

*Handbook for  
Lose Weight  
Naturally*

*The Zero Cost  
Through  
Conscience*

*José Cruz*



## *Synopsis*

*Throughout life many people forget the correct way to feed themselves. As is known is because human evolution itself, demand often far exceed the Social gains they need and can Taking and many of them lose control of themselves. To the extent that the soft and squishy they develop the most diverse conditions over time in an Unconscious way. These are the people that this manual is directed through the remembrances contained within the application easy and effortless, with no need for any medication, or depriving yourself of foods you like, without having to make stupid and expensive diets or gastric banding, without resorting to the business of health and wallet.*

*That in most cases instead of solving the problem only exacerbates.*

*All content described in this Manual has been previously tested extensively over the years for me.*

*As witnessed by many people, and be monitored by the medical part. Troubleshooting and healing all health problems that existed for me.*

*As I describe in the books I wrote before. Reunion of Light, only later was applying all this recognition that I was subjected, and in patients without known something that was never charged for that, because I humbly asked to be governed well.*

*José Cruz*

---

*All people who have started this new and revolutionary method of reducing what is more.*

*They are the example and living proof that, like me.*

*Grateful*

## *Step st1*

### *About the Method*

*As innovative shape, simple and honest as I present to you first hand, how to get around this text, personally and without anyone noticing. Unfortunately it is not very well accepted by drug companies or pharmacies, as well as the medical profession. Why?*

*Because of these industries and services is facing consumerism, patients on medications or consultations, having just viewing your portfolio, in most cases.*

*Except a few exceptions the medical profession I admire and respect. It takes having in mind a certain way, that after all this way to try to treat.*

*The people who need to lose weight through clinical methods, rarely successful, it is a long shot, becoming ineffective, leading often to lose the little self-esteem that still preserved. Therefore leads one to also start to lose your self-confidence, and feeling in part an increasingly failed in these attempts, may need to lose weight become an obsession, and increasing pain in all aspects, coming to resonate over time in health, and of course to alter significantly their quality of life in all aspects and those around them.*

---

*The method I present simple to use, it has nothing to do with religious practices or of any kind, requiring help from a particular person, or be confined to something, to achieve the purpose intended.*

*The person just needs her own, and nothing to change this path in his life. For this new journey to your forgetfulness, will need a Light, this is my own Light, in Union with the whole Universe.*

*Many times they are engrossed in reading, or have moved in some way, the Manual suggests that this may sometimes feel chills physical act of yawning, cold, warmth, laughter, tears, itching or palpitations and other symptoms. But do not be afraid and do not deny anything, just accept it with open hearts, all that feeling, because it is part of the Illuminating Light, which gave me the Universe, which touches you in your deepest intimacy. Through the words they read and feel, consciously or practice in your memories contained in various corners of yourselves, going to trigger the start of your journey and healing and not a single treatment.*

*Grateful*

## *Step st2*

### *The Mind*

*As is well known any health problem, you might get, always starts in the Mind. She is just a complex mechanism, which in turn controls the body almost always rest.*

*When there is a total control over the mind of the person, this will never bring him troubles at all, when this does happen and the person begins to lose autonomy to the Mind, the case then that a different story.*

*The mind begins to gain confidence about the person, whether through thoughts, which then lead to actions not so good, like everything that she is an expert in manufacturing, in most cases without the permission of the person.*

*As the depression, the feelings, emotions, anger, pride, addictions, unhealthy habits and illusions, in most cases without the permission of the person itself.*

*But of course the human being needs of the mind but not possessed. Need it in their day to day, just as often as necessary and nothing more.*

*As is to memorize something, which you can later, use this fabulous archive for consultation.*

---

*Or in a variety of learning in life that require a systematic and constant pounding on it until this learning, wow many among which one can find multiplication tables, learning to read and write, or just chat.*

*She only learns something through repetition and nothing else. It should be noted that after she learns something through repetition, to let go of itself, always cyclically continues to hit the same key, type broken record.*

## *Step st3*

### *The Conscience*

*Unlike the Mind is a mechanism which is powered by negative energy. When the power goes out the engine simply stops. It appears then that the great saving of any person, consciousness. From the moment that Conscience takes advantage of the person. Automatically changes the course of direction, which was negative before slowly is becoming positive.*

*Consciousness and works tirelessly to the base of positive energy, which can be Solar or Spiritual Light. She will then begin to feed the mind. That in turn when they have the energy needed back then to command the entire physical body, normalizing all systems and organs that hitherto had stopped for lack of energy.*

*How to repair Consciousness is antagonistic to the Mind. While the first energy remains positive, the second lacks the negative energy to its maintenance. And through the consciousness that it takes action on what is. Because she is older than the mind, give out more and become more authoritarian.*

---

*Consciousness is the ally of Intuition, due to its evolutionary origin of Light what does the other one does not deny. Consciousness exists as a judge of the Mind produces that, as mentioned before in step two.*

