

Live Well Lifestyle Teleseminar

Recap & Recording

October 17, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Purposeful Creating

You Alone Create in your Experience. Sometimes it is a purposeful creation- Created with intention. Sometimes it is an unconscious creation. Some deeply buried belief is the captain of your ship thus creating by default.

What is "creating by default"? It is setting into motion the creation of something that you really do not want, by giving your attention, or focus of thought, to it until it is created, and much of what you are experiencing would fall into that category. The usual response when one hears for the first time that they are the creator of their life experiences—and that all that they are experiencing, without exception, is by their own doing – is, "How can that be? I would not have created this thing that I do not want."

We agree that in most cases you would not deliberately create that which you do not want, but we will not agree that you have not created it—FOR THERE IS NOT ANOTHER

WHO CREATES IN YOUR LIFE EXPERIENCE - Abraham – "A New Beginnings 1"

Louise Hay Wisdom Card: I create wonderful new beliefs for myself. Life is very simple. I create my experiences by my thinking and feeling patterns. What I believe about myself and about life becomes true for me.

Everything in your life is a reflection of what you have created, allowed or promoted at some time. Take what you have, and use it to build the life you want. - John-Roger, Loving Each Day

My Intention Today: It is my dominant intent to be aware that my negative thoughts are creating my very future experiences. It is my dominant intent to reverse the negative thoughts to happy, positive ones. It is my dominant intent to be a deliberate creator. The buck stops here.

Power Thought for Today: I am at Peace. Divine peace and harmony surround me and dwell in me. I feel tolerance, compassion, and love for all people, myself included.

This is a good place to create from.

Closing Thoughts: There are some things that are best forgotten. And when I remember what a few of them are, I'll drop you a line. But a couple of things worth remembering, that are all too easily forgotten, are the times when you felt absolutely alone and uncertain. Yet somehow, perhaps beyond perception, there was a great click, after which suddenly a new friend appeared, an idea was imparted, or a connection established, causing the tides to turn and the floodgates to open.

And remembering this, should such "alone and uncertain times" ever visit you, however dark they may seem, you'll at least be comforted by recalling how transient they always are. Pass it on, The Universe www.TUT.com

Suggested Reading: An excerpt from Arnold Patent from You can Have It All
"What we believe determines the results we achieve."

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