

## Live Well Lifestyle Webinar Recap & Recording

Sept. 28, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~

### Topic: Your Eternal Power

Many believe that Source is outside of them and that you are separate from Source and being tested in some way. But only you can cause the feeling of separation from Source. That is what all negative emotion is.

God is never withholding from you. God is always focused upon you, surrounding you with appreciation and unspeakable love. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

We are One with the Holy Trinity... The Father, The Son and the Holy Ghost

And BECAUSE OF THIS ETERNAL CONNECTION we have God Power to change the course of our lives and our thinking at any time. To the degree you believe you will achieve. Be still and know that I am God. Jesus knew this and practiced meditation by stillness in nature and prayers.

Give yourself PERMISSION to ask and PERMISSION to receive. It is that easy. Let The Trinity handle the details. That's not your job. Leave the orchestration to your Higher Connection. It is your birthright. YOUR JOB IS TO ASK, BELIEVE, AND RECEIVE.

Recently a friend I have been coaching has given up paddling against the stream for going with the flow gently down the stream. As she came to the realization there was another way that was less stressful to get what she wants, she stepped out and made a major decision in her life to change career path. After dissolving some imagined obstacles, she sent me this message: "Looks like the universe is sending me a message!!!!"

"No", I replied, "you sent the Universe a message and it is just responding to your thoughts and clear decisions. :-) The planning is up to you and the details are up to the Universe. The Universe gets all its information from you. Get that down. Therein lies your power."

I noticed lately as I turned what I thought was my 80<sup>th</sup> birthday that my thinking was turning to old ailing thoughts, and I noticed more aching and slowness in movements. Then I discovered I had miscalculated my age and was only in fact turning 79. Suddenly my attitude about aging began to change and my old self was back. I realized I had a belief about being 80. I reclaimed my power and I get up each morning singing "I feel GOOD now la-da-da-da-da, so good so good la-da-da-da-da" and I dance through the house shaking my bootie and really do Feel GOOD! See how a fearful mind can slip in and change your health? That quickly the Universe responds only to YOUR thoughts. You create it all.

Confidence comes when we learn to still the panicked voices running at chaos speed in our minds searching, indecisively for answers to projected disasters that have not happened yet. Futurizing the negatives. Running so fast they block out the still, gentle voice of God. Learn through meditation how to still the voices of panic and futurize what you want, not what you fear.

Start a daily journal with letters to God. Express your gratitude and blessings, ask with clarity for what you want. BELIEVE you can have it. Visualized being there and enjoying your new creation. YES, you can have it all. See yourself having more than you need and planning how you can give and be of service to others. All good deeds come back to those who shared them.

Deepak Chopra and Oprah Meditation on Empowerment

To contact Perry A~ Arledge: [perrya@austin.rr.com](mailto:perrya@austin.rr.com)