



Seane Corn

Unleashing the Power of Yoga,
Chakras & Subtle Energy
to Transform Your Weight

THE COMPLETE
HOLISTIC

WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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UNLEASHING THE POWER OF YOUR CHAKRAS AND SUBTLE ENERGY TO TRANSFORM YOUR WEIGHT

Shelley: I'm so excited that you're here and that we're able to speak with you. I'm just so honored. You're a part of our panel so thank you.

Seane: Well thank you so much for having me on the show. I'm grateful to have the opportunity to have this conversation.

Shelley: So my first question for you is Seane, how did we get here? In your understanding what's really behind the epidemic of weight gain and Obesity?

Seane: It's a great question how do we get here. I mean there's so many different ways to approach that. Did we get here because of really the environmental stressors that are being introduced into our air, into our soil, into our water every day, the impact that it's having on the production of our food source.

Did we get here because of the way that our foods are being processed today and the amount of chemicals introduced into this processing? Did we get here because of marketing, because of the ways that our children and us as adults are being seduced by really genius branding?

Thinking that we need one food source over another because it will make us happier, more lovable, more beautiful, whatever it might be? Did we get here because that there's a lack of commitment to dealing with the internal life and as a result people are turning to food as the druggatories to numb ourselves out?

There's so many different ways, I think in our approach to creating holistic health and wellness we always have to go to the core and for me the core always starts with our response to fear.

So to me I think that's how we got there is because of fear.

Shelley: Thank you. You're pointing to all the things that we're discovering in this weight loss summit. Many of the experts echo exactly as you're speaking about the chemicals and so many layers, the lack of commitment to our internal environmental life, I think that's something unique to your message. It leads me to my next question, an important discussion I want to have with you is about the understanding you teach of the interdependency of our mind and body and in other words how our thoughts and emotions are an essential pathway to our optimal health. Could you please shed some light on this for our listeners?



Seane: When I look at optimal health, I always think of optimal health meaning experiencing the fullness of life, body, mind and spirit. It doesn't suggest bypass or denial and often when our big feelings come up, that's exactly the first thing that happens is that we bypass.

What we're taught in the practice of yoga is that there's no separation between anything, heaven and earth, male and female, matter and consciousness, mind and body. If we understand that there's no separation between the mind and the body what this tells us is that our thoughts have an influence on our cellular tissue.

In the same way that the health of our individual cell is dependent upon the quality of nutrients that it takes in, its ability to assimilate those nutrients and then the effectiveness of the waste removal, it's the same thing with emotions. Each cell is going to be influenced by the quality of the emotion our ability to assimilate and understand those emotions and then our effectiveness of releasing those emotions.

What we learn in yoga is that everything is vibration, everything. So love is a vibration and so is fear. So if we're not processing these emotions, these vibrations, if we're not allowing space in our life for communication to be able to have some self-actualization, self-responsibility, where does that vibration go? It stays repressed in the system in our cells and it manifests a tension.

So more often than not the tension that we feel is the suppression of our emotional life and as many of us know stress is the number one cause of illness and disease and even depression today.

So if we want to really look at optimal health and wellness, we have to really be committed to looking at our emotional life, the impact that it's having on our thought process and then therefore the influence that's having on our health and on our food choices. Because when we don't feel well emotionally, and we don't have the skills for emotional processing, often we will use substances that can include drugs, alcohol, cigarette, caffeine or food as a way to numb ourselves or to self-medicate.

So the work that I do looks at some of these more core responses to our stress and to our emotional life and really looking at using the physical body as a way to decrease the stress. But to understand that as you stretch the muscles, the emotions that are residing within the muscular structure come up to the surface. To me that's when the work really begins.

Shelley: Thank you. Beautiful. You know, and I can concur with that in the sense of my experiences with yoga as a practice to deal with emotions and allow those emotions to come forth.



