

# Live Well Lifestyle Teleseminar

## Recap & Recording

February 13, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~ Arledge

### **Topic: Blaming self**

**Thought for the Day:** Researchers concluded that attributing every absentminded moment to getting older can actually *worsen* memory problems.

Read more: <http://www.oprah.com/health/Habits-of-Women-Who-Love-Their-Age/4#ixzz2sZAMaisE>

**My Intention Today:** To watch my Thoughts and Words. To change the ones that do not serve me. I can, I will.

**Louise Hay:** Louise says that whatever you put into the universe—be it good or bad—will come back to you. "It's almost as though the universe is listening to everything you say and everything you think and saying, 'Oh, that's what they want.' But most of the time we're talking very negatively about ourselves," she says. "How can the universe bring you anything good if that's the way you're talking? That's why I like to teach people to love themselves, just to love and adore who you are."

In one of her lessons, Louise instructs students to look in the mirror and address themselves. "Say, 'Louise, I love you. I really, really love you.' When you can do that, your life is really going to flow," she says. "So get this thing: I love life, and life loves me. I love myself, I love this, and I am grateful for everything."

**Wisdom Card:** I treat myself with unconditional love. I feel my heart opening and I know that there is room in there for Me.

**Can Do Card:** When I wake up in the morning, I plan for a good day. My anticipation attracts good experiences to me. Everyone I encounter at work today has my best interests at heart.

**Conversations with God:** In the true order of things one does not do something in order to be happy – one is happy, hence, does something. One does not do some things in order to be compassionate, one is compassionate and, hence, acts in a certain way. The soul's decision precedes the body's action in a highly conscious way.

**Power Thought for Today:** Every thought I think is creating my future. The Universe totally supports every thought I choose to think and believe. I have unlimited choices about what I think. I Choose balance, harmony, and peace, and I express it in my life.

**Happy Thought:** "Make someone happy each and every day of your life, but make sure you are first." Blitz Poston.

**Closing Thoughts:** How many times do you look in the mirror each day? Commit to taking a few seconds to look yourself in the eye and say, 'I love you. I really, really love you.' Notice the smile on your face and the pleasant feeling in your body. Consider making this a habit. Start with the message on a sticky note on your bathroom mirror until it becomes a daily practice like brushing your teeth. I feel lighter just thinking about it.

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