mental patterns and transform unwholesome ones. Just keep planting seeds of well-being and gradually your garden of well-being will grow and flower as you provide the supportive conditions.

### **A DAILY REMEMBRANCE:**

**See your unborn wholeness and trust it to emerge.**

The fundamental nature of my mind is pure.

Within me is an inexhaustible source of love, wisdom and power.

The purpose of all spiritual practice is to uncover and make contact with this.

When ignorance is removed unlimited wisdom, compassion and power arise.

It is the mind's conditioning that limits our understanding of who we are and what we can become.

I will cleanse my mind of faults and develop beneficial qualities.

This removes obstacles to my progress and creates beneficial conditions.

Recognizing the interconnectedness of all I will strive to be my best and to manifest my potential, ever dedicated to benefiting all people.

I will think, speak and act as a loving person. By Lama Yeshe

May all people have happiness and the causes of happiness.

May all people be free of anguish and the causes of anguish.

May all people not be separated from the great happiness that is beyond all misery.

With deep caring and affection,



Bob