

# FAT FIX INFO

An Angel's Blessing From Various Angels at various times.  
Channeled through Marge Riley, the Angel Lady

This is a program to be used in conjunction with the diet of your choice. Almost any diet will work, if you work it. What gets in the way for most of you, is the negative mental programming that you have created for yourself and most of you have some sort of sabotage programming built in. So you start losing, then hit some sort of plateau, and quit, or you get to feeling really good and believe that you can start eating whatever you want again, and then here comes the fat back – with great gusto, and sometimes the fat cells bring new friends with them. More info about that negative programming is discussed below.

This FAT FIX program will help you get rid of that internal programming you have that keeps you playing the “fat game.” There are a series of written exercises to help you get rid of those negatives that are in your conscious and subconscious minds. Eliminating those negatives and replacing them with positives will help you get rid of your fat and program in that you have a new fit and healthy body instead.

So that any one, any where can afford this program, it is on a donation basis. You go to the shopping cart on the website at [angelsblessing.us](http://angelsblessing.us) and choose the donation button, and donate whatever amount feels comfortable for you.

## **INFORMATION ABOUT FAT AND ITS CAUSATION FROM A PSYCHIC POINT OF VIEW**

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**OUR DEFINITION OF FAT:** Any of the organic compounds comprising extra organic tissue in the subcutaneous connective tissue of the body that can be called fat, obesity, plumpness, corpulence, fleshy, stout, big, overweight, portly, pudgy, rotund, thickset, plump, chubby, gargantuan, bulky, and any other words or phrases that you know that are used to describe a person who is fat but you don't want to call them or yourself “fat”. Any and all of these are generally considered unfavorable. So, instead of using the various words or phrases, we will just use FAT.

Fear of being alone is the major cause of getting fat. You were a baby, you were held and fed, and then the person feeding you went away. You had no guarantee that they would come back, which sets up a pattern of the fear of being alone, being left, abandoned or deserted and you are unable to feed yourself.

Later on, after you have had a few traumatic events happen, you create a layer or layers of fat as protection against further trauma so you cannot feel the hurt as badly. This can be from any type of trauma or abuse whether physical, mental, spiritual, emotional or psychic. It could something as simple as the embarrassment of not being able to ride a bike and feeling humiliated. You just don't want to hurt any more.

So, you create programs that you believe will serve you at the time. For example, you were in an incarnation in a country where fat people were regarded as wealthy so it was a “symbol” of wealth because you had more than enough to eat. You wanted to be fat, and fat was good. And, then you

decided to be fat. That pattern was then put in place. The lifetimes go on and you choose to be born into this time where fat is considered bad rather than good, but you still have the “fat is good” program running. Therefore, you are at odds. Your mind wants slim but your programming is fat. There are many other types of programs that you create as well, such as not being good enough, being invisible, unworthy, deserted, greed, gluttony, less than, starvation methods, having to go without, etc. To prove that none of these are true and in some cases to prove that they are true, you eat or you nourish yourself or you find “comfort” in foods.

You also create limitations for yourself in whatever lifetimes that can also be carried over, such as I want to get slender but I can't get slender, or I want to wear a size 12, but I can't wear a size 12, etc.

There are also obsessions, compulsions and addictions that come into play. Many of these are created through a collection of beliefs that can be called balls or masses that become persistent and in fact, you can even “insist” on them.

You create identities for different roles you want to play in this game of life that you have chosen. For example you are a mom, or a dad, or a daughter, or a driver, or a golfer, or a great cook, or a gardener, or a person who reads, or a thief, or a murderer, or an abuser, or a priest, or a group of these. Each of these identities has a behavior it develops because of beliefs you choose to adapt to support that identity. If you think about it for a second you can see that this is so. Do you act the same with the person who is your child, as you do with your neighbor or your boss? No, because you have a different role with each and different beliefs that support that role in place.

