



5D HEALTH

BECOMING BFF WITH YOUR BODY

*The five discovery statements (and much more...) you need to know
BEFORE beginning to work on your ideal weight*

The Decrees

#Speak5D#lives5D#5Dhealth#5Dwealth

Nidhu B Kapoor



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Moonworker, Pain exterminator, Clearing expert, and retrograde specialist, Nidhu B Kapoor is owner and sharer of the world's 5D fastest, simplest, easiest transformation technology - The Decrees, a 5D language of light where manifestations take place at the speed of thought and word.

Deep and complete healing work takes anywhere from 8 months to three years, BUT with The Decrees, it take seconds, minutes, weeks and just a few months! Changes in food cravings, procrastination, sleep cycles, lifestyles and stress levels are a happy side effect :)

As the only practitioner in the world doing 10 minute sessions, speedster is her middle name and 1000s of people around the world vouch for her and her work. Nidhu has worked with over 50 women, as well as herself to bring incredible changes in the relationship with the body and her insights are as unique as The Decrees. She is currently working on understanding and releasing perimenopausal weight gain, so you can look forward to another call and another pdf soon :)



SCENARIOS

1. You meet someone and get along amazingly. You like spending time with them, listening to them, talking to them, going out with them. You look forward to hanging out with them and they with you. Everything is a little better when they are around, even if you are just catching up on the phone. You can count on them and they can count on you. Whatever your ups and downs, it is all handleable. After all, that's just how it is to have a best friend!
2. You meet someone and like them. Unfortunately, they don't feel the same. But you are constantly thrown together. You do your best to align with them, give them what they want, dote on them, do what they want... to no avail. You try to talk to them and get their attention; they have other priorities. In fact, they probably bully and control you because well, they can. You would love for them to be your best friend and depending on how long you have tried, you are still probably trying or have given up...
3. They start realising your contribution to their livesd begin to acknowledge your many gifts, magics and mysteries. They slowly begin to understand all that you have been trying to say and bring attention to. How cool, right!
You know it will take time but now that they know it is empowering them to listen to you, you don't mind how long it will take. After all, what's life without a best friend!



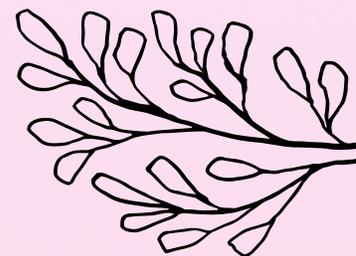
Guess who the 'You' really is

It is your body. 'You' are 'they'

Scenerio 1. 5D

Scenerio 2. 3D

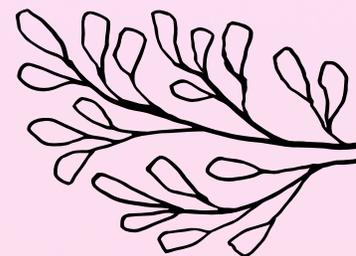
Scenerio 3: 4D



A quick background note on the three Ds

3D is how we have been living. Here we are dependent on our mind, especially the left brain to make choices and decisions for us. This is usually fear, control and judgement based. If a dog bit us, we end up believing that all dogs are dangerous and have to be avoided. It is a black and white way of living and organising reality to stay as safe as possible. Like S, who was convinced that her life was falling apart because she needed money and was not being able to get a job. S's 3D thinking does not allow her the possibility of any other solution like starting her own business or assisting a friend in theirs. Perhaps you have certain decisions and fixed notions like these. Like S, that would causing great stress and stuckness in your life.

4D is the bridge between 3D and 5D - in the evolution of our awareness, possibilities and consciousness to 5D, we have no choice but to cross this bridge. 4D is the place of the heart, the seat of our emotions. 3D mindsets do not like emotions or the chaos, messy environments of feelings. Most of us prefer to be controlling or controlled than give in to the torrential gush of emotions. It is not our fault. Nobody encouraged us to feel what we feel. As children, we learnt very quickly that it was better to suppress and repress than deal with our parent's, relatives, teachers judgements of being a cry baby, too sensitive, angry, scaredy cats.



