

# Live Well Lifestyle Teleseminar

## Recap & Recording

February 14, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



**Topic:** Be a Child Again

**Live Well Lifestyle Intention:** To open awareness to how we can support our well being from loving thoughts about our body's abilities to heal and return to balance. To learn to substitute positive thoughts for negative ones. To open the door to self healing. To release anger, regrets and judgments. To forgive and move on. To learn about living a peaceful, healthy and productive lifestyle.

**Daily Affirmation:** Everyday in EVERY WAY I find more to laugh about, more to be grateful for, more reasons to love life, more opportunities to see through the eyes and hearts of children, more to discover, more to learn, more ways to be of service and more joy.

**Thought for the Day:** Happiness is the best medicine.

**Poem for the Day:**

### **For No Good Reason**

And for no reason I start skipping like a child.  
And for no reason I turn into a leaf that is carried so high  
I kiss the Sun's mouth and dissolve.

And for no reason a thousand birds choose my head for a conference table, start passing their cups of wine and their wild songbooks all around.

And for every reason in existence I begin to eternally, to eternally laugh and love!

When I turn into a leaf and start dancing, I run to kiss our beautiful friend and I dissolve in the truth that I Am. ~Hafiz

**Feeding Your Soul Exercise:** What or who is holding you back? What do you need to let go of to be truly happy? Write your answers on a piece of paper and have a burning bowl release party. Set yourself free.

**Intention:** It is my dominant intent to love myself so fully that I glow with joy. My light shines so bright it touches others and brightens their day.

### **Homework for this session:**

1. Be a child again.
2. Repeat the Daily Affirmation before you get out of bed.
3. Set Intentions in every action and desire.
4. Have a complaint free week.

**Closing Thought:** You can always change how you feel, and you can always feel whatever you like. Mike Dooley, Totally Unique Thoughts. Wow how powerful is that?!

### **Banana Carrot Almond Muffins**

Ingredients:

1/2 cup butter  
3/4 cups honey  
3 eggs beaten  
2 tsp vanilla  
2 tsp cinnamon  
1 tsp baking soda

1/4 tsp salt  
2 cups grated carrots  
2 ripe bananas  
4 1/2 cups of almond flour  
(or 4 cups and 1/2 cups coconut)  
1 cup walnuts  
1/2 cup raisins

Directions:

Mix ingredients, add almond flour and raisins last. Grease muffin tins or spray with baking spray. Fill muffin cups 3/4 full. Bake at 310 degrees for 25-30 minutes. ENJOY!

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