

# Live Well Lifestyle Teleseminar

## Recap & Recording

October 11, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



**Topic:** Maintaining Peace of Mind. Staying in a state of Peace.

**Live Well Lifestyle Intention:** To open awareness to how we can support our well being from loving thoughts about our body's abilities to heal and return to balance. To learn to substitute positive thoughts for negative ones. To open the door to self healing. To release anger, regrets and judgments. To forgive and move on. To learn about living a peaceful, healthy and productive life style.

**Awareness Quote for the day:** Consistency in your life is usually a good thing. However when circumstances prevent you from being consistent don't let it upset your life. Change what you can and accept what you can't as a fact of life. Don't let anything disturb your happiness!

Live, Enjoy, Gratefulness, Oneness & Love, Blitz

**Louise Hay:** I release ALL Fears and Doubts! I accept myself and create peace in my mind and heart. I now choose to free myself from all destructive fears and doubts. I am loved and I am safe.

**Feeding Your Soul Exercise:** Take time for gratitude. Look closely at all the beautiful things you have manifested in your life. The more blessing you look for, the more you will find. Make a list. Write down the big ones and the small ones. A reconnecting phone call from an old friend. All green lights. Front row parking. Flowers in bloom in your yard. Unexpected income. Good weather days. Compliments. Look at what you have that you can be grateful for. A home, a job, a car. A loving pet. A companion. Congratulations you are feeding your soul every time you acknowledge a blessing.

**Intention:** It is my dominant intent to maintain peace of mind. I choose peace over anger. I choose not to argue. I intend to be at peaceful, happy, playful, creative, serving, mentally expanding, enriching and healthy. My face reflects my joy. I smile at everyone. I feel good.

### Homework for this week:

1. Set Intentions in every part of your life and notice how easily life gets. Record your wins.
2. Practice seeing yourself through the eyes of love.
3. Have a complaint free week.

Closing Thought: Your word is your magic wand. Choose kind, loving and hopeful words. Now go create joy, health, wealth and happiness.

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