

# Live Well Lifestyle Teleseminar

## Recap & Recording

March 15, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



### **Our Quote for this session:**

I listen with Love to my body's messages. My body, like everything else in life, is a mirror of my inner thoughts and beliefs. Every cell responds to every single thought I think and every word I speak. -Louise Hay

Meditation for Self Love

Essentials to loving yourself:

- Don't compare. You are incomparable and perfect in every way.
- Choose to love yourself. Simply pick yourself as whole and perfect in every way.
- Look for and record your blessings.
- Look for the best in others. Compliment them. Support and up lift them. Allow them to be more than they appear to be in your eyes. Believe they will find their way. After all you did. ;-)

Failures are not dead ends. Every time we're up against the wall, we're also standing at a threshold.

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