

Live Well Lifestyle Teleseminar

Recap & Recording

September 13, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: What you see, say and feel is what you get.

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 lifestyle.

Last 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: Healing Happens! I get my mind out of the way and allow the intelligence of my body to do its healing work naturally.

Awareness Quote for the Day: My body is always working toward optimum health. My body wants to be Whole and Healthy. I cooperate and become healthy, whole and complete. I nourish my body with healthy food, lots of water, plenty of sleep and rest, exercise, and peace of mind.

Feeding Your Soul Exercise: YOU WILL NEVER CREATE GOOD HEALTH BY TALKING OR THINKING ABOUT YOUR ILLNESS. Every cell within our body responds to every single thought we think and every word we speak. You can choose to think thoughts that create a healthy atmosphere both within you and around you. Louise Hay

How to stay on course: Your mind will say things to you, and then your eyes will start to look around for whatever it is that your mind says you lack. Then your emotions start to follow that, the feelings start to hurt, the body grabs a hold of it, and pretty soon you're sick.

So now you know how to be sick, and you know how to make yourself even sicker. Yet you can reverse that. You do it by watching where you put your eyes. Watch what you hold in your mind. Watch where you put the feelings as they come up. Put your emotions where you want your body to go. These are very simple directions for just living life. - John-Roger (From: Forgiveness: The Key to the Kingdom, p. 99)

Intention: It is my dominant intent to look for things that feel good today. 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 this page every morning.
2. Repeat the Daily Affirmation before you get out of bed.
3. Set Intentions in every part of your life and notice how easily life gets. Record your wins.
4. Practice seeing yourself through the eyes of love.
5. Have a complaint free month.

Closing Thought: Filling my mind with pleasant thoughts is the QUICKEST road to health.

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