

The Food And Body Freedom Starpoints

Guiding you to lasting
freedom from cycles of
obsession, compulsion
and addiction with
body-image and food

What are the Food and Body Starpoints?

They act as handrails ...

... to hold on to when
we need steadying
along the path of the
FAB Freedom Steps ...

... to guide us should
we feel ourselves
getting off track ... 8

Food And Body Starpoints

Supports along our journey?



Yes

To master perfectly?

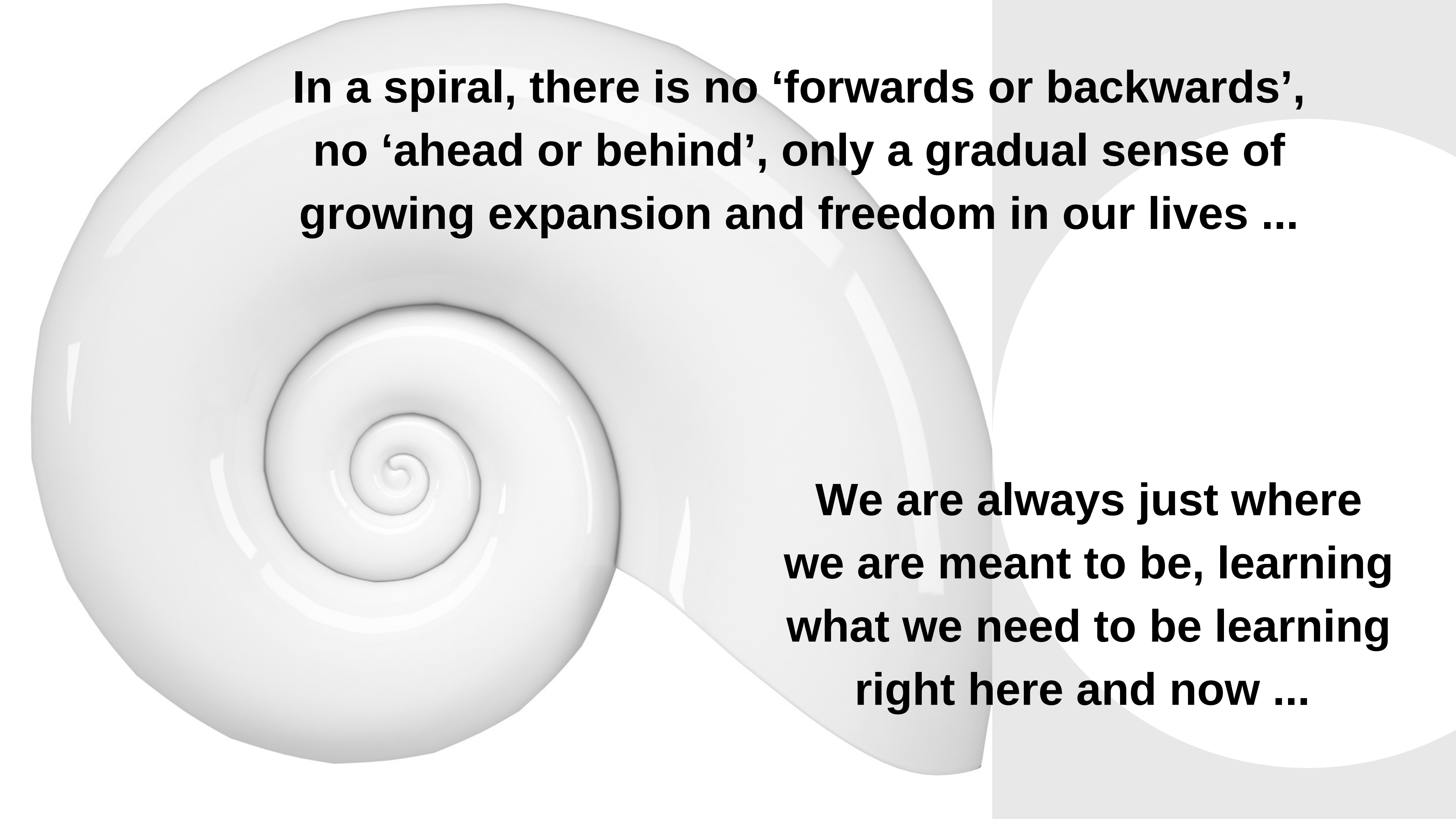


**A more helpful approach
is to have a go leaning
into them, without any
thoughts of "should" or
getting perfect.**

**The FAB
Steps are
more like
a spiral