We all have some disassociation or the other with emotions. The 100s of people I have worked with had a direct relationship with this disassociation and their level of stuckness

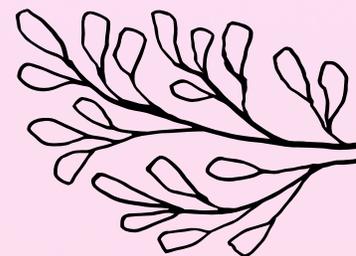
When S began her session, she spoke of her husband's sudden demise six years back and two failed relationships after that. Our relationships, however they are, bring us great succour in knowing somebody is there with us. In big losses, we usually turn to money to fill the void and make us feel safer and more secure.

I asked S how insecure and anxious she was on a scale of 0-10 where 0 was not at all and 10 was the highest.

Her answer? 7000

We began giving The Decrees, the fastest, easiest and simplest healing tool in the world. In one minute, her 7000 point insecure anxiety was down to 30 and in the next one minute, to a 5. Her voice lightened and she started smiling.

The money will come, it always does, she said.



5D is the place and vibration of knowing, trust, surrender, possibilities, flow, co-creation, ease, freedom, connections, authenticity, truth, lightness, brightness, gladness, wholeness, happiness. There is no process faster than The Decrees to achieve this state because The Decrees work at the speed of thought and light.

Whether or not we consciously acknowledge it, 5D is what we have all been seeking. And whether or not we knew it then, we have all experienced it in bits and pieces.

The world is changing because Earth is ready for a new way of being. Our social, political and economic systems are being rebuilt to adapt to these changes. We are all being pulled towards living in 5D more and more. But we cannot reach it without moving through 4D.

And that brings me to... What and who the body really is

The body has many functions. It's biggest and primary and biggest and primary and biggest and primary (just in case you didn't get biggest and primary when I said it once :)) physical function is to keep us alive. The many systems that comprise these survival, life and living programs happen without our permission or control. The magic and divinity of our heart beating, food digesting, automatic breathing, period cycles, hormonal balances and more happen without our opt in. And that is the first truth we need to acknowledge.

DISCOVERY STATEMENT # 1

It is NOT you who keeps the body alive. It is the body that keeps you alive



Transformative 5D Attitude # 1

Loving and accepting the body completely takes time. RESPECT does not.

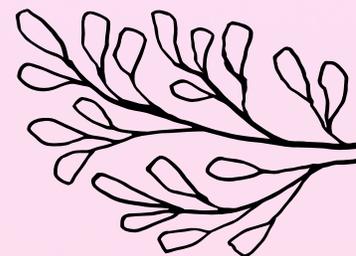


Decree #1

I used to judge, criticise and disrespect my body

Not anymore!

I respect my body from now till forever and a day



If you can say it three times a day for seven days consecutively in front of the mirror, it will signal the body to start trusting us again. If you miss a day, start the seven days all over again.

Note: If you are new to The Decrees, let me simply say that they are a unique set of cosmic commands that bring change and shifts instantaneously. You would say The Decrees out loud for best results

Come what may, the body is primed for life. And so, survival is it's default status. When faced with danger and threat, the body will fight. Or flee. Or freeze. Or curl up. Or play possum. Even a single cell amoeba moves away from a sharp object immediately. Poke a centipede and it will become an unresponsive circle. Some of these survival mechanisms are in born, some we learn. Like learning to live with a bully or an abusive family member.

Staying alive and surviving to live the tale means the body will do whatever it takes to be safest in that moment. **WHATEVER.**

DISCOVERY STATEMENT # 2

Understand that if the body is not responding to your techniques the way you want it to, it does **NOT FEEL SAFE**

Transformative 5D Attitude # 2

Are you looking to shed weight? If you are, chances are you have tried to do so before and probably succeeded too. Only to have it renew and grow again, more and stronger, yes? Or maybe you are looking to put on some weight.

- **Your results are directly proportionate to how safe your body feels.**
- **Your maintenance of the new body. health, wealth, attention, even more so.**
- **Your results are directly proportionate to how safe your body feels.**



If I could, I would emphasise it even more. In my workshops, I often say this. And have to keep saying because the conscious mind tends to ignore it. It is such a radical concept for the mind that wants what it wants that the immediate reaction is to snub it.

And yet, if you do not acknowledge and respect what the body is telling you about how safe or unsafe it is with your desires, the results are always going to be limited and unsustainable.

