

DoFL MONTHLY

3 February 2008

Upcoming Events

Play Grp - Sun 10th Feb
Wshops - Mon 18th Feb, Sat 8th March

Demartini

B.E. Paris Mar 8-9th
B.E. Lon Jun 28-29

News

Website Updates
Blog - lists schedule
Podcast - NEW
Resources - NEW

Words Of Power

I am Fit, Healthy & Slim
I am a Money Magnet
I am the Artist of my own Life
I Love my Life on the Sunny & Dark Days



February Hints & Tips Count Your Blessings

By Lisa Pearson

Ok, so here are some hints and tips for counting your blessings.

It sounds simple enough doesn't it, just lie down and before you fall asleep, start to count your blessings.

BUT, you've had an awful day, you are still stinging with resentment about what your boss or partner did, and it is difficult enough to concentrate on counting sheep, let alone blessings! Ok, don't panic, yes, our objective is to re-center you, but you do not have to know how you are going to be able to find the blessings in the day at the start.

Step 1 Have a small glass of water, take a deep breath, and have a stretch

Step 2 What can you be grateful for that you currently have today?

Maybe your big toe? If you didn't have your big toe, you would not be able to balance easily. You would fall over, and be unable to catch your child when they ran away, or that train when you were in a hurry.

Not got a big toe? Hows about your eyes, ears, nose, skin, teeth? What would life be like without these things that we often take for granted?

Have you watched some of those programs on the TV or read books about people, whose lives are challenged by not having

these amazing feats of mechanical genius that make up our bodies.

Step 3 What can you be grateful for that you own?

Do you have a house, car or clothes? Several of the teachers of the secret have at times spent their lives begging on the streets; it makes you think what can be achieved in the face of adversity. If you are grateful for what you have, the universe is more likely to give you more. Think about a parent with the choice of giving something to the whiney child who is never satisfied and the grateful child who appreciates everything. Who will they choose?

Step 4 Who can you be grateful for that you know?

Do you have a good friend, family, someone who was kind to you this week? Whilst someone was upsetting you today, who do you think was doing something supportive? Did they phone, text or email you. Or did they write a review that you won't get until tomorrow?

Step 5 What else can you be grateful for today?

The weather, food, a good cup of coffee, a kiss from your child?

Now, are you beginning to feel a bit more centered?

The key is to start feeling gratitude for something, before you tackle what bothered you today.

If you aren't already asleep, What can you find to be grateful for in the event, situation, or person that upset you today? How will it help you with what you love to do? Why is it for the best?

Got it?

Hope you have a restful, revitalizing, gratitude filled night's sleep ;o)

January Hints & Tips New Years Resolutions

By Lisa Pearson

As this is my first Newsletter of the year, but we are in the 2nd month, there are two Hints & Tips articles!

So, it is the New Year and many of you may also have just attended a Breakthrough Experience, so New Years Resolutions are going to be something that are foremost in your mind. This week's thought is about how to make sure you make Resolutions you love and are inspired to keep.

Making Them

Find a lovely place to work, maybe with a beautiful picture, or some inspiring music. Have a quick stretch, glass of water and ensure that you are breathing deeply into your abdomen.

It is ideal to be in a balanced, poised state. This is why they are great just after doing a Demartini Method session. Alternatively, spend 15mins counting your blessings for all the things that you

have in your life, and even for some of the things that you find challenging.

Write what you would love to be, do and have for the areas that you have highlighted as needing a New Years 'pick-me-up'.

Double Checking

Less is more, so go for just a few, rather than 10, you are more likely to be able to concentrate on them and achieve them. Remember, you are allowed to make spring, summer, autumn and winter resolutions later on.

Are you really sure that this is your resolution, and not someone else's? Are you doing this because you would love to, or because your partner, children, boss, friends or doctors say so?

Getting Inspired

Write 100-200 reasons why achieving this resolution links to the things that you value in life. The more you do here, the easier it will be. This is the bit that changes you from motivating yourself, to being so inspired, you cannot stop yourself from taking the actions required.

Write words of power to support you, always in the present tense, as though you have already achieved it.

Some people find it very helpful to draw a picture, or create a vision board to encapsulate the goal. Others do spells, or manifestation rituals. It doesn't matter what, as long as you get those creative thought juices going!

Monitoring

Now right the first 7 actions that you are going to take. Make sure you have broken them down, so that you can frequently tick them off, as Success, Breeds Success.

Ok, so if at a later date you decide something else is more important to you – great, do not beat yourself up, you have just had a lesson in what you love.

What about if you have not managed to make any progress? Think about this. Did you really want to achieve it, or did someone else?

Does this goal conflict with another, or one of your key values? If so, then it will get deleted from your brain instantly. In which case it either needs refining to match, or you need to do another linking exercise

My Story, That Golden Oldie 'Weight Loss'.

Now weight loss is a long story, so I'm just going to share one part with you. The first time I did Dr D's linking exercise I effortlessly lost 2.5 stone, having struggled for over 10 years to do so beforehand. It was a miracle! So then I had a baby, and eventually decided that I would like to get back to that miraculous weight I had achieved before. But, it just didn't happen. I scratched my head, re-linked my values, but nothing. Then one day I realized, doh! There was a complete contradiction between my new role and deeply held values as a Mum, and the goal of becoming a slim size 10. I did not even find size 10 particularly attractive any more! The minute that I changed my goal to be 'A Fit, Slim, Healthy, & curvy size 12' – hey presto, it all started to work.

Coming In March FAQ

By Lisa Pearson

I will be including an answer to the most frequently asked question emailed to me or posted on Facebook or Ecademy.

And finally!

Thank you for reading my first Dance of Life Newsletter, I hope that it assists you in the month ahead to not get blinded by the Sunny Days or stuck in the Dark Days.



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