than a
straight
staircase**

**... and the FAB
Starpoints form
supportive banisters
to steady our way...**



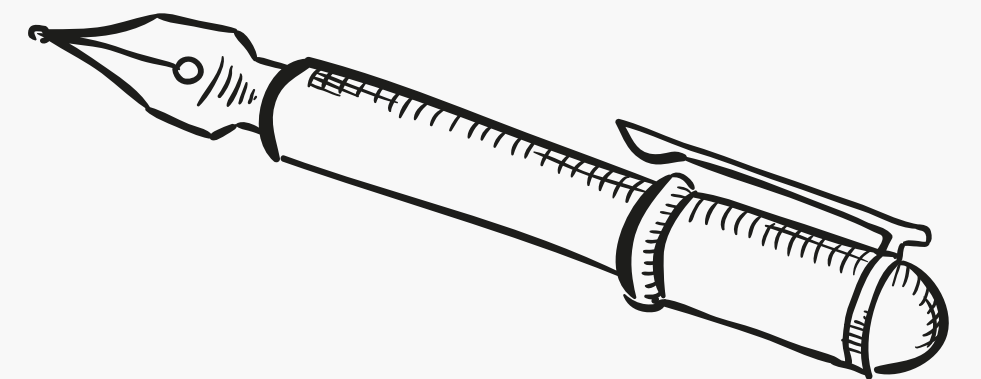


**In a spiral, there is no 'forwards or backwards',
no 'ahead or behind', only a gradual sense of
growing expansion and freedom in our lives ...**

**We are always just where
we are meant to be, learning
what we need to be learning
right here and now ...**



The Starpoints are an invitation to soften
around needing to get ahead,
and allow ourselves to go gentle and steady,
get curious and messy,
and learn just as much through what doesn't
work
as what does...





This is YOUR unique journey...