Just time and again I've gone into my yoga and feeling great and just getting into a certain yoga pose find myself in tears and crying and not really knowing what but just knowing whatever it was like those hip muscles or whatever are releasing something and I just allow myself. It's such a safe space that I start to cry and it's a perfect practice to work with one's emotions and allow them to work through so I completely understand this as a healing tool.

Seane: Uh-hum.

Shelley: My next question for you, you've created a legendary path in yoga that many including myself find inspiring because of your commitment to changing what is not right in this world. This includes bodily imbalances such as weight gain and obesity. Now how can we begin in our lives to explore making conscious and responsible choices in all aspects of the way we live and how this will help to purify our body and mind?

Seane: I mean of course it's going to be different to all people and I have a personal response to the injustice and the imbalance that I see in the world and feeling a real desire to include myself in creating that balance.

I mean for me it comes a lot from the fact that having done a lot of work overseas and having been in environments where there's true oppression, the one thing I walk away with again and again is how privileged I am on so many levels and how extraordinary blessed my own life is and most of the people that I know.

Even if we deal with you know, modern day struggles in comparison to the challenges that I've seen worldwide for most of the people, I just have this personal desire not to take the privileges that I've been given for granted or the blessings that I have and to be of service and to give my own life some meaning. Perhaps in doing so maybe alleviate the suffering or the pain for another person.

That just is something that I'm very much motivated by and have always been having been raised in more of a working class environment and not being raised with – I wasn't raised wealthy. It wasn't that kind of privilege that I had yet in a town that I grew up in, everyone lent a hand. It was just the way you were raised.

You just didn't take anything for granted that way. So when I became successful in my yoga teaching which is a blessing in and of itself and something that was incredibly surprising especially at that time it's not something you anticipate.



I never thought I'd make a living teaching yoga but I know I'd be happy. So when I did start to make a living and realized I did have platforms where people would pay attention where I was facilitating an environment where there was a shift of consciousness that was occurring consistently, for me it was a choice for how am I going to use this space.

Do I use the success as a way to keep the attention on me on a personal level, which would only feed my ego, and I knew that that ultimately as a yogi that's just not sustainable and it's not true. Or can I redirect the attention off me and put on to things that are important and inspire people to recognize (a) the privileges that they have and the opportunities that we all have especially as a collective to actually make a profound difference whether it's environmental or political or in relationship to education or health crisis.

That if we worked as a collective and shared our values and our interests then there really could be a great change. I mean between it's a culture – the yoga community, the culture where there's education and there's money and there's interest. So there's a lot of power that's within us. So often that was really born from that particular commitment.

Shelley: At the core of it I see gratitude. You had a connection to --

Seane: Yeah.

Shelley: --that within you and then could see the blessings and how that flows out through commitment and seeing how you could make a change, a positive impact in the world and through your choices and you've done that.

You're doing that and that expands into a collective power and a collective ability that we can make changes on a global scale. It's one of the purposes of our summit. We're bringing together experts and sharing knowledge and information like this so that we can come together and do something and make those changes in what is injustice in our food industry and injustices in our health industry and think now it's getting back to making that commitment as one.

That's one of the reasons we're pulling you into this discussion is your spiritual activism and how you have done it and have the know-how on how this works. So why is the holistic approach to our health and weight loss goals so important?

Seane: In the town that I grew up in it's called Pompton it's in New Jersey. The outskirts of my town was back in the '70s, '80s there was a factory called DuPont. So Pompton was surrounded by lakes and there was a small body of water that ran from DuPont directly into the main lake.



As kinds we called it acid brook not knowing the – not really understanding the significance of that, that's just what we called it. We often knew that the lakes were polluted. We also understood that we couldn't drink ever from the lake yet the stocked the lakes every year with trout and catfish. The neighboring towns would come in, get licenses and fish. The neighboring towns were often towns they were a little bit poor like Patterson New Jersey and York and so families were coming in and catching their foods for the week to feed their families.

