

# Live Well Lifestyle Webinar Recap & Recording

June 16, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



## Topic: Serving or Enabling... Teaching or Judging?

Thoughts for the day....

"Every morning I awake torn between a desire to save the world and an inclination to savor it. This makes it hard to plan the day." -E.B. White (1899-1995)

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, champagne in one hand, strawberries in the other, body thoroughly used up, totally worn out, and screaming "WOO-HOO What a ride!" or not!... Choices and consequences. There is just no wrong way. Whatever fits your design. Whether you did something monumental or not, you made a difference. Mothers play extremely important roles in teaching family values, giving children needed time, keeping a clean, healthy home and establishing a strong foundations for their children. A priceless job. How many businesses operate on the shortcomings of others? Where would some of our do-gooder groups be without someone to serve? Do those in need not serve a purpose for those who want to be care givers? Can you see how we serve each

other and how we are all connected?

So what does matter? Is the purpose of life to serve or be served? Your purpose in life is to do what brings you great joy! Life is temporary and we know not how long our journey will be on this planet. What are you going to do with your time?

How can we live our lives to be joy filled and release from enabling?

To impose your will on another because you think their lives will be better if the live their lives according to your will is out of your business and very conditional. The greatest gift that you could give to anyone you love is the gift of positive expectation. To believe they can and will find their own way.

Can you know more than God what is the right path another person's highest good? Some people need to experience rock bottom before they realize they want something better in order to find their way out of the hole of depression, addictions and various stages of self degradation.

Instead of being an enabler use that time and money on yourself. If you want to teach responsibility you be the role model by example. When you accept full responsibility for your experience of the world, your relationship with it will be transformed.

Broaden your horizons. Learn something new. Play games, anything from sports to chess. Read a book that will expand your thinking. Join an exercise group, Learn to Meditate. When you joyfully broaden your horizons, you show others how to expand theirs and enjoy life more. We are all teachers to one another by how we live our lives. Some show us what we don't want to do or be. Others are our heroes and role models of how we want to be. To be active in a serving role and to lend a hand to someone who has experienced troubled times, a fire, flood, tornado and any number of tragic losses is purposeful and rewarding. There are many ways to serve without being an enabler. Most importantly be happy and grateful. It is contagious.

**Our Purpose is to let our  
love light shine so brightly that we  
may touch~ others through Your example,  
and to share with others the path to this  
ecstasy of spiritual union,  
Three as One.**



Happy Thoughts, Perry A~

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