You create statements that you choose to think are true which become a “belief.” Several of these then get all twisted together into a big ball or mass, such as “Dieting is hard.” “I can't lose weight, because I just gain it back.” “Diet's don't work,” “Pizza is fattening,” etc.

Then you may even insist on these statements by adding a “time” statement, like: “Every time I eat x, I gain weight,” or “I am never able to stick to a diet longer than a week or so.”, etc. Other “time” words are always, never, every, ever, etc., and you use them all to prove your point – to yourselves, and to others, so you continue the fat experience AND prove it is true.

Another program you can create is personal invisibility. Perhaps, at one point in time, kids made fun of you and you wanted to just sink into the ground and become invisible. That desire could create a personal invisibility program. Later, because you felt that no one could see you or notice you, you started gaining weight so you would be “bigger.” And they would HAVE to notice you. All of this could have been at an unconscious level. So, now you have a great beginning for a persistent mass. Again, this could have been in this lifetime or many lifetimes ago.

A persistent – insistent mass will continue with your soul until it is released through some conscious effort on your part. That could be through several modalities such as Tapas Acupressure Technique [TAT], Avatar, EFT or other such methods. Angels such as myself, [Rikki], your guardian angels or other angelics can also do this for you and much more.

Other programming can be anorexia or bulimia, which both have belief systems that your body is fat, even if it is out picturing being emaciated. The individual believes they are fat or they are in total fear of being fat.

Additionally, there is usually a sugar imbalance that can create yeast problems with attendant problems such as Candida or sometimes diabetes or an insulin resistance. We are expanding the calibration of

the body to compensate for the sugar that is placed in foods at the time of manufacture to a new “normal” for each body and having the body process sugar accordingly.

Many have intolerance to gluten which creates many problems, and this problem also creates problems for the body because it hampers the food processing which in turn can assist in the creation of extra fat being maintained in the body.

There are also greed and gluttony programs to be removed, and replaced with balance and harmony.

Many have a “longing for perfection” because you have come from the “All that Is,” and are now living in duality rather than as the “One.” When you go into your earthly experience, you chose several things that you want to experience such as victim, perhaps a disease with or without a cure, abuse, abandonment or desertion, on the negative side. Because you had perfection with the “All that Is,” you want to have that experience there, but that experience is not one that is obtainable “there,” so it sets up a longing program. We will eliminate this, so you can experience more of what you call “happiness.”

There is also consumption as a general “need.” You feel you “need” to eat, or you “need” to have some “treats” because you deserve them, because you worked hard today or because you have been being “so” good or, or, or, etc. This emotional “neediness” programming cannot be totally eliminated but it can be reduced in its intensity, so instead of a “need,” you experience a “want” instead which allows you choice. Your emotional neediness programming does not usually allow choice because you can have feelings of not being able to stop from eating something, or you just HAVE to have something to eat, etc. So, this programming will be adjusted.

Another problem is called “emotional ingestion.” This is when you are upset or angry and you either inhale, eat or drink when you are in that state. Then the anger or upsetness becomes stored with the food in your stomach or in your lungs if you breathed it in. You can also breath in the conflict in the air if the situation was one of really high stress levels with much emotional upset. In some cases, this can even modify your dna. The trauma from this “emotional ingestion” will also be released during the 30 day period, and any damage to your body will be repaired. [added by Raphael on 12-13-09]

Not everyone creates all of these programs, but all of these programs result in health issues relating to “fat” in one way or another.

## **HOW DO ANGELICS HELP YOU RELEASE THE FAT and/or FAT PROGRAMMING?**

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We go to your original lifetime and heal whatever caused the symptom of creating being fat in this life time that you are currently experiencing and replace that negative programming that is no longer serving you with positive programming. Your experience can then change because you are no longer stuck.