Yet we were still allowed to water ski on the lake. We're not allowed to swim in it but we water skate. Well to make a very long story short, in my town right now there's 14 class action lawsuits against DuPont because there's an area and I resent this word they call it the plume. It's an area that they've kind of turned into Oz that have been contaminated because of the chemical dumping and leeching of DuPont.

In this area called the plume there's an enormously high incident of all different kinds of diseases including cancer. In my town, I think there's a 38% chance of getting breast cancer and an equally high percentage of getting kidney cancer more than any other place within the United States and it's because of the dumping of DuPont. What was happening is that the families in the area called the plume were growing foods and feeding their families and those foods were contaminated.

So I bring this up for a variety of reasons. In my town I watched many people, young people that I know and love die of cancer. My own father was diagnosed of cancer, it would have been he died three years ago but it would have been 13 years ago that he was diagnosed of kidney cancer. My family lived on the lake. Anyone who lives on the lake was in jeopardy because of the vapors going into the basement.

When my father was diagnosed with cancer, right away I had a feeling that it was environmental because of what was happening with DuPont. But my father also owned a Styrofoam factory so we has inhaling polystyrene Styrofoam, the gasses every single day of his life for 40 years.

So when my father was diagnosed and I went into the hospital and I asked, the doctors had told us that my father's cancer was genetic that my brothers and I were going to be at risk of this kind of cancer. I really sat with this for a while, that's a scary thing to be told but I couldn't help but feel that yes perhaps we all have a predisposition to the gene but could it get stimulated because of the environmental stressors.



So I asked the doctors I said considering there's 14 class action lawsuits, considering that so much of our town has been sick and dying, considering my father has owned a Styrofoam factory, is there a chance that this can be environmental and the doctor said no. That he wouldn't even consider it that it was genetic.

Then when the doctors gave me the diet that they recommended that we said to my father, I was appalled. It was a diet I wouldn't even give a healthy person. It was so processed, so filled with sugars and so at the time the little that I knew of cancer, I knew that you didn't want to continue to create an acidic environment. So I was really disheartened by what I was experiencing as someone who's become a caregiver. It's because of this experience that inspired me to develop detox flow and to go around the country and start to educate people in the yoga community about (a) how diets are not effective, and that our systems are remarkable.

But unfortunately because of the toxicity both in our foods and in our environment, it is fatiguing our organs from being able to do what they're supposed to do organically. What what we need to do is actually cleanse our system out, create a more optimal environment, but also take absolute acute responsibility for what is being introduced into our food, into our environment and looking at the impact that that is having on our health throughout all of Northern America.

And recognizing that it's up to us as consumers to change our habits and to no longer buy into like I had said earlier the brilliant marketing that's seducing all of us and to being more conscientious on that level not only by making choices that impact our health and wellness but to also recognize that if we demand as a community these shifts of practices that are happening. And really begin to demand more organic food ,make more organic food accessible, make it accessible to all communities so that it's not so expensive.

That perhaps we can then replenish our soils, allow our water sources to become again healthier, more vibrant and take care of the planet.

So to me it is very much you can't focus on one without focusing on the other. So my experience of health and wellness came from back at my home and realizing of what was happening and knowing that I could sit and I can moan and I can bitch and I can complain or I can be proactive as a citizen and do something about it.

So the only platform I have really is teaching yoga and yet I meet thousands of people every single month.



If I can raise awareness about that level of self-responsibility perhaps maybe people will in fact change their attitude around their foods. But my commitment as someone who works in the mind-body field, is that you can't just- you can drink all the green juice you want. You can either completely organic diet and still be unhealthy if you aren't dealing with your internal life simultaneously. It's that idea it's not what you're eating, it's what's eating you.

So my work around helping health and wellness it's holistic that way. It's dealing with on a very practical level the issues that exist again environmentally and in terms of our food choices but also on an emotional level that when you work together that perhaps you can actually create a sustainable process so that you can be more conscientious not only about what you're putting into your body but why you're putting it into your body.

