

Live Well Lifestyle Teleseminar Recap & Recording

December 19, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~ Arledge

Topic: Stress Free Holidays with Special Guest, LaRue Eppler

Today, we've got a real Christmas Treat for you. Perry A~ will be joined by her good friend and author, LaRue Eppler of Dallas.

Since 1989 LaRue Eppler has been helping people makeover their lives from the inside out. In the 80's, LaRue was a sales director of a top cosmetics company. Needing to push the reset the button of her life, she started an intense process of self-discovery. After a decade of learning, unlearning and transformation, La Rues' cosmetic makeovers metamorphosed into inner makeovers.

As a popular radio guest, International Life Coach, Speaker and Teacher, she has worked with thousands of people from numerous countries. LaRue is Intuitive Intelligence & Manifestation Expert, the author of Your Essential Whisper & the creator of Evolutionary Kinesiology- a methodology that quickly & precisely pinpoints and transforms inner blocks into success.

LaRue has 24 years of experience in helping people from all walks of life create solid, sustainable success whether it be an intangible state of peace and happiness or material things such as financial wealth.

Did you know that there's an easy way to...

- Reduce or eliminate the stress of the holidays?
- Buy the perfect gift for everybody!
- Do all your shopping in a few, fun hours?
- Know where to go to find the right and perfect gift, even before you leave home!

During my interview with LaRue Eppler, an Intuitive Intelligence Expert, she will...

- Explain what stress really is! (It's probably not what you think!)
- Share how to truly have fun-filled, stress reducing holidays.
- Reveal her secret to buying the perfect gift for everybody, every time!
- Cut your shopping time by 50% and even more!



LaRue Eppler

Curious?

Join us for this intriguing interview! The hour you'll invest to listen just might save you countless hours & stress during this holiday season. What you will learn just might leave you energized and even healthy when all of the holiday fanfare is over!

To contact LaRue:

www.HowToMuscleTestYourself.com or www.LaRueEppler.com

Topic: Stress Free Holidays with Guest LaRue Eppler

How to take the STRESS & the DAZE out of your HOLIDAYS!

Thought for the Day: Simplify your Holidays and keep your sanity.

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.

Abraham-Hicks.com: 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

Think About It: 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 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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