

Live Well Lifestyle Webinar Recap & Recording

June 18, 2015 - [Click Here for the Recording](#) (requires *Windows Media Player*) or [download mp3](#)



Topic: Life is temporary.

Life is not always fair. Good people die young. I live near San Marcos, Texas where recent floods washed away homes, cars, possessions and lives. The prom queen on her way home after the prom within a block of her home and thought she could make it but was washed away and drowned. The best and worst night of her life. You don't expect it to hit close to home and be people you know until it does. How do we cope?

We pull up from reserves we didn't know we had. Communities, neighbors, churches, friends and family come to the rescue. We learn stuff is replaceable but lives are not. It happens to all of us eventually.

Every area of the world has its own disasters. Floods, earthquakes, tsunamis, fires, blizzards, avalanches, wars and the list goes on and on.

It is how we cope, accept and let go that must happen to move forward. Kindness from others helps tremendously. Appreciation and gratitude that lives were spared. A time for grief. We must have a time for grieving. A time for weeping and washing away of deep sorrows. How do we let go of newly acquired resulting fears that come to imprison our minds on future decisions we make.

Resistance is about believing that you are vulnerable or susceptible to something not wanted and holding a stance of protection — which only holds you in a place of not letting in the Well-being that would be there otherwise. There is nothing big enough to protect you from unwanted things, and there are no unwanted things big enough to get into your experience. - Abraham-Hicks.

Now that will make you think.

“Even within the seemingly most unacceptable and painful situation is concealed a deeper good and within every disaster is contained a seed of grace.” Eckhart Tolle – Stillness Speaks.

“When you completely accept this moment, when you no longer argue with what is, the compulsion to think lessens and is replaced by an alert stillness. You are fully conscious, yet the mind is not labeling this moment in anyway. This state of inner nonresistance opens you to the unconditioned human mind.

This vast intelligence can then express itself through you and assist you, both from within and from without. That is why, by letting go of inner resistance, you often find circumstances changing for the better.” Eckhart Tolle – Stillness Speaks

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Travllers Poem

Hand stitched by Janet Taylor, Age 11 years.
Schenectaday, NY 1887

See how the yon cloud obscures the day
And darkness spreads around.
The fearful Travller speeds his way
Lest storms his Path surround.

But mark the Rainbows cheerful sight
How Paints the gloomy sky
The heavenly token bends its light
And cheers the Travllers eye.

Tis thus Affliction cloud we view
As oft it gathers round
The storm seems ready to Pursue
The Pilgrim it hath found.

But faith uplifts her prayerful eye
And sees a Rainbow shine
The cloud is tinged with heavenly dye
That sheds a Hope divine.