

DOFL MONTHLY

1st June 2008

Upcoming Events

Free Teleconf

7pm Fri 6 June
Introduction to the
Demartini Method

Play Group

Sat - St Albans
26th July

2hr Power Lunch

Fri - St Albans
11th July

Couples Wshop

Sat - St Albans
7th June (half day)

Transform Wshop

Sat - St Albans
9th Aug

Financial Wshop

Sat - St Albans
30th Aug

Demartini

Breakthrough Exp
Dublin - 21-22 Jun
London - 28-29 Jun
See my blog for
evening seminars

Words Of Power

I am Perfectly
Imperfect
I love my imperfections
just as they are



June Hints and Tips Perfect Imperfections

Are you trying to perfect yourself, your friends, your family, and your world? Have you fallen under the evil spell of any of these fantasies, or similar ones?

Spiritual – I'm working towards a world full of peace and no war

Vocational - I'm only going to attract success & wonderful things into my life

Mental – I'm going to read a book every day and never watch TV

Financial – I am never going to buy anything daft every again and give lots of money to charity

Familial – I am going to be the perfect mother/father/husband/wife

Social – I'm never going to drink too much ever again

Physical – I am going to only eat healthy food forever

I just thought I would save you some time and let you know that you have

already failed, because what you are attempting to do is impossible – oops, sorry!

In a world created out of duality, there will always be opposites. When you cut a magnet in half you get another magnet. Not more positive sides, or more negative sides. There is as much 'good' and 'evil' in this world as there has always been, and always will be. If you try to rid the world of 'war', then you will be removing 'peace' as well. Energy cannot be created or destroyed, and therefore war can only be transformed, not removed from life.

When you attract great things into your life, they will have downsides, ramifications and consequences that you will often not have prepared for.

You can't do a kind act, without gaining from it in some way, even if it just gives

you the satisfaction of feeling good about yourself or martyred. However healthy you are, someone somewhere will prove your lifestyle is wrong. Even worse; it is not possible to be liked by everyone, however much you would love to be. If you aim for impossibilities, you will cause yourself pain and depression.

I am not saying to stop dreaming or to stop visualizing what you would love to create, just remember that the universe will maintain a balance for you, just as it is meant to.

Have you ever thought about how perfect your imperfections are? Go on, sit down and really think it through.

What is your worst imperfection?

What has it given you, who have you met because of it, what did you learn?

What is your best perfection?

Did it get in the way of your work, friends or family, and cause you trouble at some point?

You are not meant to be perfect, you are meant to be perfectly imperfect. Your imperfections will give you as many gifts and be your greatest teacher and motivator.

My physical imperfections have directed my life so subtly and gently, leading up to the loveliest little package of trouble – my toddler.

My constant trickle of imperfections, keep me grounded, safe and less vulnerable to the vagaries of life. If I am aware of my imperfection I am constantly humbled and appreciative of those around me. The danger of believing yourself worthy of a pedestal as a teacher is a very real and persistent one; and it can be a long way down to safety from those lofty heights.

My dream in life is to inspire others to love life and for that, it needs to appear to be a reachable goal and for me to be approachable. When I look back on my life at the end, I hope to see millions of mums reminding each other to have fun and enjoy the Dance of Life. If that means that I need to keep a few ‘bad’ habits and not be as perfect as I imagine I could be, then it is a gift that I am very happy to give myself.

Watch out world, my imperfections are lulling you into a false sense of security, I am about to rock your world!

June FAQ

I have so much news for you this month, that I’ve held the FAQ for next month.

First DofL Book Getting the Hang of Gratitude

I’m very chuffed to announce that my first book is available for you to buy from my website. It is a beautifully simple book aimed at helping everyone to make counting their blessings a natural habit. It is both for people who have encountered the concept of gratitude from other sources like ‘The Secret’, but don’t know how to get grateful for a bad day; and for people who have learnt the DM, but haven’t yet got to the point

where they can easily do a session on their own.

Dr Demartini Visit

Dr D is over in Dublin and London from June 20th. There are also several evening talks, some of which I can get you a discount for. See my **blog** for all the info and dates.

Free Teleconf - Ireland Introduction to the DM

Fri June 6th at 7pm. Ideal for anyone you know who is interested in learning more about the DM, or for yourself, to give you more ideas on how to describe it! Contact **Horizon** for more info. <http://www.horizonspeakers.com/>

New Workshops Empowering Couples

Sat June 7th 9.30-12.30pm - St albans. Places on this workshop are strictly limited to 4 couples

- 1) Learn how to be Truly Caring
- 2) Find out why it is so important that you are both Empowered
- 3) Secret financial tips for Rebalancing your relationship
- 4) Rediscover the Sparkle

Dance with Finances

Sat Aug 30th 9-5pm - St albans.

- 1) Understand your values
- 2) Learn the 3 aspects of money for strong financial health
- 3) Understand the Energetics of money
- 4) Beat your Financial Anti-hero’s
- 5) Find Your Success and become your own Financial Hero
- 6) Breakthrough the barriers keeping you in place and ensure a safe future

2hr Power Lunches

Fri 11th July 12-2pm

One of these subjects TBC:

- Identify Your Values
- Kick Start Your Financial Health
- Find Your Success
- Beat Your Financial Anti-Heroes

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.

Journals + Book Offer

I have taken the brave step to journal the use of the DM in achieving a goal of my own, namely getting fitter and becoming 1/2 stone lighter. I’m aiming to show you how to use the DM for everyday purposes and put your minds at rest about the current ‘imperfect’ areas of your lives.

I’m offering anyone who comments on my journals or asks questions in my groups about them, that their names will be put in a hat, and in a months time one lucky person will get a copy of my new book.

Meetup.com

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

Stricter Cust Policies

Just to warn you that due to my schedule being so full now and having a waiting list for one-to-ones, 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.



Lisa Pearson

The first UK Certified Demartini Teacher, Coach, Author, Healer & Mum
Contact - 07767 886425
Email - thedanceoflife@mac.com
[Http://www.DofL.co.uk](http://www.DofL.co.uk)

Online Community - Copper Strings

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