Shelley: That's beautiful Seane. Well thank you for sharing that personal story and how it moves into real motivation for change you as a yoga student then a yoga teacher and now spiritual activist, you've created numerous ways of integrating yoga into one's life. Could you please advise us with the practice or approach to yoga that someone can get started today for their overall personal transformation?

Seane: It would be helpful if they were in an environment where they can work directly with a teacher, take beginner level classes so they can learn some of the foundational information no matter how fit they think they are or how flexible. It's important to learn about how to build the poses from the ground up and understand about how to create stability so that you can avoid running the risk of injury this is really important. One of the things that happens in the practice of yoga in terms of cleansing the body is when you start to explore poses where there's rhythm, where you're linking the movement with the breath it stimulates the lymphatic system.

Now the lymph, the fluid on the body it operates on a network of vessels very similarly to our vascular system but the vascular system has a pump the heart that helps to move everything through. The lymphatic system doesn't have that so therefore the lymph can get stagnant and the only way to increase the lymph is through vigorous exercise and deep breathing.

Why this is important is because the lymph's responsibility is to draw toxins out of the nodes or waste stations throughout the body. There's over 600 of them. So the practice of yoga especially sun salutes, the inhale, the exhale, the inhale, the exhales it creates that vacuum effect and it stimulates the lymph so it starts to detox, cleanse the body. You release the toxins to your breath and to your sweat. Toxins can also accumulate in your joints and so the practice of yoga helps to create more space and more elasticity in the muscles in the joints releasing the toxins that can get accumulated.



So when you first start practicing especially if you've been –you know, you're losing weight and your body is already detoxing any toxins in your system has to recirculate through the blood stream so sometimes you feel a little nauseous, you can get a headache, lightheaded. All of that passes but it's often just a little sign that the toxins are moving through your system but it does release out.

So anyone who's starting off I highly recommend it for those reasons because of the lymphatic flow, because of the developing of the strength, the release of the accumulated toxins in the joints but also for peace of mind. When you're going through the process of losing weight, it can be frustrating. You could lose weight and then all of a sudden there's nothing. You hit those plateaus while your body is recalibrating and doing what it needs to do. It could be very, very frustrating and you can have an expectation, feeling the pressure, self-beat if you see it.

The practice especially the deep breathing, it can help to rebalance the central nervous system so that we can stay more present, more grounded, more centered so that especially in moments of stress we can make healthier choices especially when it comes to food and hold ourselves lovingly accountable and be present to the process as it is and try to decrease some of the expectations we might have.

Shelley: I love where you're coming from hold ourselves lovingly accountable and commitment and this kind of love for ourselves and for others. Some of the more fascinating teachings you offer is how yoga affects the energy systems of our body and ties into our relationships with food, self-confidence and self-esteem, please further explain this connection yoga offers us.

Seane: Well in the body you're dealing with the physical body but then you're also dealing with the energetic body and the energetic body consists of what's called chakras. Chakras are vortexes of electromagnetic energy that go all over the body. There's thousands of them and anyone who's had acupuncture would know about this. You pierce the meridian and it releases the stagnant energy and that allows the chi or in the case of yoga prana to flow more effortlessly through the body.

Well there are seven major chakras that line the length of the spine. The perineum, it's the first chakra. At the lower abdomen, it's svadhishtana, at the solar plexus it's the manipura and at the heart center it's the anahata, the throat the vishuddha. Right at the third eye center, the center of your brow is the ajna and then the top of the head is the sahasrara. So the idea of these chakras is that it moves you from matter into consciousness and each chakra has basically they're life lessons that allow us to transcend the physical world into transcendent perception.



