

# Live Well Lifestyle Webinar Recap & Recording

December 15, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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## Topic: How to Digest the Three Day Old Dehydrated Brownies in your Life or How to Deal with the People You Love to Hate

People Do What They Do Because They Don't Know Another Way

The Frio River Story:

One summer I spend a weekend at a friend's cabin on the Frio River just to practice BEING. No TV, clocks, no set schedule. I slept when I got tired, ate when I go hungry. Took walks, watched the river flow and observed nature. One day on a walk, a group of little boys on their bikes past me on the gravel road on an adventure of their own. Shortly after that I heard this crunching on the gravel behind me. I glanced over my shoulder and saw a lady marching down the road, her fist clinched, her jaw set and her eyes quenched tightly. She was on a mission for sure. Then I heard her shout, "Ryan, Ryan, come back here!" I glanced down the road at the cloud of dust stirred by the bikes and wondered which one was Ryan? He sure was powerful pulling her down

the road like that.

The next morning I was down at the low river crossing pitching rocks and watching ripples when a couple of teenage girls came by and went down the river. Shortly after that a young boy on his bike came along and asked me if I have seen two girls. I pointed in the direction they went and he laid his bike beside the road and took off after them. Next came the crunching on the gravel and you guessed it, the woman marching down the road on a mission. She shouted, 'Ryan, Ryan, come back here!' I pointed once again and she took off to retrieve her prize possession. It wasn't long before Ryan came running over the rocks three leagues ahead of his mother, jumped on his bike and started up the road. Momma started yelling, "Ryan get out of the middle of the road!" To which Ryan replied, "I am not in the middle of the road, I am on the side." And they began to have an argument over where the middle of the road was and it occurred to me, she doesn't know another way. She doesn't know to say Ryan honey, what might happen if a car came around the curve right now. And Ryan would say, "I might get hit." Then momma could say, "Ryan honey you are so smart, I bet you would know what to do to be out of harm's way. Ryan might say, "If I get on the edge of the road I would be safe." "Oh Ryan, you are such a smart little boy. Your teachers are just going to love you when you get to school." Instead by the time Ryan gets to school he is brain dead to the sound of his name. All because she doesn't know another way. She wants to protect Ryan so he never gets hurt. If she could she would pickle him and put him in a jar on a shelf where he would never get hurt. Not realistic. We learn by getting hurt some times.

**"Each and every component that makes up your life experience is drawn to you by the powerful *Law of Attraction's* response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body's state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)**

When we can learn to accept our unique differences and understand that other people don't disappoint us. What disappoints us is we have an expectation that other people should live their lives according to our values and principles. It is very judgmental and in no way unconditional love as

Jesus teaches us. As a follow up I leave you with this thought. People do what they do because they don't know another way. You can lead by example. When you are tempted to judge, shame or criticize ask yourself, just ask yourself, what would Jesus do? Show some Love!

The way you see a person is the way they will be for you. It is as if you are holding them hostage to your beliefs about their shortcomings and what you look for and focus on you find.

Believe me, they can feel the anger, the frustration, the disconnect and your desire to change them. **The body never lies.** When you hold a disagreement your facial expressions will change, the shoulders tense up as if you are preparing for war. This negative energy is like a slap in the face to the other person. They can feel your disapproval of them. It is written all over your body. "I don't like you, it shouts!

I was working with a lady who could not see her ex-husband differently. She had a plethora of words that visually painted a negative picture of how she saw him. Just thinking of him walking into the room and she was prepared for battle and her body showed it. And he sensed it. So no good outcome could every come from these confrontations. I asked her to remove all the labels and just see a man walking into the room. She could not do it. Finally in desperation to crack her mental hold on him, I said, "Try this.... see a naked man with a little penis." That cracked her up and we laughed until we cried. Now she had a new vision in her mind very time she saw him and he was not so daunting. They began to communicate peacefully. Why because she put down the beliefs she was holding him hostage to and created space where he could change.

When you are pushing against someone, being human we push back. They feel it and will give you more of what you don't want. There is a negative energy present that says 'you are not good enough yet'. Until you drop your beliefs and put down your gun loaded with reasons they need to change, you will always be at war with them. Are you willing to **put down the gun** and let them be more that they appear to be? Can you show them some love?

I was a tomboy when I was young and had a horse. Every day after school I would go ride and feed and curry him. My horse, my chore. My neighbor and good friend Sally O'Brien made excellent grades while I struggled in math, so after riding I would go over to her house to study. Her mother disapproved of my dress as I would come straight from the barn. She let me know it with the look she gave me. I had the power to make her miserable by not conforming to her standards. I never bothered to change before going over. Like I know you don't like this so here is more. "To evoke the best from others, you must find a vibration that is a match to the best in others."

