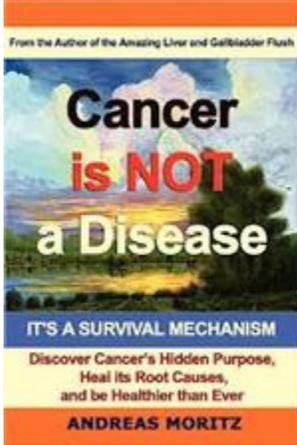


Live Well Lifestyle Teleseminar

Recap & Recording

September 19, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)

Topic: Andreas Moritz's Book, [Cancer is not a Disease](#)



“Cancer is but one of the many possible ways the body forces you to alter the way you see and treat yourself, including your physical body. You may either make out cancer to be something dreadful that leaves you victimized and powerless or see it as an opportunity to stand up for yourself, your values, and self-respect. This inevitably brings up the subject of spiritual health, which I believe plays at least as important a role in cancer as physical and emotional reasons do.

After having seen thousands of cancer patients over a period of three decades, I began to recognize a certain pattern of thinking, believing and feeling that was common to most of them. To be more specific, I have yet to meet a cancer patient who does not feel burdened by some poor self-image, unresolved conflict and worries, or past emotional conflict/trauma that still lingers in his subconscious mind and cellular memories. I believe that cancer, the physical disease, cannot occur unless there is a strong undercurrent of emotional uneasiness and deep-seated frustration.

Cancer patients typically suffer from lack of self-respect or worthiness, and often have what I call an unfinished business in their life. Cancer can actually be a way of revealing the source of such an unresolved, inner conflict. Furthermore, cancer can help them come to terms with such a conflict, and even heal it altogether. The way to take out weeds is to pull them out along with their roots. This is how we ought to treat cancer; otherwise, it may recur eventually.

There is no doubt that emotional stress can shut down your immune system and not only prevent your body from healing, but actually make you very ill. There is medical evidence to show that during severe stress, people can die from a massive heart attack without any prior heart condition or clogged arteries.”

My Intention Today: It is my dominant intent to look for things that feel good today. No matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for what I'm wanting to see in myself and others, to look for things that feel good.

The way you see a person is the Way they will be for you. Are you willing to let them be more than they appear to be at this moment?

Becoming Anger Free: Being angry is giving your power away and it makes you a victim to the person or situation you perceive as doing you wrong. To be angry is to allow someone one or thing to ruin your happy moment. Don't go there.

Thought for Today: I choose to be at peace with myself in all ways. I accept myself completely as I am, knowing every decision I made in the past was perfect for all concerned. I have no resentments nor blame and no anger anywhere in my life. I am free.

Louise Hay Wisdom Card: I allow others to be themselves. I do not try to heal my friends. I do my own mental work and heal myself. This is the best thing I can do for others.

Closing Thoughts:

Forgiveness Exercise

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.

It is not necessary to know what the hurtful thing may have been. It is important to have the intention of forgiving.

Word for the Week: FIGO. Forget It and Go On! To contact Perry A~ Arledge: perrya@austin.rr.com