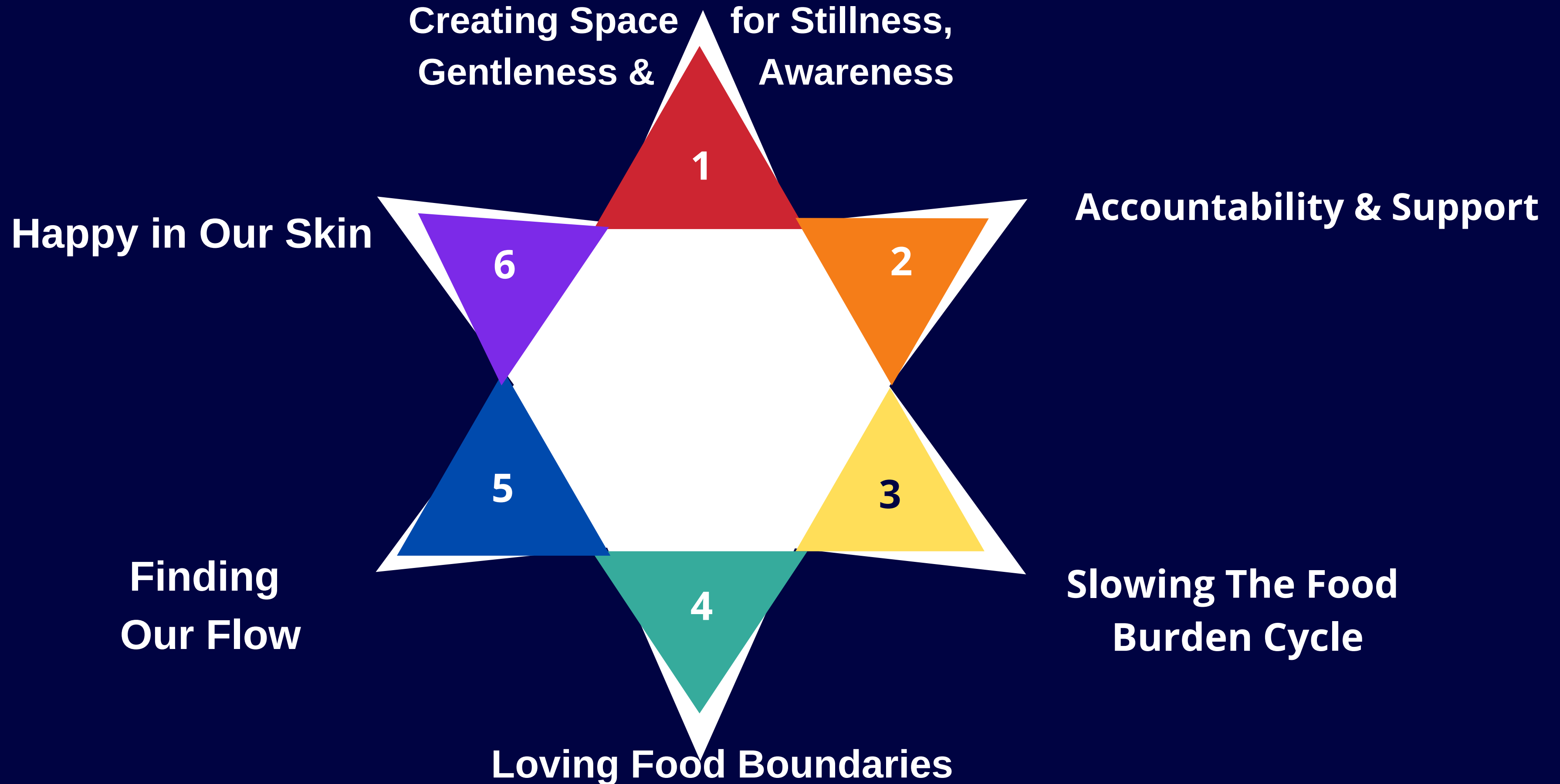
... nobody else's ...

The FAB Starpoints combine to create a single Star,

guiding us true...

There are Six points to the Star ...

The Six-Pointed Star of Food And Body Freedom



A photograph of a forest path in autumn. The path is covered in fallen orange and red leaves. Two large, moss-covered tree trunks frame the path on either side. In the distance, a bright light source, possibly the sun, creates a strong glow and lens flare through the misty air and bare branches.

Food and Body Freedom Starpoint 1

**Creating space for
stillness, gentleness,
and awareness ...**


**To begin a manageable
practice of creating daily
time and space in your life
just for you,
with no distractions.**

**Time for sitting, meditative
movement, breath and
sound, walking in nature,
journaling, art-making ...**



... to nourish yourself
with stillness and
allow space to
connect with
different parts of
yourself that need
your attention.





In FAB Starpoint 1 we are guided and supported
to draw upon our own inner medicine.

It has always been there, perhaps shrouded from view
by an obsession with food and body-image
and reactions to troubles
in our lives and relationships.


This inner medicine is our
own SELF ENERGY

The qualities of our Self energy are

- Calmness
- Clarity
- Curiosity
- Creativity
- Confidence
- Courage
- Compassion
- Connectedness
- Choice



In Starpoint 1 we
connect with this
Energy. We discover it
Within and On Hand



Offer up anything that feels like
an obstacle to your food
freedom in this moment

"I give this to you. Help all parts
of me relax and grow to know
me.

