

Live Well Lifestyle Teleseminar

Recap & Recording

August 16, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Relax and Allow

Live Well Lifestyle Intention: To open awareness to how we can support our well being from loving thoughts about our body's abilities to heal and return to balance. To learn to substitute positive thoughts for negative ones. To open the door to self healing. To release anger, regrets and judgments. To forgive and move on. To learn about living a peaceful, healthy and productive lifestyle.

This Month's Daily Affirmation: Everyday in EVERY WAY I am getting better and Better and BETTER. I am stronger, wiser, healthier and more content. I am peacefully calm. I trust myself.

Louise Hay Wisdom Card: I take a nice, deep breath and release all resistance to healing I am willing to release the need for this condition.

Awareness Quote for the Day: You need never guard yourself against what you don't want. Just relax and allow what you do want. So what we are about is the restoration of the sense of Well-being and an acknowledgement that we are inherently good, and that all is very well. A relaxing into the wellness rather than a resisting of the illness, a relaxing into the goodness rather than a resisting of the evil, a relaxing into abundance rather than a pushing against not having enough money. www.Abraham-Hicks.com

Feeding Your Soul Exercise: You feed your body daily, so how often do you feed your soul? Feed your soul at least three times a day.

Every time you look into the mirror, make eye contact and say to yourself:

- I love myself, just as I am, this moment.
- I am totally independent of the good or bad opinions of others.
- I am beneath no one nor above any one.
- I am fearless in the face of any and all challenges.
- I am unique and one of a kind.

Intention: I intend to make my world safe, peaceful, happy, playful, creative, cutting edge, serving, mentally expanding, enriching and healthy.

Homework for this session:

1. Read the Louise Hay Card.
2. Revisit the Daily Affirmation
3. Set Intentions in every part of your life and notice how easily life gets. Record your wins.
4. Read this page daily.
5. Removing blocks meditations.

Closing Thought: We create by our emotions, thoughts, words, and actions. We can create misery, hurt, fear, revenge, etc., or we can create happiness, harmony, confidence, peace, and joy. And each of us makes these choices many times each day. - John-Roger, *Fulfilling Your Spiritual Promise*

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