

# Live Well Lifestyle Webinar Recap & Recording

February 18, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



## Topic: How to Ask for What You Want

Last month we had a small group but a great session on Getting What You Want. I got several comments on how helpful it was. Today we will have a brief overview on last month and go into “how to word your request from an 'I Can Do That' perspective.”

Last month's review: We are endowed with the ability to create all our desires through our thoughts and beliefs and the Universe is designed to reply to our needs and desires beyond ways we can perceive. All we have to do is ask, believe, own our God given birth right of 'worthiness' and allow it in. Nothing needs to be earned. It was your birth gift from God. Therein lies your return to health, happiness and prosperity. What you say is very important. If you are asking for more money and coming from a 'Lack or needy Perspective' you are really putting out “I don't have enough money” and that is what your emotional vibration is so you are actually attracting more poverty consciousness.

“When you continue to ask the question, you continue to practice the vibration of the question, which is different than the vibration of the answer. But when you quiet your mind, so that you are no longer keeping the question active, then the answer can come to you. Because you are not holding yourself in the tension of the unanswered question.” - [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com) You don't have to keep mailing the letter. Just visualize all you asked for coming to you.

First notice how your body feels with the thought I don't have enough money. Does it feel heavy or light? Does it feel constrictive? Is it in your shoulders like a weight, your chest, or your stomach? Who would you be without those fearful, limiting thoughts? This is your signal you are not in alignment with the source of your true power who created you as a deserving child of God in an abundant world. Now make a wish list and feel how it feels to do things you previously believed you could not afford. What would it feel like to have a vacation cabin with a lake or river view and access. Think of the parties you can have and invite friend to go fishing. See yourself decorating it with no concerns about the “how to's”. So instead of asking for more money. Visualize having the things you want. Imagination is free. Dream big. Be still and put yourself there. Notice how wonderful and peaceful you feel. THAT IS HOW YOU MANIFEST.

Make a scrap book of vacations places you want to see. Get some architect books on new homes and let your imagination design extravagantly. Make a list of the things you want in your next relationship partner and give it a time line and share it with a close friend. Now do you feel just thinking of the possibilities? A new car, no problem, be sure to go for all the bells and whistles. Heck, go for a test drive.

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**Closing Thoughts:** Did you know that it's perfectly OK, even highly ideal, to claim all is well amongst doubt and confusion? To be happy inspite of challenges? To laugh at problems? Dance without a partner? Sing without rhyme? Talk to inanimate objects? It's like this world was made just for you. Mike Dooley Totally Unique Thoughts [www.TUT.com](http://www.TUT.com)

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