

DoFL MONTHLY

1st July 2008

Upcoming Events

Play Group

Opportunity to ask questions & meet other students-
Sat 26th July - St Albans

2hr Power Lunch

Find Your Success -
Fri 11th July - St Albans

Financial Wshop

Sat - St Albans
26th July

Transform Wshop

Sat - St Albans
9th Aug

Couples Wshop

Sat - St Albans
30th Aug (half day)

Demartini

Relationships
Dublin - 16th Sept
Breakthrough Exp
London - 22-23 Sept

Words Of Power

I have a monstrous amount of energy
I love the oblivion of exercise



July Hints and Tips Get in Touch with your Monsters

Where or what is the Monster in your life?

Is it a fascination and love of horror movies, and the adrenaline pumping through your veins?

Is it your child who oscillates, between cheeky charming monster and the monster who turns into a terrorist at the wrong time of night or after certain foods?

Are there monsters in your nightmares, or do you imagine that there are such creatures in your life that can really hurt or harm you? Monsters have always been in your life, have you tracked the loss and gain, as they have transformed over time?

Do you embrace the monster like a horror movie and enjoy the ride? Or do you push it away in anger and fear?

When have you been taken over by a monster craving for chocolate or crisps? Have you ever fallen prey to the green eyed monster of jealousy?

We all have monsters inside of us. The cheeky monster that people let get away with naughtiness and the darker monster that haunts us and gives us a chance to give into that feeling of victimisation and powerlessness.

I encourage you to open your eyes to the downsides of the cheeky monster and the gifts of the haunting darkness. Sometimes getting away with things is not in our best interests. Sometimes our greatest potential is birthed out of the scary darkness of the unknown, where all the monsters lurk.

Love your monsters just as they are, and fill yourself up with a monstrous amount of energy and vitality. Every

now and again enjoy the luscious oblivion of your favourite chocolate, or the painful oblivion of a heavy exercise session.

July FAQ

I thought I understood it

It is not unusual for someone to at some stage have a more challenging B.E. course, or really struggle for much longer than usual to truly finish a DM session.

That doesn't mean that you have suddenly forgotten or misunderstood the method, or that it no longer works for you. It is just that this particular judgement level is more challenging for some of your values, and there is a part of you that is struggling to remain alive.

You might struggle with this particular subject for a couple of months, even longer; Gradually chipping away at it,

until suddenly the realisation of the perfection will hit you. It does not mean that you can't work on something else in the meantime, so you will be clearing some charges, but just not this one.

It is also usual for people, especially potential facilitators of the DM to have one course where Dr D really challenges them. Mine was my first B.E., and one of the days on Prophecy! This is especially likely, as he tends to use tactics that are 'socially unattractive'. That's OK too, and he expects it, he knows that the cost of loving making people progress, rather than wanting to be liked, means that he can feel extremely unpleasant to be round.

It is a sign that it is time for you to look at the things that he reminds you of, or maybe do your DM session on him. Once done, you will find that you do not see that characteristic in him in the same way again. Imagine the leap in your potential when you own some of Dr D's traits, like his 'brain the size of a planet'!

DofL Book Available by Post

My practical and beautiful day to day guide 'Getting the Hang of Gratitude' is now available from my website.

Dr Demartini Visit

What an amazing visit as always! If you missed him, never fear, he is back in in **Sept.** See my **Schedule** for all the info and dates. Could I ask you a favour? I'm an **affiliate** for Triumphant Events, so if you book a London event with them through my site, I get a commission. It doesn't cost you extra & I can often get you a discount as well.

Schedule Updates

Dates Changes

All my dates have changed, so please recheck my Schedule if you were interested in one of my events.

Play Groups

Every other month I will be running a 'Play group', i.e. there will be both support and challenge, but it will definitely be fun. It gives you a chance to ask questions and mix with other Demartini Students.

1 Day Workshops

Each month I will either be running a **Transformation** Workshop (teaching the Demartini Method) or **Dance with your Finances** Workshop (an easily affordable way to give you a kick start up the financial ladder).

Monthly Power Lunches

2hrs on a Friday once per month

Every month I will be running a monthly lunch time seminar. The subjects will rotate around 4 areas:

- Identify Your Values
- Kick Start Your Financial Health
- **Find Your Success - July 11th**
- Beat Your Financial Anti-Heroes

Empowering Couples

Workshop every other month.

Now also available as Joint 1to1's.

I'm running this workshop on Sat's every other month for a max of 5 couples. But if that is not convenient, then I can run it just for you & your partner as a 3.5hr face-to-face coaching session.

July's Offerings

- Find Your Success - Power Lunch - Friday 11th July 12-2pm
- Dance With Your finances Workshop - Saturday 19th July
- Play Group - 26th July.

Copper Strings Source of Info

Copperstrings is a budding online community for conscious living, with connected radio, events, and wiki sites. For regular Journals, hints and tips and a place to ask questions see my groups 'Dance of Life' & 'Fun to be a Mum' at: <http://www.Copperstrings.com>

Demartini Teachers

I have created a group in for those potentially planning on certifying. There are a number of people looking to get a discount for a group booking, so join quickly if you would like to be included.

Other Courses

I have also created a group for attendees of 'Empyreance' and 'Prophecy'.

Winner of Book Offer

Some of you may have been reading my Journal on Copperstrings, showing how to use the DM when inspiring myself to get Fit, Healthy and Toned. I offered an opportunity to get a copy of my new Book 'Getting the Hang of Gratitude' to anyone who commented, and the winner is **Rentka Behan**.

Meetup.com

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

Adhoc Questions

I'm always happy to help out if I can in my busy schedule to answer emergency questions by either phone or email. However, I will be being a bit stricter about charging for anything that takes over 10 mins. Instead, you can always put questions in my group 'The Dance of Life' on Copperstrings.com.

Stricter Cust Policies

Just to warn you that due to my schedule being so full now and having a waiting list, I am going to be stricter on cancellations, and lateness. See my Charges webpage for more info.

Referral Discounts

Remember you get a 20% discount off your next booking if you refer me to a friend and they book.

And Finally!

Thank you to you guys for reading this and all the attendees of the B.E. in Ireland & London for giving me the opportunity to see you open your hearts.



Lisa Pearson

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Online Community - Copper Strings

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