

# Live Well Lifestyle Teleseminar

## Recap & Recording

July 19, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



**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.

**This Month's Daily Affirmation:** Everyday in EVERY WAY I am getting better and Better and BETTER. I am stronger, wiser, healthier and more content. I am peacefully calm. I trust myself.

**Louise Hay Wisdom Card:** I can heal myself on all levels. Healing means to make whole and to accept all parts of myself. Not just the parts I like, but all of me.

**Awareness Quote for the Day:** Think about that little smear that starts out as the human body, and then there's a nose and a liver and a gizzard, oh, not a gizzard... All that stuff that is present and knows how to become this. There's so much knowledge within the human body. You're wanting to free the human body's knowledge to be well from the resistance that has been picked up along this physical trail. The very best approach to medicine is, "Well, I see your physical body is sick, what's been bothering you? What are you worried about? What are you angry about? What are you frustrated about?" Because that is what is at the root of all of this. And then say, "Let it go, let it go, let it go." That's the message, and if they could hear you and do that, then they would all be well right away. [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

De-stress - "The greatest weapon against stress is our ability to choose one thought over another."  
William James.

**Intention:** I intend to make my world safe, peaceful, happy, playful, creative, cutting edge, serving, mentally expanding, enriching and healthy.

### **Homework for this session:**

1. Read the Louise Hay Card.
2. Revisit the Daily Affirmation
3. Set Intentions in every part of your life and notice how easily life gets. Record your wins.
4. Read this page daily.
5. Complete the [Belief Exercise](#)

**Closing Thought:** We create by our emotions, thoughts, words, and actions. We can create misery, hurt, fear, revenge, etc., or we can create happiness, harmony, confidence, peace, and joy. And each of us makes these choices many times each day. - John-Roger, *Fulfilling Your Spiritual Promise*

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