

Live Well Lifestyle Webinar Recap & Recording

Oct.26, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Perry A~

Topic: Your Eternal Power

Many believe that Source is outside of them and that you are separate from Source and being tested in some way. But only you can cause the feeling of separation from Source. That is what ALL negative emotion is.

When you begin to understand **Law of Attraction**, and you understand that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal, and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun, because then you recognize that nothing happens outside of your creative control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red hot fresh moment emitting. www.Abraham-Hicks.com

God is never withholding from you. God is always focused upon you, surrounding you with appreciation and unspeakable love.

www.Abraham-Hicks.com

All things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance. www.Abraham-Hicks.com

Remember, "Everything that is today could not be if it were not for that which was before." EVERYTHING has a purpose! www.Abraham-Hicks.com

Where ever you are now is the perfect place to define where you want to be. You need the contrast to help you clarify the direction you want to take. It is merely a temporary stepping stone for creating in your mind where you want to be, do or have. Your future is up to you. God isn't going to do it for you. He give us free will and unconditional love and whatever we choose to make of our lives, He still loves us unconditionally.

"The root of violence is the *illusion of separation*—from God, from Being itself, from being one with everyone and everything." FR. Richard Rohr

We are One with the Holy Trinity... The Father, The Son and the Holy Ghost

"O Holy Spirit, you are the mighty way in which everything that is in the heavens, on the earth, and under the earth, is penetrated with connectedness, penetrated with relatedness." —Hildegard of Bingen

And BECAUSE OF THIS ETERNAL CONNECTION we have God Power to change the course of our lives and our thinking at any time. To the **DEGREE YOU BELIEVE** you will achieve. Be still and know that I am God.

Jesus knew this and practiced meditation by stillness in nature and prayers. It is where he turned in times of stress and confusion, seeking solace.

Jesus was sent to teach us to love God, love one another, and love ourselves. To be joyful, grateful, of service to those in need, to teach forgiveness, to be connected in love to one another.

Give yourself PERMISSION to ask and PERMISSION to receive. It is that easy. Let The Universe handle the details. That's not your job. Leave the orchestration to your Higher Connection. It is your birthright. YOUR JOB IS TO ASK, BELIEVE, AND RECEIVE.

Recently a friend I have been coaching has given up rushing ropes uphill or paddling against the stream, if you will, for going with the flow gently down the stream. She was a perfectionist and believed she had to devote more time and hard work to achieve her dreams. She stressed herself out. As she came to the realization there was another way that was less stressful to get what she wants. She stepped out and made a major decision in her life to change career paths. After dissolving some imagined obstacles, she sent me this message: "Looks like the Universe is sending me a message!!!!"

"No", I replied, "you sent the Universe a message and she is just responding to your thoughts and clear decisions. :-) The planning is up to you and the details are up to the Universe. The Universe gets all its information from you. Get that down. Therein lies your power."

I sent her this message depicting her new way of creating. "There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the feeling of it even before it's manifestation and then joyously watch the unfolding as, piece by piece by piece, it begins to unfold. That's the feeling of your hands in the clay." www.Abraham-Hicks.com

This is what she is doing now and how joyously she is creating a new career path for herself.

Here is her latest state of creating: She wrote... "Yes - this IS what I am doing, thank you! I am really making progress. I am here in San Antonio - with thoughts of moving out of Austin to set up my "base of operation" in a more peaceful place. I feel much better in San Antonio. Feel ready to let go of Austin altogether. Having fun with my Mom and sister. Spent the morning just writing out my future-now in all aspects. Soul mate, feeling more whole, a whole list of creative opportunities - seeing myself posting news on facebook to share with friends. Wrote out the Facebook messages about my latest creative ventures and I can see all of that."