So each chakra receives information, emotional information based on our life experience. For example the first chakra is about home, safety, family, security, whether or not the world is a safe or an unsafe place. These chakras can get blocked when there's trauma. So in the first chakra let's say there's divorce, death of a loved one, enmeshment, poor bonding with your mother these are some examples. This can block the energy in that chakra just like with acupuncture you go in and you pierce it and it releases the energy. So this would be before the energy is released. It's just congested.

As a result the chakra can be deficient in its energy, runs too slow or it can be excessive, runs too fast. Either way it's an imbalance. When the chakra is imbalanced, it influences specific parts of the body. That first chakra affects the legs, the feet, the ankles, the knees, the lower intestinal tract.

So in relationship to diet, we focus on the manipura chakra, the third chakra which is related to the solar plexus. The manipura chakra it rules the digestive tract and really all the organs of elimination and that includes your liver, the kidneys, the bladder itself, the large and small intestines, the spleen, the pancreas, the muscular system. These are all influenced by the manipura chakra.

The manipura chakra gets blocked again by trauma and so what the manipura chakra relates to is individuation, self-actualization, self-responsibility, self-confidence, self-esteem, self-actualization. The chakra can be blocked when there's domination of will, parents for example.

So when it's excessive, here's what it could look like. The personality could look like A type personalities, manipulative, controlling, the need to be right, the need to win, to have the last word, dominating. When it's deficient, low self-esteem, low self-worth, low self-actualization, low responsibility, the inability to take care of one's self and others, these are some examples.

So why this is important is because the third chakra is the magnetic core of our personality and our ego. It's also where we house our sense of self. When we have a strong sense of self, we don't have to look to the external world for validation. We know who we are in relationship to spirit.

When we don't, the way that we look, the size of our body, the color of our skin, the money that we make, the relationships that we're embodying, all of that determine our self-worth. As we know, things like money or looks or even weight, those things are all changeable. So if we attach our self-worth on things that are temporal, this ultimately leads to suffering. There's never enough of anything to fill that emptiness, to fill that void and this can lead us to insecurity.



Now it can show up as high ego, an excessive third chakra, you know, manipulation control, A type personalities, perfectionism or it can show up in the other way but it doesn't matter. It's still the core of it is shame.

So when there's a block in that third chakra related to shame, it influences our digestive tract and our ability to be able to assimilate the foods that we eat. It also because it's attached to low self-esteem also determines our addictions to foods, to how do we feel better. I don't feel good, I feel sad, I feel insecure, I feel doubtful then I'm going to download the Haagen Dazs or the Oreos or whatever it is. I'm going to find a go-to food so as to feel better. So there's a direct correlation between self-esteem and our body's ability to digest.

So when I'm working with people with eating disorders or addictions, I have to look at that third chakra and understand a little bit better about their ability to individuate the places where they've given their power away and how they've defined themselves from the outside in and what would happen if they shifted that self-definition which could be incredibly scary.

I mean if they're a perfectionist and their entire self-worth is based on perfectionism who are they then if they let that go? Are they still lovable? That's very, very scary. So in yoga we look to that third chakra.

So I would help to move energy in the middle of the spine. Twisting poses for example would be something that would help to release some of that emotional tension and in doing so it would also release the physiological tension.

Shelley: That's fascinating Seane and how you go from the physical body into the subtle energies of the chakras and will see the emotional aspects of what lends to food addictions.

Seane: Uh-hum.

Shelley: It's interesting because in my time working at an integral healing clinic the number of people coming to me, you know, I was working with them nutritionally but I could see emotionally they were struggling. But many of them were also working with anti-depressants having been prescribed by a doctor.

It was challenging for me because I wanted them to go deeper into understanding who they were and actualizing themselves on a spiritual level. This is challenging when the emotions are being suppressed. Maybe you can shed some light on even the pharmaceuticals and what people are taking in.



Seane: Again I don't blame them you know, because it's not a matter of just looking at self-esteem. You have to go back and look at your relationship with your family, your tribe, your ancestry, how you learn what you learned, what influences were around you. Like it starts with the foundation and then it builds up. Self-actualization is really challenging. Denial and dissociation is a much –it's an easier choice. It's the end result is ultimately the denial of self.

