

Live Well Lifestyle Teleseminar

Recap & Recording

May 16, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Meditation - Peace is quieting the body, emotions, and mind and knowing there's a higher force running you.

Live Well Lifestyle Intention: It is my dominant intent to Stop, Breathe, Relax and still my mind. I intend to be at peace and one with all. All is well. Wellbeing in my state of grace.

Daily Affirmation: I meditate on a regular basis and reap benefits from this practice. I close my eyes, think positive thoughts, and breathe goodness in and out.

Thought for the Day: Opening the Pathway between your Physical and Inner Worlds

In order to sense your inner world you must first quiet the physical world. You must remove your conscious focus from the physical world, that you might perceive the inner world. It is not a difficult process. It has been called many different things- some call it meditation- but regardless of what you call it, it is a time of quieting the physical, that you may sense the inner world:

Sit in a quiet place, making yourself comfortable, and close your eyes- and be. Do whatever you can to reduce the possibility of conscious physical interruption. And as you are comfortably sitting, quiet your conscious thinking mind. In the beginning, that is not an easy task, for your conscious thinking mind is very quick to respond to the stimulation of thought. You have trained it to be fast, and it is eager to participate.

As you are sitting, intending to quiet your conscious thinking mind, in time, it will allow you your quiet time. We encourage a short time everyday –FIFTEEN TO TWENTY MINUTES IS ENOUGH. The time of day is not important, and it need not be the same time in every day, but it is important that you set aside the time in everyday.

Feeding Your Soul Exercise:

HO'OPONOPONO MANTRA (Hawaiian)

I LOVE YOU

I AM SORRY

PLEASE FORGIVE ME

THANK YOU

<http://www.youtube.com/watch?v=7Qoq75-DQm4>

Homework for this session:

1. Find a few minutes each day to meditate.
2. Each day declare a Daily Affirmation before you get out of bed.
3. Set Intentions in every action and desire.
4. Respect and honor your space with love and positive statements.

Closing Thoughts: Having the presence and skill to relax will increase peace to the whole body – especially the part accepting stress. This day was made for me and you. I choose to make the best of this day. I release stress, worries and fear.

Closing Meditation: Ommmmm

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