

## Eating diet and money diet with consciousness

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Had an insight this morning - comparing eating diet to a money diet:

both involve bring consciousness to the activity -choosing what I eat or what I spend money on (or what I focus my energy for income on)

- noticing what I am doing - tracking eating or spending or income
- being self-compassionate - no blame,shame or guilty over any "slip ups" - forgive myself and correct course in the present
- grateful/bless my food, my bills, my clients
- exercise to releasing toxins from my body, old money beliefs from my mind-body
- interrupt emotional eating/ emotional spending - eg using EFT when I feel an urge coming on

(I am abundant in the food/health areas of my life and can transfer these skills to money and other areas)

I think the same pattern interrupt approaches can apply to negativity thinking habits, friends, relationships, sex and other areas of my life where habits can take over.