[www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

### **The Compassion Exercise – Just Like Me:**

Realize **just like me** this person has experienced hardships, pain and suffering in their life. **Just like me** this person had has known sadness, loneliness and despair. **Just like me** this person is seeking some happiness in their life. **Just like me** this person is seeking to fulfill their needs. **Just like me** this person is learning about life. Show some love and see what happens. Notice the anger falls away, your body lightens up, the things that aggravated you loses importance. See them as whole and complete just as they are for their perfect learning experiences. Invite them for lunch or coffee. Get to know them and their journey. You many make a lifelong friend.

The best thing you could do for anyone that you love is be happy! And the very worst thing that you could do for anyone that you love, is be unhappy, and then expect them to try to change it, when there is nothing that anybody else can do that will make you happy. Being happy is your job. You always have a choice of wearing your mad shoes or your happy shoes. Always.

“If it is your dominant intent to hold yourself in vibrational harmony with who you really are, you could never offer any action that would cause anybody else to be unhappy.” [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com) Red that again. It is really important to understand it.

When you try to tell people what to do, you alienate them and interfere with their natural learning process and journey. We learn by our experiences, what works and what doesn't. When you save people from learning a few hard lessons, they never learn to deal with life, then one day you won't be there to bail them out and they are not prepared to make decisions and think for themselves to find solutions. You rob them of creative thinking. Teach them there is always another way, encourage creative thinking and they will find a solution.

Praise them and more importantly see them as successful rather than needing your help. Tell them “I know you are going to be outstanding in your dance recital or soccer game. You have such good skills and are quick to learn and you practice hard. Now go do your thing and just have fun.” Empower them to be all they can be. Remember, intercessory prayer is other people believing for you what you can't believe for yourself. Your job is to build them up to help them believe in themselves.

**From Follow Your Heart by Andrew Matthews:**

“We give thanks for our benefit, and here's why. We receive in life what we dwell upon. As we express gratitude for what we have, we feel richer and so more comes our way.” Andrew Matthews. Be grateful.

If you force change upon people, you disrupt the process.

You say, "But it's painful to watch other people being STUPID!" Right! But when you force them to change, they don't learn.

**In a nutshell**

People fall into two groups:

- a) Those that make regular adjustments to their life strategy.
- b) Those that like to hit a brick wall, and then change.

**Neither wants you to tell them how to live!**

The best way to help is let them have their experience and then say. Wow. That didn't turn out so good. Was that what you intended to happen? What did you learn from that? I bet you will figure out another way to do that next time. You are a sharp person and are good at finding solutions.

Or when someone really messes up. Ask, what was their intention? Then Listen. In their minds what they did may make logical sense. You can ask, “Can you think of another way to get better results next time?” Put the ball in their court. Give them some time to come up with an answer. Never say, “Why in the world did you do that? What were you thinking?” “That was STUPID!” Shaming and guilt tripping will strip them of confidence and make them feel unworthy.

If they don't come up with a solution you can say, “I can think of a suggestion, would you like to hear it?” If they say “no”, respect that. If they ask for your help you can make a suggestion, otherwise, keep it to yourself and trust they will learn just as you did when you were young.

Another thing you can do to help your children and others succeed is see them as capable and praise them when they do things correctly. Give compliments. At the end of the day, at dinner, ask them what good things happened in their life today. Listen. Then share your blessings. Teach them to look for the good things and be thankful.

“I bet you will think of another way to do that next time,” is always an option.

In closing: “Remember, we are not here to be punished. We are here to be educated. Every event has the potential to transform us, and disasters have the greatest potential to change our thinking.

ACT AS IF EVERY EVENT HAS A PURPOSE AND YOUR LIFE WILL HAVE PURPOSE. Figure out why you needed the experience, conquer it, and you won't need it again." Andrew Matthews.

Patience Story: If you ask for patience, God will give you ample opportunities to practice being patience. Be careful how you ask. Ex: God may I find peace in all moments and except the perfection of what is.

Closing Prayer:

God lead, guide and direct us to see the best in others. To show them some love and encouragement. To allow them to learn their own life lessons. To free ourselves of the burden of needing to change others. To see with the eyes of God and pure love. To allow free will. To be an example by our own lives. We ask these things in Christ's name. Amen

Here is an exercise you can do from afar. Just say, "May the God in me love, honor and respect the God in you."

Suggested Reading:

Follow Your Heart by Matthew Andrews

Being Happy by Matthew Andrews

Law of Attraction by Esther and Jerry Hicks

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