

Live Well Lifestyle Webinar Recap & Recording

November 12, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Perfect Timing

The universe has a rhythm and timing that can't be denied. When the Swallows return to Capistrano or the Monarchs make their pilgrimage north and south. Nature knows when the seasons change. It just happens when the timing is perfect. Not our time. But life has its own divine clock and when we trust it we find everything is in its perfect timing.

It was a hot Texas summer afternoon. I found myself trying to race through traffic to get to the airport to pick up a friend. I hate being late but I knew I was going to be at the pace. Traffic ugh! I noticed I was gripping the steering wheel white knuckled and my jaw was shut tight as if I had lock jaw. I could already feel the tightness in my neck and shoulders. I was hoping my stress and tension would somehow magically get the traffic flowing. Sudden awareness dawn, I was going to be late, so just relax. I took a breath, gradually letting the tension go and accepting my imperfection of always being on time. Oh well I said to myself. The more I let go of my imaginary battle with traffic the more it began to move and level out. As I was pulling into the air port I got a text from my friend

saying "Plane delayed. Just landed." I laughed to myself and thought it was all perfect except for my thinking. When will I learn to trust I am not in charge of time and everything ALWAYS works for me? There is a Divine Conductor orchestrating this universe. Sometimes life has other plans. Look at these 9/11 happenings:

- The head of a company survived because his son started Kindergarten.
- Another man is alive because it was his turn to bring donuts.
- One woman was late because her alarm clock didn't go off.
- Another was late because of being stuck on the NJ Turnpike because of an auto accident and his life was spared.
- One missed his bus.
- One spilled food on her clothes and took time to change clothes.
- One's car wouldn't start.
- One went back to answer the phone.
- One's child dawdled and didn't get ready on time.
- One couldn't get a taxi.
- One wore new shoes. Before he got to the Towers he had rubbed a blister and stopped in a drugstore to get a Band-aid. That's why he is alive today.

Now when I am stuck in traffic, miss an elevator, turn back to answer a ringing phone, all the little things that annoy me, I think to myself this is exactly where I am meant to be at this very moment.
Anonymous.

"Nothing needs to be fixed. Everything is unfolding perfectly. So when you stand in you're now accepting that all is well, and then from that vibration, you become surrounded by more and more evidence that all is well. But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong." Abraham-Hicks.com

"What could you not accept if you but knew that everything that happens, all events, past, present and to come, are gently planned by One whose only purpose is your good." A Course in Miracles.

Now go have a happy stress filled day.

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