I'm open to be guided out of this
conflict with food and my body by
You now. Show me the way in

Food And Body Starpoint 2:

*Accountability &
Support*

In FAB Starpoint 2 we discover that Communication Brings Food Freedom



**Communication with kind people
who can listen, identify,
understand, and remind us to be
kind to ourselves replaces the
urge parts feel towards excess
food, dieting or starving, or
obsessive preoccupations
with our body-image.**

**We can find the willingness to create and receive these
moments of connection where we would previously have used
food/no food/self-criticism to block awareness of our feelings.**

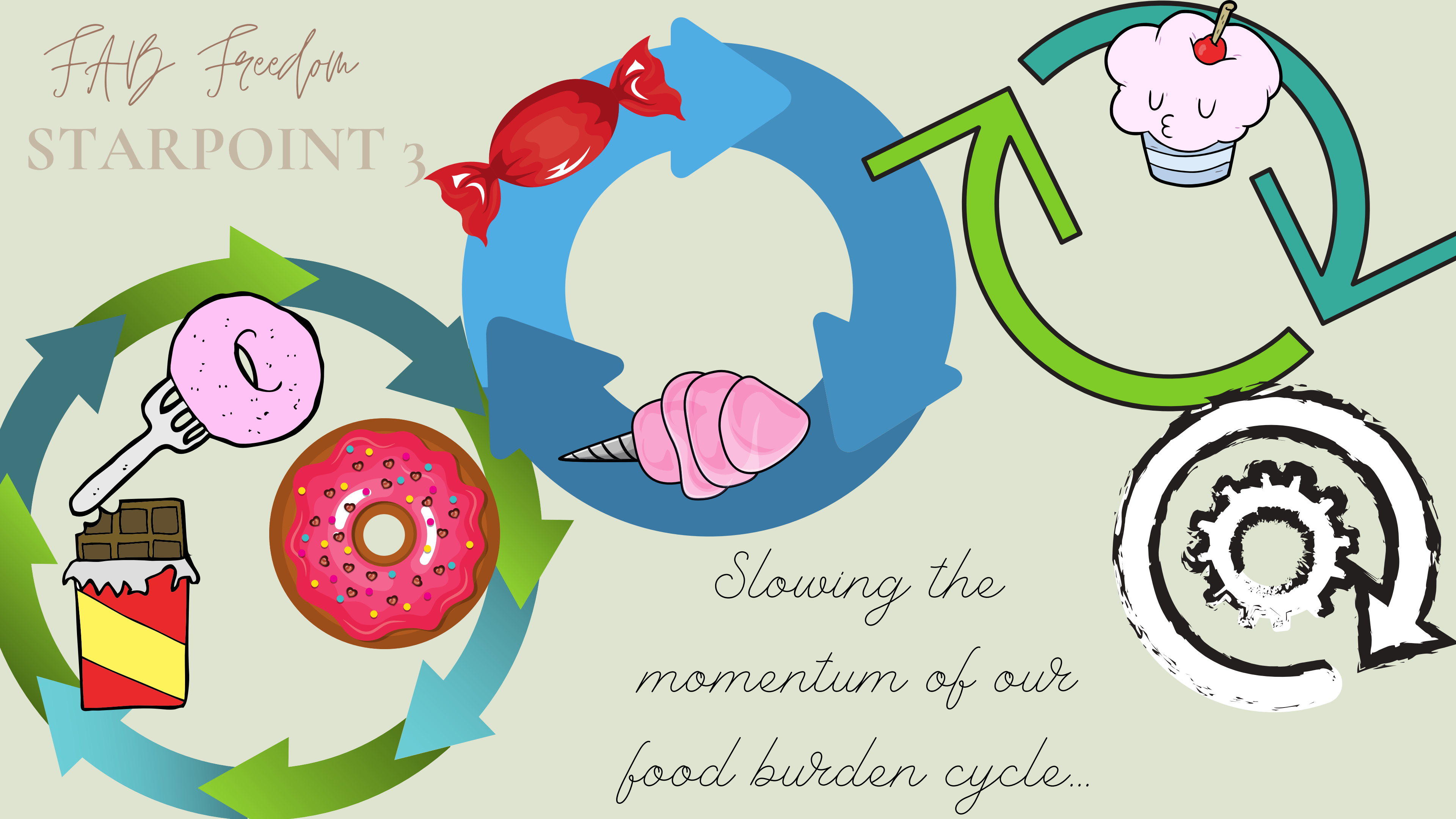
Communication and Connection to Support us in our Intentions

"Hey, I'm really struggling here, feeling bored and restless. I commit to go for a walk for fresh air, and not eat that cake right now."



