

Live Well Lifestyle Teleseminar

Recap & Recording

June 13, 2013 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Play

Live Well Lifestyle Intention: I choose to release illness and dis-ease and return to wellness.

Daily Affirmation: Today it is my dominant intent to be joyful. My assignment today is to find time to play. Do something you love to doing. Feel your energy lift. You may not know it but you are inspiring and lifting others around you just by being happy. Spread the fun. Smile and wave at strangers.

Thought for the Day: This is my happy day. I choose happiness over frustration, anger, fear and disappointment. Staying happy heals my body and lifts my energy.

LOOK FOR REASONS TO APPRECIATE

You are joyful beings but you forget you are joyful as you struggle so hard to be joyful. You are free beings but you forget you are free as you struggle so hard against bondage. You are prosperous beings but you forget you are prosperous as you strive so hard to push away the poverty. You are healthy beings but you forget you are healthy as you struggle so hard against illness. Relax into your wellness. Relax into your abundance. Relax into your joy and into your fun --- by talking about why you want it.

Wherever you are standing is perfect, and we want so much for you to enjoy your physical experience in the way that your Inner Being is enjoying your physical experience. When you are not liking yourself, your Inner Being is loving you. When you are feeling sick, your Inner Being is still feeling good. When you are feeling confused, your Inner Being is feeling clear. Talk so much about what you want and why you want it, that you are full of your Inner Being, so that you are well, so that you are prosperous, so that you are clear, so that you are sure, so that you are happy, so that you are strong --- so that you are being that which you have come here to be and do and have. Be easy about it and have fun with it.

If you will look for reasons to appreciate, that is the strongest key. Look for reasons to appreciate. Talk about what you want and why you want it, and it is our promise to you that not only will you live happily ever after, as you are here physically focused, but you will be offering to All-That-Is in the perfect way that you have intended.

Feeding Your Soul Exercise: Watch this YouTube video of the 88 year old dancing grandma.
http://www.huffingtonpost.com/2013/03/06/dancing-nana-grandma-dances-video_n_2823349.html?utm_hp_ref=mostpopular

Homework for this session:

1. Find a few minutes each day to PLAY.
2. Each day before you get out of bed think about what you want and WHY you want it. J.
3. Set Intentions to lighten up and release the need to struggle. Be free. Get out of that self imposed prison.
4. Do what will make your angel happy. Play. Don't worry about the results. Angels just trust.

Closing Thoughts: True life mastery is more a function of knowing what to want, than knowing how to get what you want. Mike Dooley www.TUT.com

Closing Meditation: Listen to [Singing In the Rain](#).

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