

# Live Well Lifestyle Teleseminar

## Recap & Recording

March 13, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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**Topic: Self Actualization:** Expressing one's creativity, quest for spiritual enlightenment, pursuit of knowledge, and the desire to give to society are examples of self-actualization. Maslow used the term self-actualization to describe a desire, not a driving force, that could lead to realizing one's capabilities. A *self-actualizer* is a person who is living creatively and fully using his or her potentials. *What a man can do, he must do.* It refers to the desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially.

**Thought for the Day:** Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think that you've lost time. Asha Tyson

**My Intention Today:** To accept the whole of my life, knowing everything happened as it should to get me to where my inner knowing wants to be.

Detours are temporary changes in direction that give us differ perspectives. I have potential to be more than I am today.

**Abraham-Hicks:** Until you have made a decision about what is important to you, all stimulation of thought draws your attention. And as you give your attention to anything, you begin to create in the direction of it. And that is the reason there is so much value for you to break your day into segments and to intend clearly what is most important to you within each segment. (Otherwise you are hop scotching through life multi taking in 16 directions at one time and nothing gets completed.) As you begin the process of *Segment Intending*, you will be in control your physical experience one segment at a time. Any confusion that you are currently experiencing will lessen immediately, and instead of feeling overwhelmed and confusion- which are warning bells" – you will be filled with exuberance and forward motion.

**Conversations with God:** Your mind is right now filled with old thoughts. Not only old thoughts, but mostly someone else's old thoughts. It's important now to change your mind about some things. This is what evolution is all about.

**Power Thought for Today:** I now listen to what I say. I don't say anything that I don't want to become true for me. Everything I do is by choice.

**Closing Thoughts:** I love life. It is my birthright to live fully and freely. I give to Life exactly what I want Life to give to me. I am glad to be alive. I love Life! Louise Hay *Wisdom Card*

### Maslow's self-actualizing characteristics:

- *Efficient perceptions of reality.* Self-actualizers are able to judge situations correctly and honestly. They are very sensitive to the fake and dishonest, and are free to see reality 'as it is'.
- *Comfortable acceptance of self, others, nature.* Self-actualizers accept their own human nature with all its flaws. The shortcomings of others and the contradictions of the human condition are accepted with humor and tolerance.

- *Reliant on own experiences and judgement.* Independent, not reliant on culture and environment to form opinions and views.
- *Spontaneous and natural.* True to oneself, rather than being how others want.
- *Task centering.* Most of Maslow's subjects had a mission to fulfill in life or some task or problem 'beyond' themselves (instead of outside of themselves) to pursue. Humanitarians such as Albert Schweitzer and Mother Teresa are considered to have possessed this quality.
- *Autonomy.* Self-actualizers are free from reliance on external authorities or other people. They tend to be resourceful and independent.
- *Continued freshness of appreciation.* The self-actualizer seems to constantly renew appreciation of life's basic goods. A sunset or a flower will be experienced as intensely time after time as it was at first. There is an "innocence of vision", like that of an artist or child.
- *Profound interpersonal relationships.* The interpersonal relationships of self-actualizers are marked by deep loving bonds.
- *Comfort with solitude.* Despite their satisfying relationships with others, self-actualizing persons value solitude and are comfortable being alone.
- *Non-hostile sense of humor.* This refers to the ability to laugh at oneself.
- *Peak experiences.* All of Maslow's subjects reported the frequent occurrence of peak experiences (temporary moments of self-actualization). These occasions were marked by feelings of ecstasy, harmony, and deep meaning. Self-actualizers reported feeling at one with the universe, stronger and calmer than ever before, filled with light, beautiful and good, and so forth.
- *Socially compassionate.* Possessing humanity.
- *Few friends.* Few close intimate friends rather than many surface relationships.

In summary, self-actualizers feel finally themselves, safe, not anxious, accepted, loved, loving, and alive, certainly living a fulfilling life.

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