

Live Well Lifestyle Webinar Recap & Recording

October 15, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Our Amazing Bodies

So many people are dealing with multiple ailments and looking to pills and drugs to make them feel better, until they are overloaded with an abundance of contradicting medicines and actually feel worse. They scan the internet looking for fixes and decide what they have. They call me with 'I think I have _____ this ____ this ____ and this and they start rattling off a plethora of ailments. No wonder they feel so bad.

Much of my information today is from Louise Hay's book *You Can Heal Yourself*. I totally agree with her that "The universe totally supports us in every thought we choose to think and believe."

It is what we talk about most of all in these Wellness Seminars. Be careful what you think and say. Whatever you focus and think about will become your reality. The universal power never judges or criticizes you. It only accepts you at our own self values.

It is your job to uncover and recognize the beliefs keeping you stuck in a rut. It is your easy job to change them. For example 'Everything always happens to me' and 'nothing ever works for me.', sounds totally different then "Everything always happens for me!" Just a tiny tweak can change your life.

Louise states in her book that resentment, criticism, guilt and fear cause more health problems in our bodies than anything else. These feelings come from blaming others and not taking responsibility for our own experiences. Whatever is happening out there is only a mirror of our own inner thinking.

Resentment that is long held can eat away at the body and become the dis-ease we call cancer.

Criticism as a permanent habit can often lead to arthritis in the body.

Guilt always looks for punishment and self-punishment perpetuates itself as pain in the body.

The past is over and cannot be redone. All disease comes from a state of unforgiveness. To release the past we must be willing to FIGO - **Forget It and Go On!** Forgive ourselves and others. Release the past. We did what we did because we didn't know another way. Choose another way. It's a new day, turn the page. Accept there was a bigger plan at play and all the players had a role they played and often it turns out those negative things were actually very beneficial to yourself and others in prodding you to choose a new path and learn about life.

You don't have to know who you are forgiving, as so many past experiences are deeply buried. Try a blanket forgiveness. "I forgive myself for anything I may have done or said that brought anyone pain or harm. I forgive others for anything they may have said that I let hurt me." Now you are free to go forth with a new affirmation for life. No criticism, judgment or blame of yourself or others is allowed. "I am free to be a loving being, to see life and others through the eyes of love. All is well in my world."

Try giving yourself the medicine of kind words and forgiveness instead of pills and medications. "You always have a choice. Choose to believe that it is easy to change a thought or a pattern." Louise Hay

You have an amazing body that knows how to heal itself. Feed it love and tenderness. Let go and release anger and problems. Feed your body with appreciation for all it does for you automatically. She will respond with years of good health and joy.

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