

# Live Well Lifestyle Webinar Recap & Recording

September 15, 2016 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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## Topic: Wasted Energy

### The Great Energy Zapper

Like the crescendo of violins, the voices increased to a shrill high pitched intensity as the Great Energy Zapper struck again. Veins stood out and eyes bulged as the energy levels escalated in defense of differing opinions. The battle of "Right vs Wrong" was in full swing. Once again, the energy zapper will be the only true winner.

The subjects of the battles are not important. It is the winning and being right that is important. Even though there is no true victor, the combatants will go to any lengths to be the perceived winner.

What is this driving force that makes people go to such lengths to be the winner? When will we be able to agree to disagree? Will we ever learn, like Shakespeare, that "there is nothing right or wrong, but the thinking that makes it so."

We look, act, dress, speak, eat, think, work and function differently but yet we expect others to share the same opinion as we do. What is wrong with this picture?

On day I was teaching high school and realized that students spent more energy arguing than studying. Everywhere inane arguments broke out resulting in violent temper exchanges, verbal and sometimes physical, to cram one person's opinion down another person's throat.

In one class a heated debate arose over who was the best football team, the Dallas Cowboys or the Denver Broncos? The Broncos fan would probably have gotten a lot of supporters had he lived in Colorado, however, he dared to think Broncos in Cowboy Country!

One of the primary figures in the stand-off, resorted to garnering support from other Cowboy fans. When the opponent stood his ground, this cowboy fan went to Plan B and polled the entire class as if it would change the opinion of the opposition. It was a total waste of time and energy when the universe will declare the winner in the Super Bowl anyway. Why do we have to like the same team? Why can't we acknowledge the other person for his opinion and agree to disagree and let go? Why can't we find more constructive places to use all that energy?

In an effort to show them the futility of "Right vs Wrong" thinking, I introduced them to the following "Just Suppose" theory. Just supposed you went around the world to a small foreign island. On this island all the people were raised to believe that what you call an ORANGE is infact an APPLE. Now would you bounce around the island trying to convince everyone that they were wrong, getting violent and angry when they didn't agree with you? Remember, you are the only one on this island with that opinion.

Could you say? "It's very interesting that you see it that way. Tell me what do you do with your 'oranges'?" Possibly you could learn a new way to use this fruit and go home to become a millionaire, because you were open to listening rather than arguing.

All you have to do is acknowledge the other person's opinion. You don't have to buy into it. What's wrong with saying, "That's not exactly the way I see it, so tell me your opinion." Or, "That is very interesting and I can understand your position. However, I choose to disagree with you, but I respect your opinion." Save that energy for a worthwhile project.

Too many violent deaths are a result of the failure to agree to disagree. The Great Energy ZAPPER. Would you rather be right or be happy? How do you chose to spend your energy? Who are you giving your power to? Think about it!

**Thought to Ponder:** "You cannot control circumstances. You never intended to control circumstances. You intended to discover unconditional love. You intended to discover a way to feel good, no matter what, because you have the facility: you have the power: you have the ability to focus." [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

With presidential elections nearing we need this message more than ever. Down to two candidates and you love one and hate the other. Anyone.... relatives, siblings, good friends, and co-workers disagreeing with you instantly become the enemy. How could they not see it your way? You notice your feeling toward them change. Respect becomes disgust. You feel your jaw locking up and shoulders tense up as you prepare for battle. But wait, what if you didn't engage in this losing battle. Do you really think you can argue them into seeing your reasons? How would it be if you just disengage. If you refuse to participate and walk away. You can merely say, "I do not discuss my political views with others. See you at the polls."

Now notice how relaxed your jaws are. How much lighter you feel. Remember you have the power to disengage and no excuses are required. It is a choice. Choose love not war. You will feel much better.

In any right/wrong situation this will work. Just say I am sure from your perspective you are right, drop it and walk away. If you are not resisting there is nothing to push back against. Energy saved.

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