But I don't blame people for wanting that impulse to either use food or they medicate to disconnect from the feelings because the feelings once you start to excavate, it's really hard. But the liberation, the freedom that's attached to it is unbelievable. It's just a process that we have to go through and getting good with the uncomfortableness. But when we're not good with that and our go-to is food, we can understand then why obesity and issues like this are so prevalent in our society.

So I have a lot of compassion for people who their first impulse is to get on anti-depressants. It's because the work to get underneath that unless you have an incredible support system and a good guide it's really hard but not impossible.

Now also with anti-depressants because I work with a lot of people with antidepressants, I don't want to shame people from being so using some of these allopathic medicines.

For some people I recommend following doctor's orders, using it for a while, getting the support you need, starting to excavate and understand slowly what else is going on and then in time in an appropriate way getting off the meds. For some people that might not be appropriate because of their own chemistry. It might just be what they have to deal with for the rest of their lives but it doesn't mean that they don't do the internal work simultaneously and rely solely on medication to bypass what's really going on.

Because like anything if you're not dealing with those core issues, you can take all the antidepressants you want, it's not going to work. Suddenly you're going to have to switch from Paxil to Zoloft and then Zoloft doesn't work and you have to shift it to something else. So always going to the core and being willing to look at your foundational trauma is the thing that's going to bring us healing. Even though it's hard, it absolutely represents liberation.

Shelley: You know, I feel you're on the leading edge holistic health and I want to get your perspective on the future of weight loss and what you envision.

Seane: It's interesting when I hear that this is leading edge because to me it's common sense. You know, truly I have very little education. I look around the world and I think well that doesn't make sense and this doesn't seem right.



Really just look at the world around you and make the healthiest choices either organic foods that are not processed, that are not refined, proteins that are easily assimilated, fruits and vegetables, legumes and grains that haven't been introduced to GMOs. It takes work and unfortunately in our culture, it requires a little bit more resources meaning money which makes it inaccessible for some of our populations.

But all in all it's stay away from the processed foods and foods that are chemically laden and you're probably already going to feel a hell of a lot better. So to me it's just common sense and that's what I hope people will start doing is taking responsibility for themselves and recognizing the ways in which marketing is used to seduce us and the pharmaceutical companies as well. We get sick they give us a pill and rather than going towards exactly what the root cause is and getting informed, reading your labels and recognizing what your go-to foods are when you're sad, lonely, scared, or feeling sexual with no outlet.

Like I grew up in a Polish family and in the Polish community when I was growing up there were certain foods at every holiday, really every night that were on my table, things like pirogues, sour cream, any mushroom student cream, kabasi things like this.

Those foods psychologically bring me back to a very warm, loving, supportive, nurturing time that was innocent for me. I noticed and I don't eat any of those foods anymore but every once in a while I'll get the craziest craving for pirogues. When that happens I can feel almost the obsessive impulse to get the pirogue but I always have to stop and say is there something else that might be going on emotionally that I'm associating it with a food that brings me ease, happiness and joy.

So before I got the pirogue, I'm going to take a moment to check in with myself, am I lonely, am I missing my family, you know, am I needed to be for a moment a little girl and not feeling like I have that support. Those are the questions I have to ask myself. Again it just takes self-awareness to be able to do that.

My hope is that people will be more willing to before they go towards that go-to or that food of habit or addiction that they'll take a moment to recognize the impact that it can have and why they're being magnetized in that particular moment to one food over another. Maybe instead of going for the pasta or whatever it is, they take a moment and have a good cry and maybe that will release that need and then they can make a healthier food choice.

Shelley: Beautiful and so I want to share with our listeners about some of the powerful approaches to yoga you have created. Please share with us some of the most relevant practices you teach for weight loss.



