

DoFL MONTHLY

1st December 2008

Upcoming Events

Values

Sat 20th Dec 2008
Sat 10th Jan
Sat 14th Mar
Sat 4th Apr
Fri 1st May
Fri 5th June

Financial

Sat 7th Feb
Sat 13th June

DM for Groups/ Transformation

Sat 13th Dec 2008
Sat 28th March
Sat 27th June

Nothing is Missing

Sat 24th Jan
Sat 18th Apr

Empower Couples

Fri 13th Feb

Demartini

London 21-22 Feb
Dublin 9-10 May
Paris certification
20-24th May

Words Of Power

I listen to the
Wisdom of my Soul



December Hints and Tips Feeling Overwhelmed?

For many people this season is very overwhelming.

For some of you it is because you just attended Dr Demartini's 'Prophecy course, & are facing an **identity crisis** as things shift in your life. Others might still be getting their heads around the shifts from Certification. Remember, every time we shift, we are promoted up to Peter Principle - the next level of incompetence. It's not particularly comfortable to find that you are at the beginning again ;o) Try to have a sensible reality check every now & again, on how much you have achieved, & on what you are doing to make more progress.

Others maybe struggling with the **credit crunch** & worries about financial responsibilities. To you I would list down the worst case scenarios (we are often scared, but not willing to

name what we think may happen). Then systematically work your way through how this would benefit the people in your life, your loved ones, & yourself. Remembering to bear in mind your values, what you love doing & what you would love to do as a mission.

Or is it **christmas** that is bothering you? I hated christmas for years, as my Dad died a couple of days beforehand, & I would be constantly reminded of the loss from August onwards by the shops starting to bring in their christmas lines. I remember the first christmas after I did my Demartini Method (DM) session on him, & how much fun I had that year buying extra special wrapping paper & boxes to wrap all the presents in (it was an expensive year!). I came to see how perfect everything that I thought was horrid was, & why it was perfect that it was specifically timed at christmas. It broke a whole cycle of

events, which previously always seemed to come to a head at Christmas. So if this is what is bothering you, bear in mind a couple of things. 'What you think about you bring about', so if you are concentrating on the in-laws being badly behaved, they are very likely to be so! Plus if you fear it, you bring it nearer. So instead, look at the worst christmas possible, & then find all the balancing supportive people & events that happened at the same time, & why it benefited you to have the support in that way & the challenge in the way that you were previously judging.

Others simply hate **winter**, in which case you might like to look at what life would be like without it. There would be no hibernation period, no snuggling inside watching a film, no snow angels, no leaves to scrunch through. What are countries like that are always warm?

Remember, that there is a downside to that, e.g. droughts, & plagues.

For others, you might just simply be feeling **bleugh!** If so, remember that the rubbish days where life feels pointless & it appears as though you have achieved nothing, are there to highlight how fab it is when you do achieve, so that you don't take it for granted. So I recommend sitting down & thinking of all the times that you have felt overwhelmed & what you have gained or learnt from them? Why wouldn't it have worked for you, if you had been coping brilliantly? What has feeling 'bleugh' highlighted for you this time? Has it given you some hints of patterns that you would love to shift, or habits that you would love to change?

Now just because there are ways to handle the overwhelm, doesn't mean that you have to! You can choose to remain in it for a little longer. Or you could just take some time out & use some homeopathic/herbal support in order to get on with something important going on in your life, & then come back & tackle this later. Choose whichever option works best for you, just try to love it, when you do choose it.

December FAQ

How do I maintain my focus during the day?

Lots of people have been asking me recently about how to make the most of their days, retain focus & be more efficient. As a working Mum, I have definitely tested out Dr Demartini's recommendations & it works for me because it is quick, efficient & simple to apply to a life that is packed full from top to bottom ;o) Don't get all stressy though & think that I always manage it! Having a family is a test of living spontaneously; sometimes I sail through that effortlessly & sometimes I require some paddling!

So, I start the week on Sunday night, by counting my blessings & then getting an overall picture for the **seven high priority To Do's for the week**. Which means that I check my diary for what is coming up & have a quick look through my different lists (I have several different types of To Do's - some general, some project specific, some immediate & some longer term).

Each morning (or night before also works well for me), I'll **count my blessings** again, at least until I'm calm & quiet, or ideally until there is a glistening of tears. I go into my technique more deeply in my book 'Getting the Hang of Gratitude', but basically it means starting with anything from my big toe & what it does for me, to my hands & eyes, to things that happened the day before etc.

Then I will run through a couple of **pertinent Words of Power** (Positive Affirmations). I'm not talking about hundreds here. The key is that the meaning & wording sparkles & has a deeper meaning for me, & they are pertinent to the day & what my **intentions** are. Just getting clear on your intentions for the day will give you focus! There is no point going to a meeting of some kind & then afterwards

thinking 'Oh, I could have looked for some potential clients there!'.

If I am unsure of something, I do the exercise that Dr Demartini teaches you to **ask the universe for a message for the day**, which helps me get a feel for the focus of the day. (Count your blessings until you are really feeling grateful, & then ask your higher self or universe for a message. This is NOT about fortune telling! This is about getting clarity on your day. It is true that after a full DM session, I often get very pertinent messages about my current destiny, but here we are just focusing on the day).

