

Live Well Lifestyle Teleseminar

Recap & Recording

November 14, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Accepting your present situation

Thought for the Day: Your situation can't get any better, until you feel better about your situation.

Sounds like an oxymoron doesn't it? But it is true. Until you make peace with where you are you are stuck in that modality. If you see it as a struggle your emotional vibration will not only keep you down but in resisting you will create more struggle in your life.

So what do you do to get out of the hole? Time to shift gears and quit digging. No more attention to the struggles. No complaining to everyone that will listen. Put it behind you as a temporary derailment. Shift your attitude. Look for what you can do. Create hope. Stop frantically analyzing and searching for a solution and spend more time quieting the mind so you can hear the solution with in. But first totally accept the situation and say "This too shall pass, there are gifts to be gained along the way". The future can be scary or full of opportunities depending on how you look at it. A new way can be scary if you believe you can't learn something new. You don't have to know how before you begin. Just be open and willing to learn. It can be exciting and fun and when you have hope (the 'I can do this' attitude) your vibration, will rise and happy happenstances will abound all around you. Just get out of the muck and focus on what you do want. Your desire will lead the way. When your desire is greater than your fear, desire will prevail. Are you willing to have an abundant and prosperous life. The ball is in your court.

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It should only be talked about if the talking will make you feel better. It is of no value, ever, to activate and talk about something that doesn't feel good, because it reactivates it in your vibration; it makes it another point of your point of attraction so you're less clear.

In other words, when you focus upon the problems of others, you diminish your ability to help them. People believe that you've got to focus upon the problem in order to find a solution. And we say, no solution ever comes forth - it's never inspired; you never recognize it, and you are never able to facilitate or achieve it - from your place of focusing on the problem. They are two entirely different vibrations.

Nothing needs to be fixed. Everything is unfolding perfectly. So when you stand in your now accepting that all is well, then from that vibration, you become surrounded by more and more evidence that all is well. But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration, and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong." www.Abraham-Hicks.com

Louise Hay Wisdom Card: My business is prosperous. I rejoice in others people's successes because I know there is plenty for everyone.

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 reach for thoughts that make me feel good. How I feel in this

moment greatly influences my future. Happy thoughts take you up the ladder. Negative thoughts put you in a deeper hole of despair. So go on, get happy!

Power Thought for Today: If I say yes to life, life says yes to me. Life mirrors my every thought. As I keep my thoughts positive, life brings to me only good experiences

Conversations with God: Nothing happens by accident in God's world, and there is no such thing as coincidence. Not in this world buffeted by random choice, or something you call fate. If a snowflake is utterly perfect in its design, do you not think the same could be said about something as magnificent as your life?

Closing Thoughts: Make peace with where you are at this moment, wherever that maybe. Peace is wanting what you have. Where ever you are no matter how dismal, there will be a gift waiting for you. Regroup your thoughts. Step forward through your fear knowing something better is waiting for you. Let Hope and Faith be your stepping stones.

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