Seane: Well I would recommend there's a book that you can order. It's by a woman by the name of Dr. Patricia Fitzgerald called The Detox Solution which was really and instrumental book in my own life that defined optimal health and dealt with detoxification not just on a practical level but on a spiritual level. I hadn't been introduced to that theory before.

This is a long, long time ago. She's a naturopath down here in Los Angeles. So I would recommend getting that book and understanding a little bit more about the detox solution, about our environment of food and also how our body works.

Then if they're interested in starting to apply this on a physiological level, I have DVDs that are available that are mixed levels called Detox Flow and you can get them on Amazon. It's through the production company is Diam. I have audio that's both beginner and more advanced for people who don't want to watch but just want to have the verbal cuings. It also has a ton of information, I think an hour-long lecture about both the physical benefits of detoxification but also the emotional aspect as well.

Then on my website on SeaneCorn.com, there is a section for video downloads and I offer a couple of live sequences of detox flow, one a 90-minute advanced version and I think an hour long, like I don't remember if it's a beginner or an intermediate. I think it might be a beginner. So those are a couple of different ways and different options for sequencing that they're poses are decompress, compress and then twist. It incorporates a lot of breathing and focuses on that manipura chakra. Included in that is different ideas and suggestions but also prayers and intentions and thoughts for consideration about personal responsibility and the environment.

Shelley: Wow. Thank you that's beautiful and prayers too I didn't realize that you help set those intentions. Before we go, I wanted to ask you some practical questions for all of our listeners, if you could recommend a certain food or ingredient to avoid when wanting to lose weight what would those be and why?

Seane: Oh god. I mean there's so many. Corn syrup right away, anything that has, anything you look on the label where there's corn syrup, get away from it. It's refined. Your body cannot break it down. Sugar in general, refined sugars, your body can't break it down. It's going to turn into fat and yet it's so addictive and we as a culture eat more and more and more of it in a way that we never did back in the day.

So I would recommend getting rid of corn syrup. Anything with the word OSE at the end of it, fructose, glucose, all of that is a variation or a derivative of sugar. So when you look at your labels just go through, you'll see it like nine different times you'll see OSE. Just get it off your list. I don't know how it is in Canada but down here gluten is a big deal.



For some people who are really just sensitive to gluten, I don't know enough about this but I can't help but feel like I know when I go overseas and things have gluten in it, I don't feel the same bloated, fatigued effect that I do when I'm in the United States. So I can't help but wonder if it's not the gluten but what's actually in the resource itself, meaning the GMOs and our reaction to it because I really do have a different reaction to it overseas. My body breaks it down in a completely different way. It doesn't do it here.

So if I'm looking to lose weight, I get rid of the glutens in my diet really and like within four days I already feel that just the water alone that my body has absorbed seems to release. But again it really depends on people's sensitivity but sugar would be the first I think the most obvious thing get rid of it.

Shelley: Wow you hit two right on the head. You know, stay away from the high fructose corn syrup and the gluten with the genetically modified versions. So if you could recommend a certain food or ingredient to add or even a supplement to add to someone's diet to lose weight, what would those be and why?

Seane: Well water. Drink water, stay hydrated as best you possibly can and for a lot of people don't drink enough water. One of the ways you can tell is when you go to the bathroom and you pee. If the color is unless you take these supplements of course but if the color is really bright, you're dehydrated. If the color is more like a wheat color again it's hard to tell if you're taking supplements like vitamin C but if it's more of a wheat color then you're getting good water intake. That's really important for your organs to operate optimally for everything to break down the way that it needs to.

Making sure it's not necessarily an ingredient but our body needs a mean amino acids and we don't really get enough of them and so introducing amino acids into your diet is also really, really good for you.

Unfortunately I'm not the best cook in the entire world. The way I cook is so simple. You know, it's like I'll steam kale, mushrooms, quinoa and some tempe and I can live on that like for the rest of my life and a little bit of brags coated on top and I feel like I'm good to go. That's not really creative and for most people that probably wouldn't be interesting or sustainable.