By the way, this is true for all that you wish to manifest in your life.

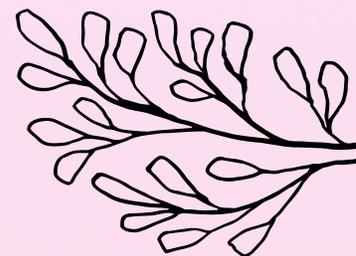
We are co-creators with our body and the universe so if we are not getting what we want, I guarantee it is because you are working as a bad boss instead of a partnership with them

Decree #2

I don't feel safe shedding/putting on weight, you can leave now

Say it 10 times. See how it makes you feel.





So why do we not feel safe being slimmer or fitter?

Ah, that is the correct question to ask :)

1. Weight, especially fat, is ultra protective in the body. It's job is to cushion and support. If you have been exposed to abusive environments (verbal, mental, physical, emotional, financial, food, sexual), the body will immediately start padding up. Like a protective, possessive mama bear, the body will envelop you. Yes, that very fat and adipose tissue you want to get rid of is an act of love.

If you grew up with strife, criticism, judgements, taunts, jealousy, the body would keep you safe because weight is...

2. A super duper way to hide. Invisibility is way to stay safe from those who are judgers, abusers and takers. Cocooned in layers of weight, it becomes much simpler for us to navigate life

3. In repressive, surpressive, hostile environments, we learn very quickly to not feel, or speak or express ourselves. Because it is not safe for us to do. Being called over sensitive, day dreamer, lazy, scaredy cat, cry baby, fatty by people in authority shuts us down. Well, where does all that energy go?? The more the surpression, the heavier and denser the energy becomes and the next thing you know, it has become a physical layer. All weight carries repressed, surpressed, depressed emotions, desires, stories, secrets and screams that we did not feel safe to speak out or share

I.E. the weight carries memories. All memories include you.



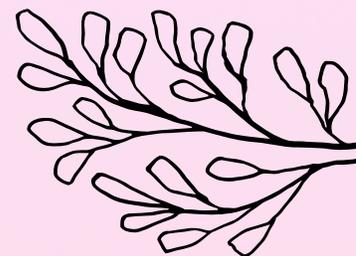
One of the most terrible sentences we can ever say in regard to the body is 'I want to get rid of this'.

What a horrifying message to all our younger selves in the memories in the weight. Not to mention, now the body feels even more unsafe with us. It is the most dangerous sentence in the world and countless times I have seen people take that much longer to find their happiest weight when they begin with a goal of getting rid of excess weight/fat/flab

Let me tell you how this compounds in the body

The most deeply compressed and stored is anger. Fat is the best physical insulatory layer for anger. Anger is fire in the body and fire can wreak havoc more than any of the other elements of air, water, ether and earth in the body. The body will do whatever it takes to lock that anger before it damages the delicate, sensitive inner organs. In my work with clients on the weight release journey, I always prepare them for the release of anger which shows in:

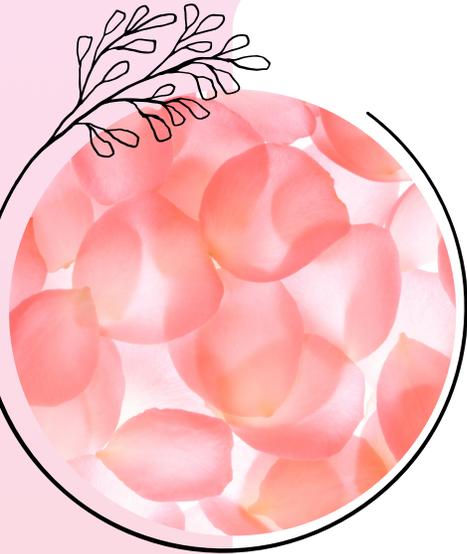
Feeling angry, hot, unwell, coming down with a fever, hot flashes and heat radiations. You cannot do serious weight shedding without a period of unwellness - this is necessary to release a lot of the anger in one shot and has to be treated as a healing milestone



