

Live Well Lifestyle Teleseminar

Recap & Recording

June 14, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Live Well Lifestyle Intention: To learn about living a peaceful, healthy and productive lifestyle. To create a safe space where we can express our concerns without judgments, to find an inner peace and love without giving up who we are to please another and where we can be authentic and truthful and can respect another's truth.

Daily Affirmation: Everyday in EVERY WAY I am getting better and Better and BETTER. I am stronger, wiser, healthier and more content. I am peacefully calm. I trust myself.

Louise Hay Wisdom Card: "All is Well in My World. Everything is working out for my highest good. Out of this situation only good will come. I am safe!"

Awareness Quote for the Day: Every cell in your body contains universal intelligence from God. Every cell also responds to every thought you have and all words you speak. When your thoughts are based on Love and Abundant Health your cells will respond accordingly. Thoughts Produce Actions and Reactions. Gratitude & Oneness, Blitz Poston

Abraham-Hicks Quote: "You didn't come here to save the world. The world does not need saving. You came here to clarify, you came here to add unto, you came here to seek joy, you came here to add to experience growth, you came here to bask in freedom. You didn't come here to 'fix' anything for anybody." www.Abraham-Hicks.com

Statement of Fact: The way you see the world is the way it will be for you! Are you willing to let it be more than it appears to be? I intend to make My World beautiful.

Homework for this week:

1. Read the Louise Hay Card.
2. Revisit the I Decide
3. Set Intentions in every part of your life and notice how easily life gets. Record your wins.
4. Read this page daily.

Meditation on Surrender to Love

I forgive you for anything you
may have done to me.

I forgive myself for any mean or hurtful thing I may have done or said to you.

I give you permission to forgive me.

I forgive myself for having taken anything you did in a way that was not useful to me.

Exercise on Surrender: Life is Love's Process. When our determination is given solely to accomplishing a list of tasks that we perceive as "our Life", then we have forgotten the greater process taking place; we have forgotten "the whole of life." It is easy to get "lost in the fragments" and to think we know where life is taking us. We don't. Life is Love's process and it is Love's responsibility to direct the flow of life. To return control of our life to Love, then, is to relinquish narrow perspectives and to acknowledge that Something Greater is at work. We tend to think of surrender as a relinquishment of personal power, but to surrender to Love is to surrender to that which lives within us, sustains us, and has never left us. In this way, then, surrender to Love is the means by which we come into our greatest personal power, the power of our own "whole life". For five minutes at the beginning of each day, sit quietly in a quiet place. Begin early in life and think of milestones in your life (happy or unhappy). As each comes to mind, surrender it to Love, using this thought: "Here is a part of my life; I surrender it now to Love, that I may feel happy and whole.

Throughout the day, as you recognize the different parts of your life, remind yourself: "Here is a part of my life; I surrender it now to Love, that I may feel happy and whole."

Closing Thought: "Today you are a magnet for Infinite Abundance, Divine Intelligence and Unlimited Love. Actually this has always been true." The Universe Mike Dooley www.TUT.com

As Soon As I Decide!

By Perry A~

*"Doubt is the result of conflicting messages. A Course in Miracles
Be sure of what you want and doubt becomes impossible."*

As soon as I decide, the doorway will open to me. As soon as I decide, I can begin my journey to new horizons. As soon as I decide, I truly want an new and lasting relationship, I will have it. What makes a relationship work? I DO! What makes my life work? I DO! Whose attitude creates it? MINE!

What if life were all that easy? Just deciding! Well, it is the first major step in opening the door to what I really want in life. It is indecision that keeps me in confusion. Until I decide on something, I just continue to go round and round with all the possibilities. It is a glorious state of procrastination that stems from demanding guarantees about the outcome. Without the action of deciding I stay on the treadmill of life, a victim of my own mind.

The second step is trust. Trust in yourself. Trust in the universe to support you. Trust in the One that created you in His likeness.

The Edge of Flight

When you come to the Edge
of all the light you know
And are about to step off into
the darkness of the unknown,
Faith is knowing one of two
things will happen:
There will be something solid to stand on
or you will be taught to fly...

I was stepping into a new relationship. I wanted it, but I was still attached to the failure of my previous 'happily ever after dream.' The one that didn't last as I had planned. As the time for commitment drew near I felt myself looking for an escape... a hidden backdoor. 'What ifs' began to run my mind. I had not fully decided. I was demanding guarantees. I needed to be sure it would work this time. I needed to know I would not feel the pain of disappointment and failure again.

There was no trust, only a bundle of fears. I had 'what ifs' attached to my dream. All I decided for sure was I might need a back door. My attention was not on succeeding but on making a plan for failure. I realized I was not on board 100%. My commitment was a lie. Had I always lived my life with a back door? When did I decide I was powerless without a way out?

"Honey, you have fun, but here is a quarter just incase something happens and you need a ride home. You take this quarter and hide it in your purse or slip it in your shoe. If something goes wrong.....," I could hear my mother's voice echoing in my mind, "you be sure and call me."

I am the creator of my doubt and my success. Commitment is the courage to go for what you want in life. I reconsidered. I decided to go for what I want 100%. Anything less than 100% is a lie, not a commitment. It is up to me to teach people how to treat me. I have the power to speak my truth.

As soon as I decide, 100%, the doors will open to me. I decide, I trust, I fly...

To contact Perry A~ Arledge: perrya@austin.rr.com