

Live Well Lifestyle Teleseminar

Recap & Recording

April 19, 2012 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Our Quote for this session: Louise Hay Wisdom Card: All is Well in My World! Everything is working out for my highest good. Out of this situation only good will come. I am safe!

Poem:

To Come Home To Yourself
May all that is unforgiven in (me)you
Be released.
May (my)your fears yield
Their deepest tranquilities.
May all that is unlived in (me)you
Blossom into a future
Graced with love.

by John O'Donohue

Loving Yourself. The Pick Yourself Just as You Are Meditation.

Letting go of Worry. Select a Worry time of 15 minutes a day. All worrying can only be done at this time.

Homework:

- Look for and record your blessings.
- Look for the best in others. Compliment them. Support and up lift them. Allow them to be more than they appear to be in your eyes. Believe they will find their way. After all you did. ;-)

Meditation to the Valley of Peace and Serenity.

Take a few moments to close your eyes and reflect on the following: What experiences from the past seem to disrupt your peace of mind? Imagine giving the past to the Presence of Love, letting go of it for just this moment. Remind yourself silently, *"Only in this moment am I whole and free. This instant is the only time there is."* Do this with as many disturbing or unhappy thoughts as come to mind.

Let your thoughts return to the future. Are there worries, concerns or fear about what lies ahead that seem to inhibit your peace of mind? Imagine placing the future in the hands of Love (or God, Christ, Buddha, etc.) Say silently to yourself, *"Who lives in me now- the voice of fear or the voice of love? I place the future in the hands of love."*

Closing Thought: The one thing all famous authors, world class athletes, business tycoons, singers, actors, and celebrated achievers in any field have in common is that they all began their journeys when they were none of these. – Mike Dooley, Totally Unique Thoughts

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