We release any and all programs that were caused in the original or any of the lifetimes that help support you being fat or feeling fat in this life time and anything and everything else, including but not limited to the following: the root, the root cause, patterns, identities, issues, persistent masses, insistent masses, persistent-insistent masses, beliefs, limitations, identities that support being or feeling fat, overweight or obese, any and all trauma, forgiveness for all parties involved or asking forgiveness of all parties that were hurt, curses, looping or repeating patterns, vows, eternal vows, agreements, contracts, constructs, obsessive thinking about being fat and/or any physical problems that have been created in your existing body, such as metabolism issues. Chemicals that are stored in the body will be released. Your digestive system will be healed to the degree we can heal it. Your chakras will be balanced, and your aura will be cleansed and fixed. Any and all attached beings that are not you will be removed and sent to the light. Some of this may sound “weird” or like “woo-woo” to you, but that is a belief that you have. Remember

at one point man believed the earth was flat, but it didn't change the fact that the earth is round. Your disbelief in any of this does not change the fact that these things are so. For purposes of helping you get rid of your fat and/or fat programming, please just suspend judgment and/or your disbelief and allow this process to work for you.

## **WHAT DO YOU HAVE TO DO TO GET THE ANGELS TO HELP YOU GET RID OF YOUR FAT AND/OR FAT PROGRAMMING?**

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First of all, I, Rikki, am not the only angel who will be working with you to help you. I will be working with your guardian angels, and other angelics such as Elijah, Archangel Raphael, Archangel Michael, Jesus, Grace, the Medical Corps On-line, Abraham Hicks, and hosts of other angels and angelics. You are entering into an agreement with us to help you and of course, with your Higher Power, Source, God, Beloved, Eloyheim, Allah, the All that Is, the Universe or whatever name you call it according to your own belief system.

During the 30 days when you are on your chosen diet, we will be removing the old programming, repairing your body as necessary and inserting new programming for you with our blessing. So, in order to start the process of having the Fat Fix re-programming done for you, you need to do all of the following steps:

- 1. SELECT AND BEGIN A DIET THAT WORKS FOR YOU** OR USE THE FAT FIX DIET shown below.

We are imposing this because most people will not believe they cannot lose weight unless they physically do something because of all of the fear-based programming you have heard on TV, the internet and from family & friends. Waving our magic wand just isn't going to work. You are going to have to do something to change your body. Doing what you have done so far produced the result you look at in the mirror, and now you have to do something different to get a different result. We will fix your underlying programming to help you change your experience, but you have to do the physical part.

We do want you to succeed and realize this will be what is considered "hard" for many of you, so the first thing we will eliminate is this "hard" belief if you have it, so it will be easier for you to change. We chose 30 days as that is the length of Earth time that will be necessary for us to clear your beliefs, remove and replace your programming and do an overall healing tune-up on your physical body. If your body is not what you want at the end of the 30 days, then start the FAT FIX program over again for another 30 days, until you reach your desired body type.

- 2. GO FOR WALKS DAILY.** Walk 10 min 2 times a day or 20 min once a day more than you do now. If you skip a walk, then add a day. If you are disabled and literally cannot physically walk, then go for a "mental" walk for the same amount of time. When you go for your walk, Imagine:
  - that you are very energetic
  - that you love yourself and your body more than you have ever, ever loved it, and
  - that you feel filled with happiness
  - notice something new that you haven't seen before on this walk
  - Create an attitude of gratitude and have fun.

We suggest you continue this 20 min per day for the rest of your life, and your reprogramming affirmation is: **Walking makes me feel good.**

- 3. DRINK WATER DAILY.** Drink at least four 8 oz. glasses of water...in addition to any of your other beverages. If you only drink water then be sure you have 8 glasses. Your reprogramming affirmation is: **Water helps my body.**
- 4. USE THE “CANCEL” PROGRAM DAILY TO CHANGE YOUR THINKING.** This is an extremely powerful program that you can use for yourself in any situation, when you hear something that you do not want to believe or that you do not agree with.

In this case, if you have a thought about being fat, or feeling fat, or that you are still fat, say the word “**cancel**” and then insert a positive statement which will help you break the pattern of thinking “fat” thoughts. Your new affirmation can and will become true for you. Remember, whatever you put your attention on becomes your result.