M said she was in a happy relationship, with the man she had loved since she was 16. The weight had piled up ever since he proposed to her and was refusing to budge. A few pertinent questions later, she revealed that he was her cousin. The shame and fear of her family's judgements, the stress that it was incestuous was keeping her up at nights even as a part of her was delighted that the relationship had started. It was a heavy secret to carry and we began work at having to keep it a secret. She went through a myriad of emotions across the three sessions she had - overwhelm, tears, shame, guilt, blame, insecurity, anxiety, worry... but with every session, she got lighter and lighter (a key component in weight release) A week later she told her friends, then her mother. The weight shed steadily. A year later, she married him and the last text I got from her said she was was fine with her weight and her marriage :)

DISCOVERY STATEMENT # 3

The body is shaped by our unexpressed stories, secrets and desires



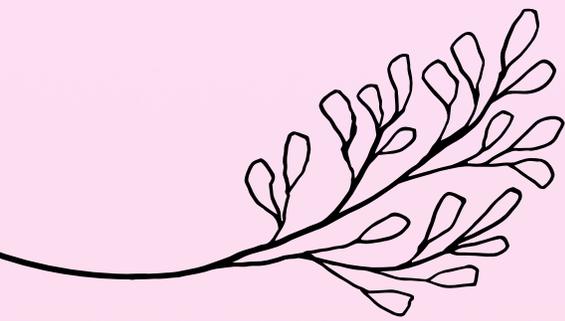
Transformative 5D Attitude # 3

Stop saying you want to get 'rid' of the weight. Recognise what a disservice and disrespect that is to all you have been through. You cannot love and accept yourself by hating the experiences that made you

Decree #3

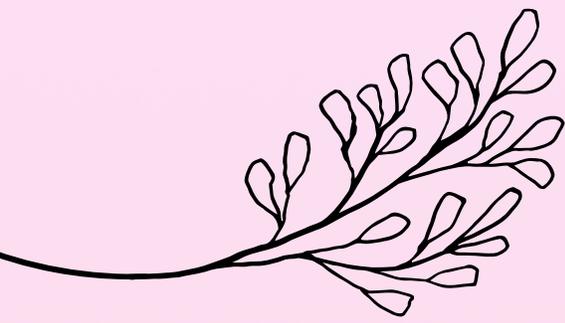
I forgive myself for wanting to get rid of myself

Repeat 11 times

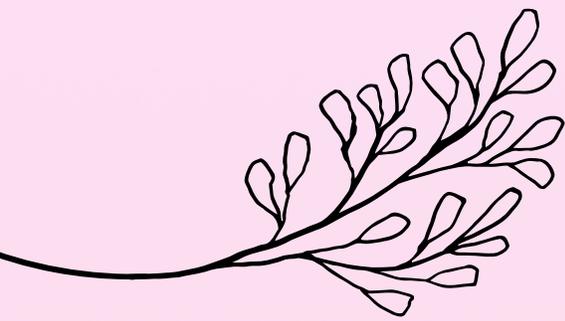


4. Not safe with attention from members of the opposite sex. Avoiding male/female attention. When it comes to working with women and shedding weight, I immediately take a look at what is happening with the men in their lives. Are you crushing on someone? In the first throes of the romance and seduction? Or are you in a relationship with a bully and tyrant? Is the man available for you or are you having to nag and demand to have your needs met? Is there sexual abuse from early on or currently going on (where you want to say no, but end up saying yes?)

Men are visceral, physical beings. They respond to the body first. As women so do we, but our checklist includes home, job and money. When we need to protect ourselves from the men in our lives or even in society, we unconsciously make ourselves unattractive. In fact, in perimenopause and menopause, the weight gain is designed by mother nature to make us unattractive and signal our reducing fertility. More on that, another time :)



D, a housewife with two children, was 20 pounds overweight. It bothered her immensely and she had lost confidence in her looks and her ability to hold her own socially, so conscious was she of her weight. When we have extreme reactions to our weight, it comes from deep judgement and criticism, either from the past or the present. I asked how her husband was reacting to her weight gain and she burst into tears. Apparently, he was constantly pointing it out to her in front of the children and on one occasion, in front of guests. I could easily how terribly hurt and bruised she was as well as in denial of the fact that her husband could be a benign abuser (These are covert abusers who use taunts, believing that because they are not calling the other names or being physically violent, it isn't abuse). He would subtly criticise her work, her dress sense, her ability to speak English. D was not conscious of how unsafe she felt with him or how much she wanted to hide from his gaze, but she immediately understood how much safer she was actually feeling with the weight even as she realised why her she had begun to eat desserts in secret



