

# Live Well Lifestyle Teleseminar

## Recap & Recording

May 17, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



**Our Quote for this session:** “Nothing needs to be fixed. Everything is unfolding perfectly. So when you stand in your now accepting that all is well, then from that vibration, you become surrounded by more and more evidence that all is well. But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration, and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

**Live Well Lifestyle Intention:** To create a safe space where we can express our concerns without judgments, to find an inner peace and love without giving up who we are to please another and where we can be authentic and truthful and can respect another's truth. To learn about living a peaceful, healthy and

productive life style.

**Abraham Hicks:** It is not attention to lack of wellness that makes you sick. It is attention to the lack of many things... Chronic attention to unwanted things holds you in a place of disallowing your physical well-being, as well as disallowing the solutions to other things you are focused upon. If you would focus your attention upon the experience of physical well-being as much as you focus upon the absence of it, not only would your recovery come quickly, but maintaining your physical well-being and balance would also be easy. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

**Daily Affirmation:** Everyday in EVERY WAY I am getting better and Better and BETTER. I am stronger, wiser, healthier and more content.

**Louise Hay Wisdom Card:** “I am taking the next step for my healing. The moment I say positive affirmations, I step out of the victim role. I am no longer helpless. I acknowledge my own power.”

### **Homework for this week:**

1. Read the Louise Hay Card.
2. Revisit the Ruidoso Mountain magic
3. Be aware of conscious language – Make it a positive.
4. Play.

Meditation to Serenity of a Winter Day. Ruidoso Mountain Magic Story.

**Closing Thought:** Intentions are creative joyful thought signals sent to the Universe that summon magical opportunities and support for manifesting greatness. Create greatness, joy, peace, love and harmony.

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