

Live Well Lifestyle Webinar Recap & Recording

August 24, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~

Topic: Disappointment

“Within the seed of your desire is everything necessary for it to blossom to fulfillment. And **Law of Attraction** is the engine that does the work. Your work is just to give it a fertile growing place in order to expand.”

www.Abraham-Hicks.com

Have you ever noticed a time when you have totally committed excitedly to a new project or endeavor and suddenly what seemed to flow becomes a jammed-up obstacle course where nothing you do goes smoothly. All sorts of weird, unexplainable situations arise keeping you from completing your dream? The harder you try the more jammed up things become. Naturally your project is many faceted so the jam-up makes it more complicated to untangle. So the more you try to push the rope uphill the bigger the little ball of yarn get. I hit that point recently while making plans to move from Kyle to San Marcos. I found my dream home, prequalified my mortgage and started changing my address on documents, opened a bank account in the new town, started telling my friends, took my daughter to see it and help me imagine how my furniture set up would be. But all the while I had not called to see if I could get out of my lease agreement. Everyone in the business said it should be no problem especially after living her for 14 years. WRONG! He is not will to let me out early and I cannot sub lease. So now I am feeling the joy turn to despair and disappointment. Time for me to walk my talk and ask for help from the Man above.

Time to stop and smell the roses and take a time out to let the dust settle. Take a walk in nature. Get out of your head. Re-evaluate what you want and were you are going, take a deep breath and let all the over whelm go. Release the stress in your body. Sit for a moment in a comfortable chair Take a reallyyyy deep breath in and slowlyyyy release it along with the tension starting at your head. Let go of the tightness in your scalp forehead, cheeks and jaw as you take in and release another deep breath. Continue moving down over ever part of your body where you feel tension. You chin, neck, shoulders, take another deep breath in that area as it really seems tight. Down your arms and into your hands totally relaxing and letting go. Back up to your Chest down through the abdomen into your thighs and all the way down into your feet and toes. Take off the tension take it all off. Keep the slow deep breathing and repeat to yourself: “ALL is well in my world. I am clear what I want, I go forward eagerly knowing all blocks will, with God’s help, vanish and my life flows smoothly. Unimaginable doors open miraculously open and opportunities abound. All areas of my life improve. Gratitude fills my being knowing these things and more are on the way. I am at peace. God has my back and there are no degrees of difficulty in miracles. It is all on the way but may have a different and better path than my vision. Lord help me see through Your eyes and not through the veil of my sometimes fearful thinking.”

Life does not disappoint you. What disappoints you is you have an expectation of how life should work. Life is a happening on a much bigger and grander scale they you can even imagine. When you resist the better path, life will try to course correct you with obstacles because there is something better for you out there beyond your field of vision. The key is to Be Here Now. You job is to visualize what you want and feel the joy of having it and living it. Let the Universe take care of the how to’s. Imagined fears and the need to control are what get in the way. Just ask, receive and believe. Replace fear with TRUST and FAITH.

“If it is your dominant intent to hold yourself in vibrational harmony with who you really are, you could never offer any action that would cause anybody else to be unhappy.” www.Abraham-Hicks.com

The same principle applies to people in your life. People don't disappoint you! What disappoints you is you have an expectation that they should live according to your values WHICH is very conditional. It is like you are saying I will love you when you do better in sports, make better grades, quit playing internet games, pick up your room, do your chores, go to church, cut your hair, make first chair in band, get a better job, quit complaining, talk to me, show me more affection, give me roses. Do you get the idea? AND the more you push the more they resist. First you need to understand we all have different talents, gifts and ways of doing things. Just because you gave birth to your child does not mean they will be like you and love doing what you did.

In the words of The Prophet by Kahlil Gibran On Children:

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor carries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

Let your bending in the archer's hand be one of gladness;

For even as He loves the arrow that flies, so He loves the bow that is stable.

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