

## "It's Time To Lose Some Weight"

Just look at you... all burdened and stressed with so many ailments and pains.  
Carrying the load of other people's problems, keeping yours to yourself not wanting to add to anyone else's strains.  
You cannot continue to live this way, listen to the words that are spoken.  
Who's going to put you back together when your energy is gone and your spirit has been broken.

### It's Time to Release Some Weight

Close your eyes and picture this...A beautiful young woman with a bowed head and dreary eyes;  
Destroying herself internally, because she's with a deadbeat waiting on him to realize she's a prize.  
Baby, don't try to convince him. Rise up and know your worth.  
Start carrying yourself with the dignity given to you at birth.

### It's Time Shed Some Weight

Be still and imagine if you will...There's a handsome young man unknowingly preparing his own demise;  
For he's busting his tale to give to a woman he 'loves', not realizing he's merely paying for what's between her thighs.  
Love...no, she has other ideas, and it's not to be the woman of his dreams.  
She wants to be the primary benefactor for all things that are crisp and green.

### It's Time to Drop Some Weight

Watch these ones over here... living a life that others have preplanned;  
Afraid to truly go for their dreams because their operating under someone else's commands.  
So they walk in misery & continue to mask it with a smile,  
And although they've done it for years they still tell themselves, "I'll just do it their way for a little while"

### The Time Has Come to Let Go of Some Weight

It's the dawn of a new day, lift your head and open your eyes.  
Start releasing what's holding you back, but know that it all starts on the inside.  
Stop comparing yourselves to contrived images & begin to live the lives you were sent.  
You've been masterfully created by a Superior Source, it's time to find your strength and release the weight that has your back bent.

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