"I plan to spend some time journalling today, getting to know the part of me that thinks the number on the scale is all I'm worth. I'll let you know when I'm done..."

FAB Freedom
STARPOINT 3



*Slowing the
momentum of our
food burden cycle...*

When we eat as we live so much of our lives
– *with speed, and from a stress response*

we diminish our calorie-burning power ...

we don't experience pleasure eating ...

we decrease our cellular energy production ...

... we shorten our
breathing, taking
in less oxygen ...



...we abandon our deepest self
and our true life purpose...

... we push away our emotions
so that they grow more
troubling and intense...

... we have toxic thoughts that
age the body and harden the
heart...

... the result is often that
**we eat more, diet more,
struggle more...**



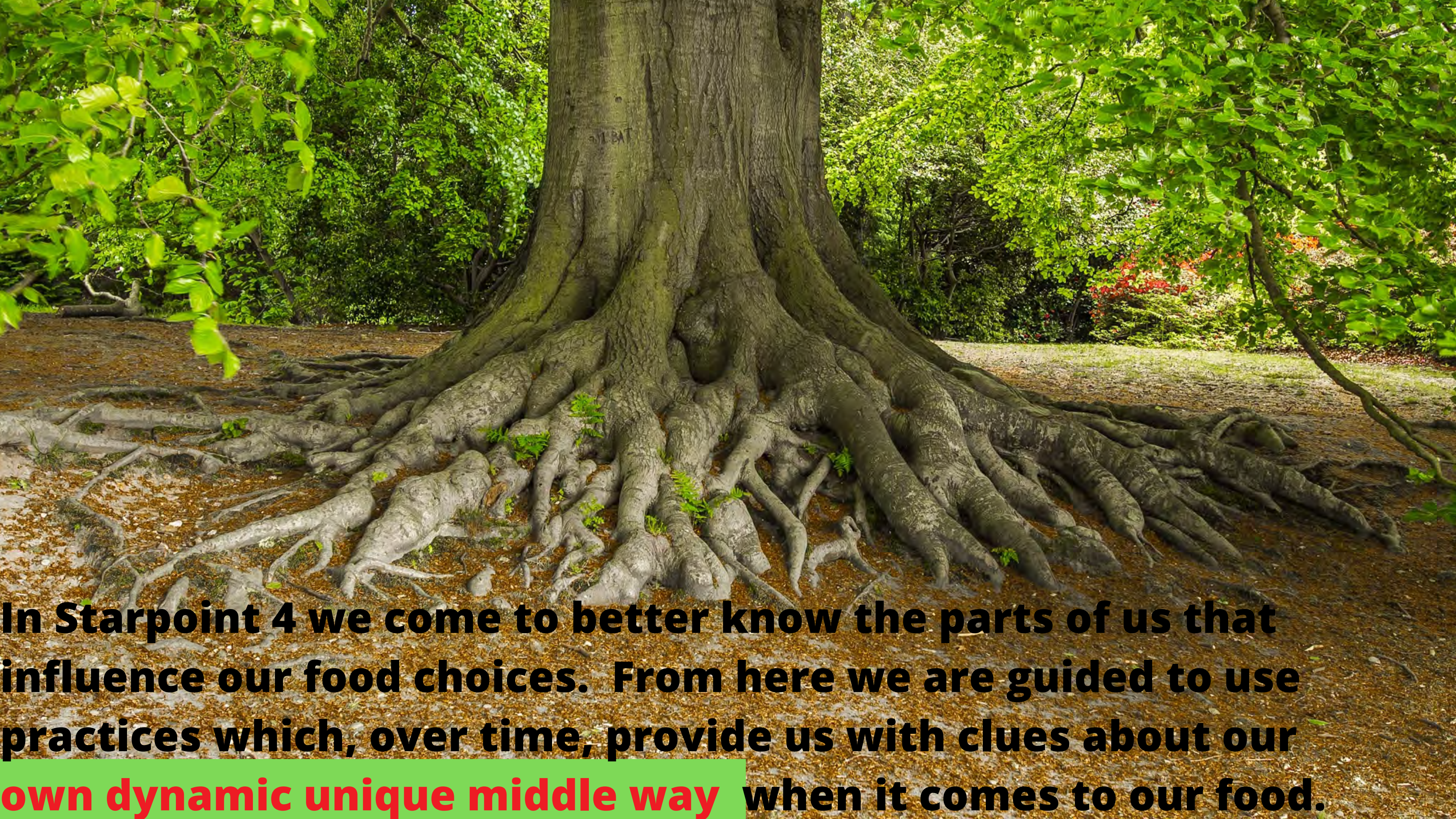


In **Starpoint 3**, we
learn how to slow
this cycle so we
can digest life with
more ease and joy.
This allows food
and life to
transform into the
total pleasure