*When she steps the risk consciousness is right on top of it, not let it take care of the individual, because it simply does not pass, the orders of a set of her mistress, which is consciousness, when you no longer need to send her to leave, because it has already reached a conclusion as soon as the mind works to the detriment of the person or not. And the power that consciousness has on it. Let's go to the liberalism of Intuition.*

## *Step st4*

### *Intuition as a Guide*

*Who has not met to feel the need to go to a particular site? Or contact with someone without having thought about it, and not knowing why, feel motivated to do so. Or when talking to someone and feels something within him that what he is telling the other is not so in fact as good? And then do not think just feel.*

*Well my friends this inner feelings are, what we call intuition itself. What the extent that we feel and relate more with her, we come to fully trust what she tells us. It's going to live when was a child, through intuition. Only when she was little / a, there was the Mind and its products for the coming atrophy of Intuition.*

*Maybe for some people is an inexpensive back, to feel when they were children who had no habits, and lived only intuitively. Having no problems and always feeling what they should do, and eat.*

*This is a challenge each of you will have to initiate, and must accept as an inner evolution. Because the return to interact with your inner child or intuition, as the wish to call. Go back to feeling self-esteem and self-confidence.*

---

*This will happen naturally, without having to seek or force whatever to achieve what you want. Everything is done to a snail's pace, is to last, so there is no hurry, haste is a mental product.*

*In this way, and will slowly begin to take into consideration everything that your intuition shows them.*

## *Step st5*

### *The Confusion*

*In early to start taking better account of Intuition, will feel within your heads often a real chaos.*

*Do not be alarmed by this, which is consciousness that is beginning to sweep the house. For the future interact with Intuition. The same has never ceased to live within each one of you was just hidden by a veil to avoid being degraded. But as consciousness took the trouble to clean the house, she start to feel more welcoming home, lifts the lid and start to make their appearances. And back again to relate to consciousness.*

*The confusion in the head tends to remain indefinitely, only depending on the individual capacity of each to such. By just simply accept gladly and humbly what is happening to him. The people, who are more accustomed to living in the Mind and its products, will certainly hear distinct voices inside your head. Sometimes even without knowing which echo its origin, or intended, often feeling desperate.*

*Do not be alarmed that the voices are neither more nor less, than the mind and consciousness, to discuss on how to clean house. One wants to keep the pound, while the other wants is clean. You never should intervene at all in these discussions, or take advantage of them. Just get used to observe, and nothing more. Not that this will have to be absent for some time.*

*This absence, in failing to observe, may be through listening to music, play any sports, making love, laugh, anything you enjoy, appreciate and make them feel good, but must always be to the application and physical stress through any healthy environment. Because only this way the energy that fuels the discussion of the Mind Conscience against him is withdrawn due to go to other parts of the physical mechanism to be spent. And the mind simply abandons the discussion, if silent, for no longer have the energy to feed.*

*Leaving then mindfulness alone, cleaning the house, while you talk with Intuition, which is the messenger of the Soul. This can only happen in the absence of the Mind.  
Felt it!*

## Step 6 The Illusion

*All that saves the Soul, because it is the large file of any human being over all Reincarnations, about everything that happened in them positively, Soul owns it.*

*To the person when necessary to evolve and grow in any respect, the existing should intervene.*

*Soul sends it through the post Intuition.*

*For this way consciousness becomes aware, of what is real and not illusory.*

*What is an illusion or fantasy, we know that product is Mental. What leads a person to ignore reality?*

*And so the mind will start to take care of the person, as that will increasingly taking into account the illusion, which is growing more and have become more and more in mind, this turn to the extent that is gaining more strength, and need to keep creating habits, because these are no more than repetitions of his illusions, the person leading the way to move away from her own unconscious.*

*In most cases the person how it feels to live in the air so to speak, and as you ignore your Conscience, due to the amount of energy it consumes the illusion. Will begin to change certain habits otherwise healthy, with less accurate and can be extend from food.*



## *Step 7*

### *Food Addiction*

*Mind this fantastic mechanism that helps us to evolve in many ways because of their opposition to the fair and real. It also has its own code of operation, only being necessary to take into account, and relearn how to apply the instructions to see it. Now the mind to stay, you need to create energized habits. So this is how.*

*For her to create any habit, you need to get used to it, a first week, which is the time it takes consciousness to take account of such request, that in turn after having analyzed the surface, will send through the Spirit, which takes another week to reach the Soul. This then is the Supreme Judge of this application; it takes another week to study the request, if the finding of sufficient quality to be applied it in person.*

*She then gives permission the intuition for bringing his message to consciousness, which in turn passes the mind, taking one more week to deliver the message that was accepted by the Soul. The can develop from that moment, a creative and evolutionary, not only personally but also for all humanity.*

*Thus a new habit takes exactly four weeks to grow and take root in the person forever. This is an example of a conscious habit. The person you buy it conscientiously, and as a healthy habit and constructive. He will be forever engraved in the Soul.*

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

