

Live Well Lifestyle Webinar Recap & Recording

February 12, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Helping others by aligning with their success.

My Intention Today: To help by believing in others rather than by enabling or fixing.

When you are feeling the discomfort from seeing other people in a lackful or needy situation, and you decide to help them from your place of discomfort, no lasting value ever occurs, for two important reasons: first, you are not in alignment with the Energy of your Source, and so you have no real value to give; and second, your attention to their need only amplifies their need.

Of course, it is a wonderful thing to help others, but you must do it from your position of strength and alignment, which means you must be in alignment with their success as you offer assistance, and not in alignment with their problem.

When your awareness of their situation makes you uncomfortable and you offer help to make them feel better and to make yourself feel better, you are not helping. That is called pity. What would it take for you to believe that they can manage their situation on their own. When we jump in to lend a helping hand by fixing it for them we are not letting them learn how to handle life and are giving them a false sense of security. The next obstacle comes and they think the only way out is to get someone else to fix it for them. They have no confidence in their abilities and if they have not faced a few "No's" and a few doors shut on their biggest desires, they have not learned how to be creative, work harder and find another way.

Think of a time when you really wanted something and didn't know how to get it but, through all the obstacles, some imagined, some real, you never gave up on your dream. Then one day everything fell into place and it happened. Sometimes the best way to help people in this situation is to encourage them to keep trying. Believe they can find another way. The word NO doesn't mean you can't have what you want, it just means that person you are asking or the direction your taking is not your source of supply.

Without confidence we don't trust our ability to make decisions. Confidence comes from practicing and being willing to make mistakes so you can learn what does work. By focusing on the end results you can take your mind off negative self-talk. Relax, breathe, focus and feel what it feels like achieve regardless of the odds. That's confidence. That inner knowing.

When you step into the fixing role you have robbed them of an opportunity to do their own creative problem solving. All you really needed to do is trust them that they can figure out the correct solution. Believe in them and say, "You know, you are smart enough to figure this out and I believe in you. You can do this."

"When you feel an inspired eagerness to offer something because you want to participate in their happy, successful process, your attention to their success harmonizes with the point of view of your Source; and the infinite resources of the Universe are at your disposal. And that does help." *Abraham- Hicks*

Can Do Card: For every problem that I may create, I am confident that I can find a solution. Life supports me in every way possible.

Closing Thought: Mental support is more valuable than gold.

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