

Live Well Lifestyle Webinar Recap & Recording

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Topic: Your Body Believes Every Word You Say

by Barbara Levine

Have you ever heard the expression, “What you say is what you get”? Well there is more truth to that than you know. Not only is what you say what you get but what you think about is also what you get.

How many times do you say “oh my aching back”, “my feet are killing me”, “I have no energy”, “my allergies are driving me crazy”, “I ach all over” “I don’t get around like I use to”, “my head is about to explode”, “my hip is screaming at me”, and ‘nothing ever works for me’

Well-Being Card: Whatever I give my thoughts to - wanted or unwanted - I am creating. If it is your desire to feel good and you practice to choose good-feeling thoughts, only good things will come to you. You were born with a magnificent (emotional) guidance system that lets you know, in every moment, exactly what your vibrational content is, which is being matched by the Law of Attraction. Louise Hay

When you are around complainers do you tend to look for something wrong so you can join them in lamenting in singing ‘the whoaaa is me’ song. It kinda seems like the polite thing to do. Join them in their misery. It is easy to get sucked into another person’s misery. It takes conscious awareness to focus on using positive phrases.

Positive phrases to keep from joining them:

Sorry you are having difficulties. (Period. It is not your problem to fix. If they want a suggestion and ask for it then answer.)

I am betting you will find a solution.

Bummer!

Hey, don’t talk about your body that way. It has served you well for many years. Give it a break, at least verbally.

The point is not to join in their sad plight. Most people just want to be heard not fixed. If you try to fix them and they have an excuse for why it won’t work. There’s your sign. They are saying just hear me. I need to vent. When you get enough of listening, shift – ‘Can we talk about something more positive for a while.’ Or ‘Tell me something good going on with you.’

Can Do Card: My happy thoughts create my healthy body. Filling my mind with pleasant thoughts is the quickest road to Health. Louise Hay

Closing Thoughts:

If you are aware of the fact that ‘Your Body Believes Every Word You Say’, how would you go about changing the way you talk about your body? Make a list. Example.

‘I have the greatest body. It takes so much abuse from me and keeps on truckin’.

Who would you be without your **thoughts** about your body? About what you think it can't do?

To contact Perry A~ Arledge: perrya@austin.rr.com