

Live Well Lifestyle Teleseminar

Recap & Recording

August 14, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Everything is okay!

My Intention Today: To have the faith to trust that all things that happen in are in perfect order to steer you to your highest good. Sometimes life needs to set up detours to get you back on path. I intend to trust the unknown detours.

You are the creator, on some level of our own reality. You are hard wired to create the life you want or don't want. We do it with our thoughts. Be careful what you think, say and do.

"When you ask for patience, what you get is a line at the bank. In other words, life gives you the people, places and situations that are going to allow you to once and for all develop what you need." Tracy McMillian

Daily Request: "Remove the veils so I might see what is really happening here and not be intoxicated by my stories and fears." Elizabeth Lesser

"No experience is ever wasted. Everything has meaning." Oprah

Can you accept it all? Can you trust God has orchestrated a universe where everything that happens is devoted to bringing you to a higher place for your good. Can you believe all your experiences have gifts for you?

HAVING FAITH:

The only way to build faith is to act without knowing the end result. If you could see the finish line you'd understand why things happen as they do. For now, you'll need to keep the faith and trust that if you pay attention and stay committed to taking the actions that will make a difference; you'll end up exactly where you're supposed to go. Stay in the game -- the finish line may only be a moment away! Excerpts from Cheryl Richardson's book "Stand Up for Your Life: Develop the Courage, Confidence, and Character to Fulfill Your Greatest Potential"

Money and LOA Card: *What-If Everything Was Always Working Out for Me...?* When you play the *What-If?* Game, look for things that make you feel better. There is never a situation in which there is not a way out--but, out of habit, most people continue to choose the "lack" perspective until they eventually find themselves where it seems that there are no more choices. But as you hold to your intention to look for evidence of Well-Being and thriving and success and happiness, you will tune yourself to the vibrations of those things—and so those kinds of good-feeling experiences will dominate your life.

Soul Coaching Card: SANCTUARY. Go within and find your inner refuge. Be a safe haven for others. Step forward with grace, deliberation, and thoughtfulness. Take moments for reflection.

Your Soul wants you to know: It's in times of retreat and inner sanctuary that you can truly hear the voice of your Soul. Create a place of beauty in your home that feels sacred and holy, and spend time there (or in nature) carefully listening to your inner voice. If you've been pushing too hard or struggling to keep going, this is the time to be still and nurture your internal world. Draw nourishment from the wellspring inside of you. Think carefully about decisions you make at this time, and proceed with care and deliberation. Retreat, reflect on your heart's true desires, and access your divine guidance.
Affirmation: "I am divinely guided gently and lovingly."

Closing Thought: "Everything happens for me not to me." Byron Katie.

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