So making sure that there's a variety. I know again not necessarily adding ingredients but making sure that if there's a lot of color in your plate, meaning the fruits and the vegetables that you eat, mix it up. Get reds on there like peppers and yellows like peppers and tomatoes. Get the greens and keep as many different variety of colors.



When you do that you know then you're getting all different varieties of nutrients and mineral that your body needs to sustain. You know, again losing weight to me is about creating that balance, giving your bodies the nutrients that it needs so that you don't feel hungry later, which is often what happens is that we're just not getting the nutrients so the body doesn't feel satisfied. So getting those nutrients in would be vitally important.

Shelley: That's great. Thanks Seane and if you could recommend one yoga technique or practice, any practice to our listener to help them lose weight, what would that be?

Seane: I would say modify some salutes where you're linking a movement with a breath. There's this absolute physical salutes and so you can kind of build up to it. It moves all the different parts of your body.

Because of the deep breathing, it begins to increase the circulation which has an influence on the lymphatic flow. It creates heat in your system from the inside out kind of like a microwave and that internal heat also helps to release the toxins, helps to create more elasticity in the muscles, the joints, the connective tissue.

There's a variety of movements in sun salutes that includes stretching the shoulders, the spine, forward bends, very gentle back bends. If you're doing sun salutes B there's subtle twists. So the whole body is being worked rather than isolating the poses and so to get some movement in, I would recommend sun salutes.

Shelley: Beautiful. So are there any other techniques or practices you would advise to help further support the holistic weight loss process?

Seane: My hope is that every day at the end of the day after a long day of being conscientious about diet, about doing whatever you're trying to do as mindfully as you can, I'm sure in that process is going to be days of great success and days of great frustration, days where you've hit the mark and others where you fell off the wagon. I think it's important at the end of the day to take a moment, put your legs up the wall or just lay flat on our back, close your eyes, let your nervous system ground.

Sit up, take some deep breaths and take a moment of gratitude for that day for your own personal commitment to health and wellness to celebrate the moments of success and forgive yourself for the moments that you perceived as a failure. To make a commitment not to self-beat, not to compare and not to think you should be anywhere other than where you're at in that moment.



That in the process of losing weight it's a very, it's an emotional experience that can be very, very triggering on a lot of different levels and we need to be really kind to ourselves and really check in with why we're doing it, what's our intention. Is it to feel better? Is it to create health or is it to get approval? Is it to fit into some sort of an ideal?

You have to get really honest and make sure that we're checking in so what we're doing is really balanced and healthy. My hope is that it's not to fit into some kind of an ideal because again that's not sustainable.

The diet will never work and odds are you'll have a mindset that no matter how skinny you get it will never fit that ideal. So there's deeper emotional work that has to continue being played out. So taking time at the end of the night to check in with your intention to make sure that you're still on the right path and that that path is sustainable and it's really feeding your soul I think is essential.

Shelley: Thank you. I love your message of hope and the path that you --

Seane: Thank you.

Shelley: -outlined for us here. Well this has just been an amazing interview Seane, I can't say enough of the honor and privilege it is to speak with you. I trust many of our listeners will benefit so much from this powerful approach that you've created. Please let our listeners know how they can find out more about you and your work.

Seane: You can go to my website SeanCorn.com and it's Seane Corn. They can reach me at: Seane@SeaneCorn.com or go to OffTheMatIntoTheWorld.org to learn more about our service related programs here in the US, actually in the US and overseas and the different work that we're doing in Northern America.

Seane: Thank you. I hope I get to meet you sometime.

Shelley: Me too. Thank you so much.

Seane: Thank you so much. I really appreciate it. it was a pleasure to be on the show.

Shelley: Thank you.

Seane: I wish you a lot of success too. It's a good topic.

Shelley: Thank you so much and blessings.



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