When we don't feel safe and are contracted in fear, we lose the ground beneath our feet. The moolahdhaara, root chakra, thrives on feeling safe and one of the ways it does is to receive and be in touch with earth. As the foundation chakra that rules our food, shelter, procreation, tribal relationships and programs, it needs to be fed by earth to keep functioning. In fact, we feel safest when we are grounded and connected to earth. With extra weight on us, our feet are forced to be in touch with the ground. That is another way our weight tries to bring in safety. Say thank you to it! Like D did for a month while working with my you-tube audio - weight release with Saturn's Decrees, level 1 alongwith the grounding exercise of:

When you lie down at night or to rest in the day, keep a pillow on your thighs (the centre part between hip and knee). If you can keep a bolster instead of a pillow, even better!

Keep it for as long as possible.

It makes the body start relaxing while gently stretching the root chakra open and letting energies flow down into the legs and out of the feet

Try it!

She has shed 2 pounds so far and continues to work on her fears of her husband and men

DISCOVERY STATEMENT # 4

The ideal body weight is that which makes us feel grounded, good and light at the same time. It can **NEVER** be decided by another



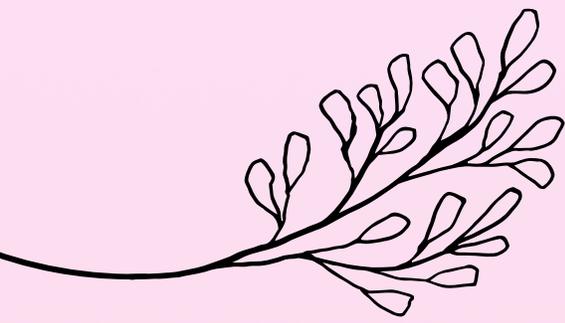
Transformative 5D Attitude # 4

Rethink your weight goals in terms of safety, stability and strength

Decree #4

I am an expert at being safe, stable and strong

Repeat 10 times



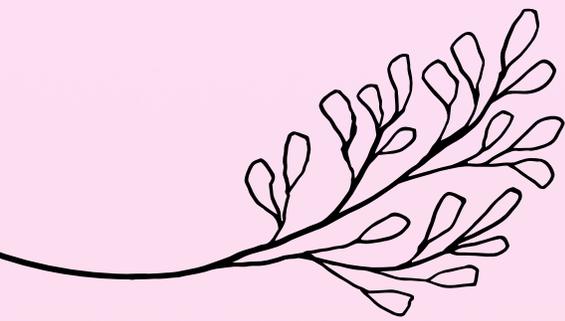
Not being safe means we are constantly on guard, hypervigilant, stressed (whether we are aware of the stress or not).

Stress becomes our best friend instead of our body, the universe and angels. So we start paying attention to the stress instead of the messages and signals to rest, take it easy, trust and surrender. Phenomenal research exists on stress and weight gain and this pdf would not be complete without acknowledging the link of high cortisol levels, fat metabolism and hormonal balance

Not safe = feeling threatened = stress and vice versa

One of the ways we don't realise we are adding to the stress is by being pushy and controlling. I have to do this, I have to do that, I have to get in shape by yesterday, I have to lose weight, I have to, I have to, I have to. And this 'I have to' is the second most dangerous sentence when it comes to manifesting what we want, especially physically.

Nobody likes to be pushed and controlled and forced. Not us and not the universe. I was once told by a client that she was a practicing healer, taking care of her mother, working in an NGO and had been defrauded in a credit card scam. God has to get me my money back, she told me, he has to.



No. He does not

Pushy insistence is bully, aggressive behaviour. It comes from a sense of being owed something.

Even if someone did owe you, let us say, money, did the pushiness get them to return it? Or did they shut you out?

Does your body owe you?

Or do you owe your body?

Do you push yourself to work when you would like to rest?

Do you push yourself to exercise when you are unwell?

Do you push yourself to be a care giver when you are in pain?

Do you push yourself to an office you hate because you are financially insecure?

How is that working out for you?



