

# Live Well Lifestyle Webinar Recap & Recording

May 19, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



## Topic: Understanding and Accepting Our Differences

Have you ever noticed how easy it is to judge others? It is second nature to point out our differences and criticize others for not doing things our way. When In actuality we are more than either one of us when we combine our unique differences. Think about it for a moment.

Let me give you an example. If you have more than one child you understand how they have different personalities and ways of doing things. Right? Totally different! Different ends of the spectrum if you will.

Well my daughters are as different as day and night or oil and water. Always have been, and always will be. It has been a bone of contention on more than one occasion. These moments can wedge a wall between siblings or loved ones and destroy relationships.

Recently my 77 year old ex-husband fell and was taken to ER where it was also determined he had two bleeding ulcers. Within the first week he got 12 pints of blood. They were able to cauterize one but unable to stop the other one. The only option was a risky operation as he had other health issues. My oldest daughter, Allyson, had moved her dad to Brownwood where she had in-laws and a farm land. It was closer to her. She lived in Dallas and they plan to retire there one day. She was with him before he went into surgery on a Wednesday. My youngest daughter, Ashley, a kindergarten teacher in San Marcos called him the night before, not believing it would be the last time she would speak to him. He went into a coma, did not respond to stimuli and never woke up. After two weeks on a ventilator a decision had to be made to take him off life support. Ashley being an optimist argued to hold on. She knew he would wake up. She wanted desperately to talk to him one more time. Did I mention my daughters are totally different in personalities and likes and dislikes? By now their dad had pneumonia as well. The decision was made though Ashley was not in full agreement making the tension high.

A cousin sent me a text asking if Ashley had come to understand more easily or if she might talk to her since she had made a similar decision with her husband who had died of cancer. I texted back "I think Ashley just wanted to talk to her dad one more time and that would even make the decision harder." Well as we all know there are no accidents! Somehow I sent the text to Ashley. I got a reply saying, "You sent the text to me, goofy," from Ashley. A mistake I often make when texting... She walked up to the car door where I sat with her sister and we all had a good laugh which seemed to break the tension. Did God know she just wanted to be heard and understood? I think I know how that text got sent to Ashley. 😊

Now to the funeral arrangements and daughters with differences. Well they both did what they were good at and TOGETHER it was the perfect farewell and funeral. Allyson skills in organization handled the requests her dad had given her and took care of all the details with the funeral homes, (a memorial in Brownwood and funeral in hometown of Seymour), pallbearers and contacting family and friends. Ashley being the family historian provided pictures, memorabilia and old country songs he loved as background to a slide show of the pictures. His belt buckle, boots and the old Arledge Ranch banner were in place. His old work hat was worked into a spray from his grandson. It was divinely

perfect. God orchestrated all of us to share our gifts as it should be. People from his childhood and college days were there and my children and grandson got to see another side of their dad and grandfather. As for me I was reminded of why I married him in the first place. God is good, God is everything and all is well. Differences were needed and used well.



### Tribute to William Henry "Pinky" Arledge

"He stood there looking at the road ahead. Watching the heat waves making a mirage in the distance. The road reminded him of his own life... Behind him, the places he had been, but the specifics he could not clearly recall. Ahead of him... the open road and the mystery of places not yet visited."

It is not the destination... it is the voyage.

Do not let the chaos of others destroy your inner peace.

- *Observations from a biker.*

### Different

"If I do not want what you want,  
Please try not to tell me that my want is wrong.  
Or if I believe other than you,  
At least pause before you correct my view.  
Or, if my emotion is less than yours,  
try not to ask me to feel more strongly or weakly.  
Or yet, if I act, or fail to act,  
in the manner of your design for action, let me be.  
I do not, for the moment at least,  
Ask you to understand me.  
That will come only when you are willing  
to give up changing me onto a copy of you.  
I may be your spouse, parent, sibling, your offspring,  
Your friend or your colleague.  
If you allow me any of my own wants,  
or beliefs, or actions, then you open yourself  
so that someday these wants of mine  
might not seem so wrong and  
might finally appear to you as right-for me.  
To put up with me is the first step in understanding me.  
Not that you are no longer irritated or disappointed  
with me for my seeming waywardness.  
And in understanding me you might come to prize  
my difference from you, and far from seeking to change me,  
preserve and even nurture those differences."

Author Unknown

Closing Thought: I am different. I always have been. It took a while but I have accepted that I am a magic not meant for everyone to understand, so they question. That's okay. I will stay in my lane being all magical and stuff. *The Single Woman*

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