"If I can ACCEPT everything that has happened in the past week - I can move forward quicker. I have been living in a state of contraction. I can feel there is fear in expansion - REAL expansion. I feel that - and then I let it go because I know that expanding is really what I want to be doing. Thank you for your input!!" oxox - p

I noticed lately as I turned what I thought was my 80th birthday. That my thinking was turning to old ailing thoughts. And I noticed more aching and slowness in movements. Then I discover I had miscalculated my age and was only in fact turning 79. Suddenly my attitude about aging began to change and my old self was back. I realized I had a belief about being 80. I reclaimed my power and get up each morning singing " I feel GOOD now la-da-da-da-da, so good so good la-da-da-da-da " and I dance through the house shaking my bootie and really do Feel GOOD! See how a fearful mind can slip in and change your health. That quickly the Universe responds only to YOUR thoughts. You create it all.

Confidence comes when we learn to still the panicked voices running at chaos speed in our minds searching, indecisively for answers for projected disasters that have not happened yet. Futurizing the negatives. Running so fast they block out the still gentle voice of God. Learn through meditation how to still the voices of panic and visualize what you want, not what you fear.

Fear is a belief in your inadequacy to deal with something. Fears compound when you look to others to supply what you believe you must have but cannot create. The easiest way to change something is to change your view point.

Harry Palmer, Avatar

I have always hated and felt inadequate to read fine print in legal documents. I have a friend in the business world who is very good at understanding legal 'mombo jumbo.' I was very tempted to ask him to read through the 36 page buyer-seller agreement on the new house. After reading the above quote on fear I decided it was time to change my belief about reading and understanding fine print. It took several hours but I stayed with it made notes on where I needed clarifications and did it with confidence. I must say I feel stronger and empowered. Not that I want to do it for a life time but that I can handle it when necessary.

Start a daily journal with letters to God. Express your gratitude and blessings, ask with clarity for what you want. BELIEVE you can have it. Visualized being there and enjoying your new creation. YES, you can have it all. See yourself having more than you need and planning how you can give and be of service to others. All good deeds come back to those who shared them.

Want to be better in sports? New thought: "I am eager to listen, learn and try new techniques. I am open to critiques from my coaches and appreciate all feedback. It is not personal. I am eager to be the best I can be. I cannot fix what I do not realize is broken. I consider all suggestions as an opportunity to succeed."

Want to create loving relationships with friends, family and build a beautiful supportive bond? Let go of any past grievances. They are like anchors that hold you in the past and assure a repeat experience. Now visualize a loving, fun, supportive relationship with them. Treat them as if they are the way you want them to be and watch the magic unfold.

"Your willingness to look for the best in people will subconsciously bring it forth. Uncover that gold!"
Marianne Williamson

Ten Ways to Stay Spiritually Connected by Marianne Williamson

Whether you practice a traditional religion or relate to a more universal spirituality, these steps will help you tap into a sense of unlimited peace.

1. Recognize your Creator. Think on this: There is a supreme power in the Universe that is bigger and more powerful than your small mortal self. This step makes you humble.
2. Seek opportunities to put more love into the world. Strive to be a vessel of love, to fill the world with more compassion and kindness. This step makes you loving and lovable.
3. Set aside time each day to spend in spiritual reflection and contemplation. Dwell in the presence of the Divine: Your path may be to pray, meditate, read spiritual material, take a long walk through nature—or all of the above—but an optimum practice includes both morning and evening sessions of at least 20 minutes each. This step makes you strong.

4. Become more accepting. With every interaction, surrender any tendency to judge another person. Pray for a more accepting heart. This step makes you gracious.
5. Forgive anyone you have not forgiven. Whenever you withhold forgiveness, you keep yourself bound to your own feelings of guilt. This step makes you kind.
6. Recognize your mistakes. Admit where you yourself have been wrong, and be willing to be corrected. This step makes you responsible.
7. Try to see the good in others. When you're tempted to judge someone, make an effort to see their goodness. Your willingness to look for the best in people will subconsciously bring it forth. This step makes you positive.
8. Take stock of your thoughts and behavior. Each night ask yourself, when were you negative when you could have been positive? When did you withhold love when you might have given it? When did you play a neurotic game instead of behaving in a powerful way? Use this process to self-correct. This step makes you grow.
9. Bless the world. Pray not just that your own life will be blessed but that blessings be poured on everyone. This step makes you beautiful.
10. Use each interaction to be the best, most powerful version of yourself. Try to rise to the occasion. Be the most wonderful expression of you that you're capable of. This step makes you a conduit of God's love.

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