

Live Well Lifestyle Teleseminar

Recap & Recording

January 16, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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Topic: Embracing "What Is"

Thought for the Day: "When you argue with reality you always lose. But only 100% of the time." Byron Katie.

My Intention Today: I am at peace with 'What Is'.

Can Do Card: I am not responsible for other people. We are all under the law of our own consciousness.

Conversations with God:

"On this day of your life, Friend, I believe God wants you to know...

...that you can be happy right here, not tomorrow, not in ten minutes, but now. You can be happy *right* now. Byron Katie said that, and she is right. Happiness is allowing yourself to be okay with what *is*, rather than wishing for, and bemoaning, what

is *not*. Obviously, what *is* is what is supposed to *be*, or it would not be. The rest is just you, arguing with life. Somewhere along the way you will have to learn to just Trust Life. (Read that, "Trust God.") Why not start today? *Conversations with God*, Neale Donald Walsch

What are you bemoaning and wanting to change that is out of your control? Don't hang on too long to what is in the past and gone. It will keep you stuck in cement. Grieve, pick yourself up and go forward. One step at a time and look for the gifts that will arise out of the chaos. They are always there.

Power Thought for Today: I am totally adequate for all situations. I am one with the power and wisdom of the Universe. I claim this power, and it is easy for me to stand up for myself.

Happy Thought: "There can only be a need for forgiveness, when first there is blame. And there can only be blame, when first there is misunderstanding. And often, misunderstandings arise for one of three reasons: not enough love, not enough sleep or not enough chocolate." www.TUT.com

Closing Thoughts:

*"In the end only three things matter:
how much you loved,
how gently you lived,
and how gracefully you let go
of things not meant for you." Buddha*

Suggested Reading: Loving What Is by Byron Katie

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