

Live Well Lifestyle Teleseminar

Recap & Recording

November 15, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Visualizing Wellness

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.**

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 listen with love to my body's messages. My body, like everything else in my life, is a mirror of my inner thoughts and beliefs. Every cell responds to every single thought I think and every word I speak.

Awareness Quote for the Day: Your choices shape your life. You are the artist. Your life is the canvas. Intention is your paintbrush." So today as we pick up that which will authorize our life. Today let us remember that the point of power is in our intention. Intention is our paintbrush. - Mary Mannin Morrissey

Finding Hidden Beliefs Blocking your Good: Ask yourself what would a person have to believe not to be able to _____? Get and answer and keep going. When you think your done keep pushing. The answer lies just beneath the veil of you resistance.

Feeding Your Soul Exercise: Count your blessings. They will happen all day long so keep a note pad to jot them down. At the end of your day count your blessings. This will develop a habit of looking for blessing and you will soon realize you live in a blessed world.

Intention: It is my dominant intent to maintain peace of mind. I choose peace over anger. I choose not to argue. I intend to be at peaceful, happy, playful, creative, serving, mentally expanding, enriching and healthy. My face reflects my joy. I smile at everyone. I feel good.

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 easy life gets. Record your wins.
4. Have a complaint free week.

Closing Thought: Find something to feel good about and get out of the way, and allow the cells to receive what they've been asking for. That is the key to healing. www.Abraham-Hicks.com

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