This also moves you out of being in “resistance” because what we resist – persists.

- 5. USE THE MIRROR EXERCISE** - For 2-3 minutes naked in front of the mirror looking into your eyes, using the affirmation: **I love you.**
- 6. REPROGRAMMING EXERCISE** Each day on the daily log there will be the beginning of a statement that will trigger beliefs that you have regarding being fat, or failing, not being good enough or some other negative programming that you have in your subconscious. On another piece of paper, finish the statement by writing as many of your beliefs as you can. Examples:

Diets are hard because.....

- I can't stay on them
- I can't eat what I want
- I have to give things up

The angel you select to assist you with your new programming will go to the source of each creation, get rid of the trauma that caused it, get rid of the negative belief, get rid of the identity that has that belief, do forgivenesses for everyone involved that got hurt and any thing else that would be helpful to completely erase this negative programming from you. Your angel will then replace them with positives for you, such as:

- I love eating foods that are good for my body
- I have enough
- I am healthy.

**ONCE YOU HAVE WRITTEN THE NEGATIVES DOWN, DO NOT REREAD THEM.** The object is to get them out of your subconscious and/or conscious minds so they can be eliminated. Rereading them can reprogram these statements right back in. Since you want this negativity changed, **TEAR UP THE PAPER AND FLUSH IT DOWN THE TOILET. AS YOU FLUSH THE TOILET, TELL YOUR ANGEL TO “DO THE FAT FIX BLESSING NOW”** so, your angel will do the work for you. This will be the largest part of your transformation, allowing you to stop being on the “fat” merry-go-round” that isn't merry. This reprogramming will affect all of your bodies and/or levels of consciousness, such as mental, emotional, spiritual, physical and psychic.

7. **DAILY OVERALL AFFIRMATION** - As many times as you can remember, say the daily affirmation as shown on the bottom of each daily Fat Fix log page. If it feels like a lie or you absolutely know it is a lie or certainly not true, then just say "cancel," and repeat the phrase until you can repeat the phrase without a negative coming up. Then for the rest of the day, use the same affirmation.

**DONATE ANY AMOUNT TO ANGELSBLESSING.US IF YOU HAVEN'T ALREADY**

Perhaps \$1 for each pound you want to lose - and most of all, please BELIEVE that this blessing is going to work for you. If you can't quite "believe" yet, then just pretend that it will work for you. The Pay Pal option is on the website on the Shopping Cart labeled "Donation."

The normal weight loss is going to be about ¼ to ½ pound per day. The angels do wondrous work and this FAT FIX BLESSING can be your "last" diet.

Any excess monies collected will be used to start a healing center where people can come to learn how to change their lives so they can have more of what they want. Other fixes will be created by and posted to the website as time goes by.

## FAT FIX DIET

This diet may be used or you can choose the diet of your choice as long as you eat four [4] times per day. Your food diet is to be used in conjunction with the reprogramming portions of the Fat Fix Blessing.

- **NO SUGAR** which means anything with sugar, or corn syrup in it. You can have any of the other sweeteners, like honey, molasses, fructose, sucralose, splenda, or any artificial sweeteners. Just do not ingest sugar, corn syrup or alcohol in any form or in any food or beverage. So, purchase “diet” or “no sugar” items for 30 days.

**EXCEPTIONS:** Condiments such as salad dressing, mayo, BBQ sauce, Teriyaki Sauce, etc. are things that you maybe using now. If so, then buy the low-cal, sugar-free, low sugar kind. For those of you who eat in restaurants as a norm or you cannot find your product in a reduced sugar form, then eat one half [ $\frac{1}{2}$ ] of your normal amount and substitute something else to fill you up, such as more veggies, salad or fruit.

- **NO ALCOHOLIC BEVERAGES** to drink or to be used in cooked items
- **NOTHING FRIED OR DEEP FRIED**
- **NO CAFFEINE**
- **NO WHEAT**

Bottom line on any diet is: **If you have a doubt, then don't eat or drink it.**