

## Live Well Lifestyle Webinar Recap & Recording

June 15, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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### Topic: Be Still and Know That I am God

To review last month's lesson on "Our Perfectly Orchestrated Universe", that dove tails into today's topic. In essence we are all deserving children of God with the ability through our positive thinking to be creators of our desires. We have the inborn tools to become anything we want and to the power of our beliefs it can be so. We are truly one with God the Father, God the son and God the Holy Ghost whose spirits dwell within us as one with God who is ever present and never leave us.

Kahlil Gibran in his book, *The Prophet* said on speaking of prayer:

"For what is prayer but the expansion of yourself into the living ethers? (the giving of your thoughts in prayers of need and thanksgiving.) 'When you pray you rise to meet in the air those who are praying at that very hour, and whom save in prayer You may not meet.'" (Prayers connect us to physical and non physical entities.) "God listens not to your words save when He Himself utters

them through your lips. And if thou but listen in the stillness of the night you shall hear them saying in silence, "Our God who art our winged self, it is thy will in us that willet." (When you go within to that piece of God within each of us that is always with us God can guide us to our requests.) That is how powerful we each are and NO ONE is insignificant, not the addict, the bum on the street, the rich man, the athlete, the teacher the bus driver....we are all endowed with the same potential. When we can extend love to everyone we are truly all one with God.

Psalm 46:10 (KJV) 10 Be still, and know that I am God

"You get to a place where you begin to be guided by something greater than yourself. You stop fighting and striving and instead, surrender to your higher power and be guided from there, allowing things to happen, trusting Source, focusing upon your why and not the how." Wayne Dyer *The Shift Taking Life from Ambition to Meaning*.

There is a voice that is the highest part of ourselves speaking to us all the time. We are all attributes of this. It is the voice of God. It is inside us waiting to be tapped into and channeled by us. Not something to seek outside of ourselves. It is speaking to us and guides us all the time. Every desire you have is Divinely placed there by your inner self, The God within and God's Heavenly Orchestrated Universe, delivers the desire to you. Wayne Dyer from *The Impersonal Life* by Joseph Brenner.

"There will be someone who comes from a background of poverty who is influenced to strong wanting. And the rockets of desire will shoot, and then they will find a way to find vibrational harmony with their desire. They will get into this flow in which material things flow into their life at outrageous abundance. And they will feel brief moments of success as it comes, until they are eventually buried by the cumbersomeness of it, and then the next rocket of desire that is born is: 'I'm wanting a simpler life.'

"When you wait until momentum is well underway before you are aware that you are moving in the direction that you don't want to go, sometimes the momentum is too strong and so that negative

momentum just has to play itself out. But, we want you to know that nothing ever really goes wrong: that you can't get it wrong; and you never get it done. And the reason that you can't get it wrong is because it is never done. There is always another opportunity to direct your thoughts and accomplish momentum in the direction of things that you do want.” [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

If everyone understood this and self-forgiveness, I think personally there would be no more suicides. If we fully understood there is always a solution to lead you to a higher place beyond your ability to conceive. Have Faith and Trust.

Don't expect to get to the top overnight. There may be some skills you need before you are ready. Life is a living laboratory and everything you do will be preparing you for your big dream. When you are ready, and not before, the right doors will open for you. Opportunities will appear. Be patient and be persistent. Be aware.

Here is a poem to remind us to be attentive to the Be Still and Know I am God:  
When the Going Gets Tough...By Katrina Kenison, 'ON BEING'

When the going gets tough may I resist my first impulse to wade in, fix, explain, resolve, and restore.  
May I sit down instead.

When the going gets tough may I be quiet. May I steep for a while in stillness.

When the going gets tough may I have faith that things are unfolding as they are meant to. May I remember that my life is what it is, not what I ask for. May I find the strength to bear it, the grace to accept it, the faith to embrace it.

When the going gets tough may I practice with what I'm given, rather than wish for something else.

When the going gets tough may I assume nothing. May I not take things personally. May I opt for trust over doubt, compassion over suspicion, vulnerability over vengeance.

When the going gets tough may I open my heart before I open my mouth.

When the going gets tough may I be the first to apologize. May I leave it at that. May I bend with all my being toward forgiveness.

When the going gets tough may I look for a door to step through rather than a wall to hide behind.

When the going gets tough may I turn my gaze up to the sky above my head, rather than down to the mess at my feet. May I count my blessings.

When the going gets tough may I pause, reach out a hand, and make the way easier for someone else.

When the going gets tough may I remember that I'm not alone. May I be kind.

When the going gets tough may I choose love over fear. Every time.

In Closing: In times of need and in gratitude, may we make time to be still and listen for our inner voice, the God piece within, and our guiding words to lead and direct us as we wander through this journey called life; free of fear and with a loving open heart eager to explore new avenues to spread love and peace in our ever busy world. To always give the glory for our successes to You. To know You are ALWAYS within us and when we look within, we will always find a solution. Through our smiles may we let our inner light radiate love to all we meet and think about. May love, joy and peace be our ever present companions.

Let's take a moment to practice getting into that still place and listening within. There are many guided meditations out there. Some on specific topics like abundance, well-being, weight loss, pain, grief and relationships. Find the ones you enjoy and make a practice of starting your days with a 15 minute meditation. Your life will be better for it. Today we will listen to a Meditation on Well Bring from 'Getting into the Vortex by [www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

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