

Live Well Lifestyle Teleseminar

Recap & Recording

July 18, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Mental Diet

What is the mental diet? For thirty days, if you will, do not entertain negative thoughts. Do not purposefully take negative thoughts inside of you and hold them in your mind or play around with them or go over and over them. No beating yourself up. No 'I can't do anything right'. No 'I'm stupid.'

If a negative thought comes into your mind, immediately change the imagery from negative to positive, and let the thought go. Don't dwell on anything negative. John-Roger (From: The Power Within You, p. 58-59

This is a life changing diet. You may need help from a friend. Ask them to tell you when you say a negative thought. 'Life is hard.' 'The economy sucks.' 'I can't do computers.' Any 'I can't thoughts'. Awareness to how many times you shoot yourself in the foot is nine-tenths of the battle. Once aware it is easy to trade it for and positive thought and let it go.

Live Well Lifestyle Intention: I choose to have a really good day. To release illness and dis-ease and return to wellness and happiness. To be kind to myself and others.

Louise Hays says the 4 things that cause major problems in our bodies and in our lives are Resentment, Criticism, Guilt and Fear. Our innermost common belief is "I'm not good enough."

Resentment: Indignation or ill will felt as a result of a real or imagined grievance.

Resentment is a very personal and private emotion, as it has almost no effect on the person it is directed towards. Long held resentment can eat away at the body and become the dis-ease we call cancer. Louise Hay, [You can Heal Your Life](#) 10th Anniversary Edition

Daily Affirmation: Today I choose Love and Appreciation. Love and appreciation are identical vibrations. Appreciation is the vibration of alignment with who-you-are. Appreciation is the absence of everything that feels bad and the presence of everything that feels good. www.Abraham-Hicks.com

Now how hard is that? Ask your friends and children, "What good things happened in your life today? When people start complaining simply reply with "Tell me something good about your day." Keep your mental environment clean.

Thought for the Day: This is my happy day. I choose to be happy all day. I choose not to let the unexpected bother me. I choose to find the gifts in every situation.

Feeding Your Soul Exercise: When you focus upon what you want - when you tell the story of how you want your life to be - you will come closer and closer to the vicinity of appreciation, and when you reach it, it will pull you toward all things that you consider to be good in a very powerful way. www.Abraham-Hicks.com

Take a moment to focus on how you want your life to be. How you want your health to be. Mentally go to the end result of what you want. See what you would be doing if it were that way. Imagine all the things you would be doing and who would be doing them with you.

Dream build with no limitations. It is okay to go beyond the realm of possibilities as you know them. If you want a big house but freeze at the thought of the maintenance and upkeep, imagine a cook, a cleaning service, a full time gardner and someone to clean the pool. Your own private chauffeur. Time to take classes and learn new things. Imaging planning fund raisers for your special charities and having an event organizer to help. See the differences you can make for so many people. Being so healthy you could take a walking tour of Rome or Greece. Do it with a friend. It will spur your imagination. Just dream don't worry about the how to's.

Homework for this session:

1. Focus on your Mental diet each day. Plan to catch negative thoughts and exchange them for positive ones.
2. Each day before you get out of bed think of a good deed you can do that day even if it is smile at a stranger, give a big

tip to a waitress...

3. Set Intentions to meet daily challenges with joy.

4. Dream Build every day.

Closing Thoughts: True life mastery is more a function of knowing what to want, than knowing how to get what you want.
Mike Dooley www.TUT.com

Louise Hay Can Do Card: I am a radiant being, enjoying life to the fullest. My life gets more fabulous every day. I look forward to what each

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