

Live Well Lifestyle Teleseminar

Recap & Recording

April 18, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Cancelling the Negative Thoughts

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: I am surrounded by love. All is well. I now deserve love, romance and joy – and all the good that Life has to offer me. I am surrounded by love. All is well. I now deserve love, romance and joy – and all the good that Life has to offer me.

Thought for the Day: It does no good to think in any way negatively about yourself. Not even a little good.

Please don't confuse humility with self-deprecation. You have had enough thoughts about why you're not "worthy" to carry you through two lifetimes. You can stop now.

Besides, none of those thoughts were accurate anyway. Most of them were exaggerations, and some of them were completely "made up." So tell yourself the truth about yourself: You are wonderful! - Neale Donald Walsch Conversations with God

Feeding Your Soul Exercise: Write down 5 strengths or traits you like about yourself. Each day add another to the list. You'll soon see yourself through God's eyes.

Intention: It is my dominant intent to Stop, Cancel, Clear, negative thoughts and replace them with positive ones. "STOP! CANCEL! CLEAR! Get the FEAR out of here!" Andy Dooley

Homework for this session:

1. Stop! Cancel! Clear! Get the F___ out of here.
2. Repeat the Daily Affirmation before you get out of bed.
3. Set Intentions in every action and desire.
4. Do not allow negatives in your space. It is okay to say, "Let's talk about something positive."

Closing Thought: The key to creativity is knowing that my thinking creates my experience. I use this key in every area of my life.

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