

Live Well Lifestyle Teleseminar

Recap & Recording

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



Topic: Stress Free Holidays

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 more aware that I am responsible for improving my health. I am willing to get better. I look forward to changing my habits in order to get better. I am strong, wise and make good choices. My health improves with my attitude. I am at peace with my progress. I can do this and make it easy.

Louise Hay Wisdom Card: There is an incredible power and intelligence within you constantly responding to your thoughts and words. As you learn to control your mind by conscious choice of thoughts, you align yourself with this power. The only thoughts you ever have any control of is your current thought.

Awareness Quote for the Day: This moment is your only guarantee in life! You cannot change the past so seldom give it thought! Gratitude is the Attitude! Blitz Poston

"If you believe that you must work hard in order to deserve the money that comes to you, then money cannot come to you unless you do work hard. Financial success, or any other kind of success, does not require hard work. It does require alignment of thought. You simply cannot offer negative thought about things that you desire and then make up for it with action or hard work. When you learn to direct your own thoughts, you will discover the true leverage of Energy alignment." www.Abraham-Hicks.com

Complaint Free World: This is the time we love to 'woe is me' and complain about every little unplanned event or recipe gone wrong. QUIT IT! Give it an 'Oh well, such is life.' And let it go. Zip it. Don't be the victim of life. Do not repeat the story to anyone. Don't make excuses. If every time you tell your 'woe is me story' you decided not to, how much more time would you have in your life that day? I am guessing hours. And who wants to hear your problems. By the way it is alright to gently tell your complaining friends you are choosing to live in a complaint free world for the holidays so tell me something good that happened. Now go enjoy your complaint free world.

Feeding Your Soul Exercise:

Practice asking for help. Even small children can match socks. Big ones can make their beds and clean their rooms, do dishes, carryout trash, sweep etc. Practice sharing your load. Be a family team. Try it, you will like it.

Intention: It is my dominant intent to be aware of my negative thoughts and learn to cancel those limiting thoughts and replace them with positive ones. Then to notice and record when I have a positive experience from the new supportive loving thought. Ex: "I'll never be ready by Christmas!" See how that set you up for defeat. Feel the statement. Now try, "I always get it done. This year it will be even easier." How does that statement feel? Now notice how missing pieces of the puzzle begin to come together. Someone brings you by a plate of Christmas candy just in time for your party. One chore taken care of and you didn't have to do it. Say "Thank You"

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: In the natural event of the universe, when you sow a wheat seed you will not reap potatoes, you will reap only wheat. Your mind is no different, when you sow only bad thoughts it is impossible to reap good results. Be careful what you think about!
Blitz Poston

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