it can be.

FAB Starpoint 4

**Loving
Food
Boundaries**





In Starpoint 4 we come to better know the parts of us that influence our food choices. From here we are guided to use practices which, over time, provide us with clues about our own dynamic unique middle way when it comes to our food.

By adopting the qualities of curiosity and openness...



... we come to discover the dynamic food boundaries
that bring us most peace of mind in our lives.

Loving Food Boundaries



Discovering the food boundaries that are right for us results in

= Eating the amount our body needs

= Balancing our energy intake throughout the day

= Providing our body with the nutrients it needs

= Providing our body with foods that will help us feel full, satisfied and nourished

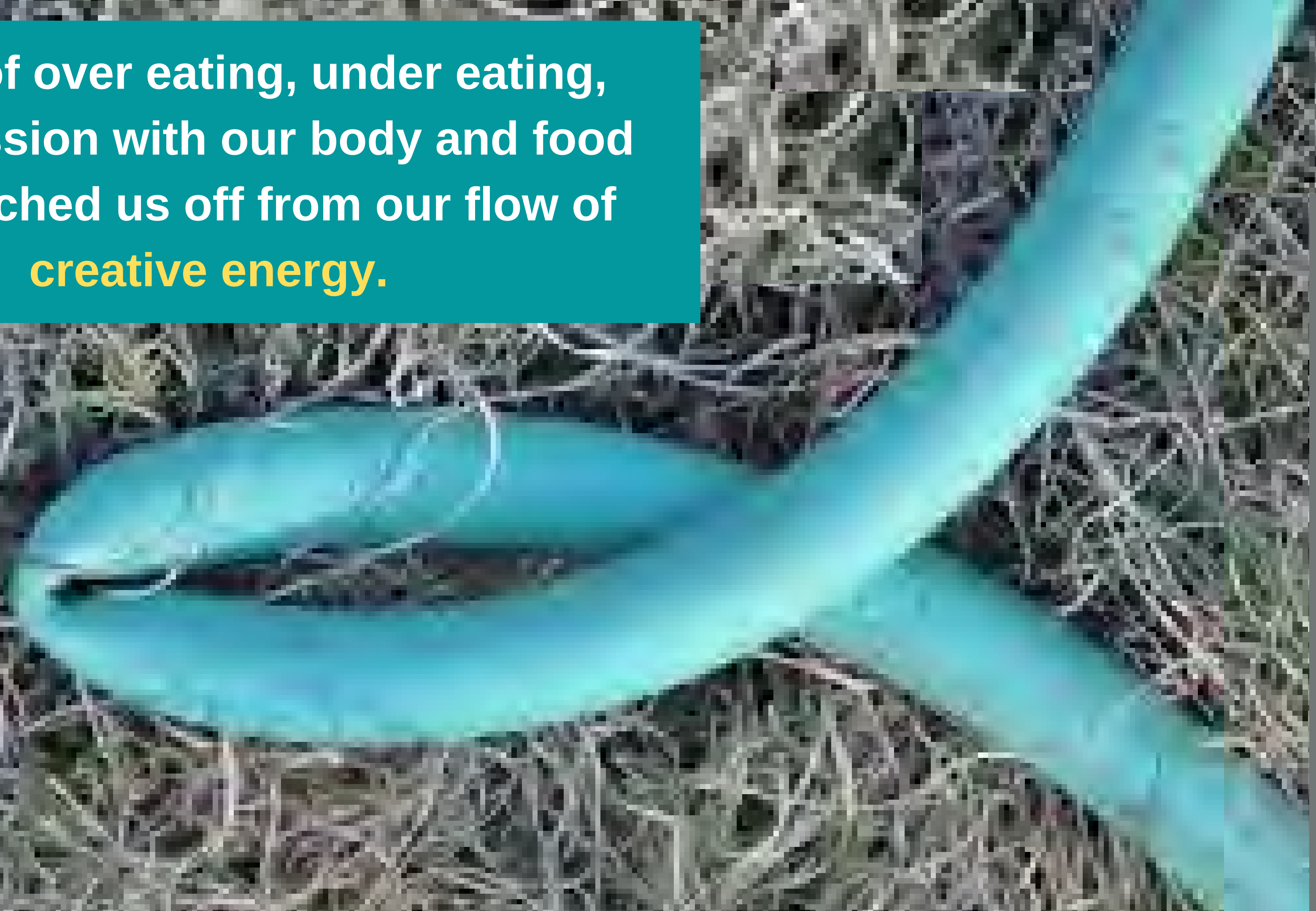
Finding a natural rhythm of these things brings food freedom to our bodies. This in turn supports the releasing of emotional burdens that have kept us stuck in negative patterns with body and food.