Decree #5

Stress, you can leave now

Stressed, you can leave now

Stressing out, you can leave now

Stressors, you can leave now

Stressing myself, you can leave now

You can just one 10 times, but it would be amazing if you said them all 10 times each!

All our behaviors are learnt behaviors. Monkeys do not brush their teeth because nobody taught them how to. We learn to treat ourselves and others the way we have been treated. If we have parents who reacted adversely to us being anxious or needy, we will judge ourselves when we are anxious and needy and be triggered when some else is anxious and needy. If we had mothers or fathers who praised or said wow to those who were thin or slim, we learn that being anything but thin and slim is 'wrong' - it is not acceptable.

The fact is that all our bodies carry weight uniquely. Some of us tend to be bulky, some of us tend to be curvy, some of us tend to peach shape, some of us to apple shape, some of us are big boned.... Not everybody was meant to be size 0. Or even size 10. There is an optimal weight for you to live your bestest life in your highest power and love. It may not be what you think it should be.

DISCOVERY STATEMENT # 5

We treat our bodies the way our parents treated us



This means that if we were not respected, safe, heard or cared for, we will struggle to do the same for ourselves. And yet, to be BFF with our bodies and have 5D health, we have to work in tandem with the body's signals and messages, akin to our parents listening to our signals and messages. Being BFF is a two way street. Bringing us home to DISCOVERY STATEMENT # 1

Transformative 5D Attitude # 5

Committ to being being the parent and family you didn't have. Changing our body sustainably requires time to unlearn and relearn and there is really no finish line. Like a good marriage, you will have off days and down times. As long as you can make the committment to being BFFs your bed rock, every challenge will bring you closer, stronger and healthier together.

You and your body (and the universe) are a formidable team - you can do this!!

Decree #6

I am an expert at being safe, stable and strong

Repeat 10 times

Decree # 6

I am an expert at working with my body to get to my ideal weight, health and fitness

Say 10 times everyday allow changes to take place organically!

PS. There is a third dangerous statement to delete from your vocabulary forever to achieve your happy, ideal weight. Can you guess what it is? I have used it in this pdf :) and will confirm it on The Ideal Weight Telesummit

Till then, show the body respect, honour what makes it feel safe and let go of all your stress - everything else like food cravings, procrastination, insomnia, fatigue, hormonal imbalance, weakness that also contributes to weight gain, will start diminishing and releasing

One day at a time,

Longer, stronger, lighter!

Here's to your 5D health and awesome body!

Love and unicorns,

Nidhu B Kapoor

Mumbai, India

June 2021



Happy Clients Say:



Shriya D said....

I finished the weight release call and have dropped two pounds already!er, they have not returned!



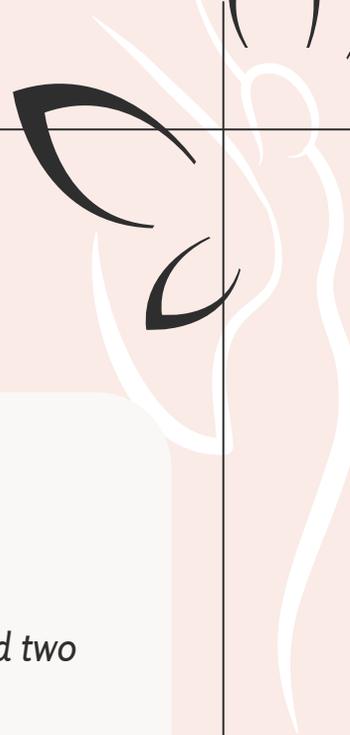
Sudhriti M Said....

I have dropped 6kgs just being regular with The Decrees



Berry M Said....

My clothes got looser overnight!



Happy Clients Say:



Jackie B said....

I listened to the MP3, checked my weight on a whim and I was 100gms lighter!



Vidya K Said....

I have learnt to respect my body with Nidhu's work and have so much more energy now. I don't keep pushing myself at the gym anymore and have moved to yoga classes five days a week. I see now how I have dishonoured my body over the years and understand what Nidhu means to be best friends with the body. In fact, I now even enjoy my desserts guilt free



Khushnuma Said....

In five minutes, my chocolate cravings disappeared. Unbelievable. Four months later, they have not returned!