Then I look at the diary, create a list of what will definitely be happening (**7 actions**), & then if there is space, add something from the weekly To Do list. If something doesn't get done it gets moved onto another day.

If I focus & have set plans for the day, then I am much more likely to manage the juggling of Mum & Coach. On the days when I don't, I end up trying to do email with Max wanting attention or ordering food on a work day. This doesn't work for me! It's just my value, but I enjoy my day more (in my perception of course), when I am **truly present with what I am doing**.

Free - Teleconference - 11th Dec

Getting the Best Out of the Credit Crunch

Feeling panic/worry about the credit crunch?

I have been asked to create a teleconference to the value of £20, which Copperstrings will be offering to it's members for free. To sign up go to <http://in.spired.us/>

- Practical hints & tips on understanding the energetics of money & how to manage it practically.
- Learn how to make financial decisions
- Get more value for money from your life
- Ensure that you can adapt quickly to changing financial circumstances & opportunities.

New - Available now.

Quantum Selling CD - £25

Do you find your old sales techniques incongruent with what you have learnt from Dr Demartini?

Are you now keen to master the art of selling & empower that area of your life?

This CD from one of Dr Demartini's Master teachers is in my opinion a must have, if you would love to connect selling to the DM, & improve your ability to ask questions.

It is available from me for £25 + postage & packing. It will be added to my website, but in the meantime, just email me & I will organise for it to be sent to you.

Workshops Nothing is Missing

Scared of losing a new person in your life?

Feel that you lost someone or something & have never been able to replace it?

My new workshop is based upon an aspect of the DM, which Dr D doesn't get to describe in great depth on the B.E. course (Called 'Form C'). I love this part of the method, because it can be used on it's own or in conjunction with the traditional forms. It is a full day at £275.

The Power of Values

Do you often break your New Year Resolutions within days/weeks?

Consider attending or retaking my Values workshop to ensure that your values match your goals & you are truly inspired to achieve them. It's now a jam-packed whole day, at the request from you guys, to ensure that you get an even deeper experience & more time to digest all the information. Hence the price is now £175.

Financial Breakthrough

**Do you hate dealing with money?
Do you feel unsuccessful?
Don't think you deserve money?**

It's easy to turn this around. Let me help you to make a plan to start valuing your money, earn more & start getting out of debt. A day that will not only teach you, but also make change in your financial situation straight away. £275.

Transformation/DM for groups

Do you Find the DM tricking to get your head around?

Try a small, informal, focussed class.

Empowering Couples

Speaking a different language to your partner?

**Tired of arguing or nagging?
Is the sparkle & intimacy missing?**

Treat yourselves to a change just before Valentines day!

Schedule Updates

Warning Emails

From 2009 my workshops will be running LESS frequently every 3 months (currently bi-monthly). Apart from my Values workshop, which will still run monthly.

Therefore, to ensure that you don't miss out on a workshop, I will be getting more organised & sending out reminders 1.5 months beforehand, so that you can also get the option of the earlybird discount (15%). I send these reminders to particular people who have requested it, so let me know if you are interested.

Dec-Jun 2009 Offerings

The Power of Values - 9.30-4.30pm

Sat 20th Dec

Sat 10th Jan

Sat 14th Mar

Sat 4th Apr

Fri 1st May

Fri 5th June

Financial Breakthrough - 9-5.30pm

Sat 7th Feb

Sat 13th June

Transformation - 9-7pm

Sat 13th Dec

Sat 28th Mar

Sat 27th June

Nothing is Missing 9-5.30pm

Sat 24th Jan

Sat 18th Apr

Empowering Couples 9-12.30pm

Fri 13th Feb

European Certification May 20-24th 2009

I'm still awaiting more specific information about this course. If you are interested, please join Copperstrings.com & the 'Demartini Teachers' group, where I will place info as soon as I receive it.

Payment Plan Changes

Having tested the payment plan, it didn't quite work out! So the option to pay over a couple of months is still available, but all payments must be completed before the workshop starts.

New Payment Rules

Sessions will get a reminder 4 days beforehand & then will be automatically cancelled if no payment is received 48hrs prior to the booking.

CopperStrings.com Source of Info

Check out this online community for loads of Demartini based info. See these groups - 'The Dance of Life', 'The Mummy Whisperer', 'What film would I love', 'Writing from the heart' Demartini Teachers / Prophecy / Empyreance & 'Concourse of the Earth' & 'Money, Money, Money'.

Meetup.com

Check this site out to meet other Demartini peeps in London & Ireland

Summary of Offerings, Business Processes, Discounts & Offers

- For a 'General intro to DofL Services' check out my Resources page.
- Also there is an article on DofL coaching services.
- Dates/Schedules are on my Dates pg.
- Check cancellation fees & discounts or offers available on Prices/Pay pg.
- Directions, times etc are on my Logistics p.

And Finally!

Thank you to you guys for reading this, it was great to get to see some of you again at Prophecy!



Lisa Pearson

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Online Community - Copper Strings
Group - The Dance of Life
<http://www.copperstrings.com/Groups/GroupDetails.aspx?GroupID=24>