FAB Starpoint 5

Finding Our Flow

Cycles of over eating, under eating,
and obsession with our body and food
have pinched us off from our flow of
creative energy.



Sometimes, we overeat or undereat
to give ourselves a boost, a lift, a 'high' in our lives.

Our food habit compensates for the pain of a life
where we don't take risks finding ways to free up
more of our time for discovering and following our
own natural longings.



When we spend time pursuing and
inhabiting our unique creative direction
we are provided with a far deeper nourishment
than our most treasured "treat" food
could ever give us.

We find we can nourish our soul,
and the souls of all those who will benefit.



What would life be like were we free
from food and body-image obsession?

How might we grow, change, and
blossom?

How would we most like to be spending
our time in this precious life?

Can we allow these questions to unfold
within us, and nurture the joy we
discover in the answers?



When we journey along the
FAB Freedom Steps, and
practice the Six Points of the
FAB Star of Freedom, we
discover a beautiful space and
lightness starts to become
available in our lives....

This space is not the
same as the painful
emptiness we tried to fill
with our food and body
image obsession ...



This space is a calm,
alive vacuum, ready and
waiting to be filled with
an exploration of that
which brings us joy.

FAB STARPOINT 6

HAPPY
IN OUR
SKIN



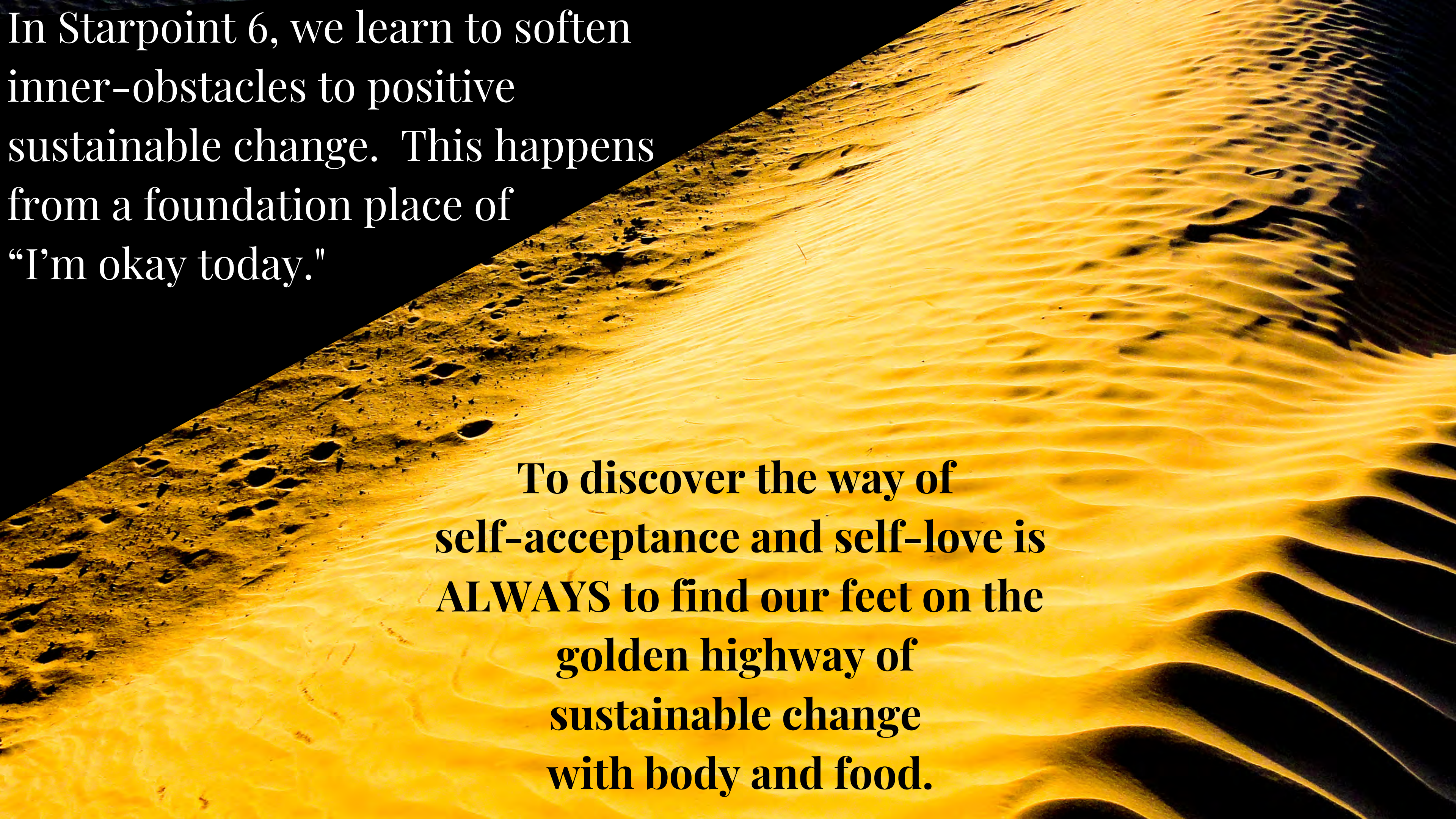
*In FAB Starpoint 6
we get to know our
body-inner-critics,
discovering how they
are trying to help us,
and how to
help them relax...*



In Starpoint 6 we:

- get to know parts of us activated by our body weight
- discover any fears in the way of handing over control of our weight to the trustworthy care of our wise and loving inner Self



A photograph of a desert landscape with golden sand dunes. The dunes are covered in footprints, suggesting a path or journey. The lighting is warm, creating a golden glow. The text is overlaid on the left side of the image.

In Starpoint 6, we learn to soften
inner-obstacles to positive
sustainable change. This happens
from a foundation place of
“I’m okay today.”

**To discover the way of
self-acceptance and self-love is
ALWAYS to find our feet on the
golden highway of
sustainable change
with body and food.**



In summary, the **FAB Starpoints** are supports for steadiness and growth as we journey along the **FAB Freedom Steps.**



To find out more about the FAB Freedom Steps and download your Free Guide, go **here.**

Find out how to
find Food and Body
Freedom through
the FAB Steps and
Starpoints as a

Self-Study_
Program

Not sure of the
best next step for
you in your
journey of healing
with body and
food? Reach out
and connect with
me here.