

DoFL MONTHLY

5 March 2008

Upcoming Events

Demartini Day - Dublin
Sat 8th March

Play Group -
Sun 9th March

Workshops -
Mon 17th March,
Sat 12th April

Demartini

B.E. Paris -
15-16th Mar
Financial Mastery
Dublin - 16th April

News

Online payments
available.

Words Of Power

I am beautiful just as I
am
I see people clearly
I see the good and the
bad in people and love
them just the same
I AM successful
I set realistic goals



March Hints & Tips Reality Check

By Lisa Pearson

This month's hints and tips are about the importance of a reality check in your life.

It is a great tool to protect you from adding new infatuations, thereby reducing your perception of your inner greatness.

It also stops you from setting unrealistic objectives by becoming self-righteous and ignoring the potential problems that could occur.

Taking a Step Back

Why are you beating yourself up for not getting it right first time, or second time, for that matter?

Did you know that if you have been swimming the breast stroke

incorrectly, you will have to repeat it perfectly 500 times minimum before your body remembers the right way? Have you watched children learn that their fingers will hurt if they play with drawers? 90% of them will get their fingers trapped over, and over, and over, and over again, before really learning that it happens EVERY time!

Moreover, sometimes you have to take a step back in order to go forwards. Picture my little boy trying to drive his toy car, and getting trapped on a corner. The only way forward is to go back, turn the wheel to adjust his direction, and then move forwards. That is what you are doing, re-calibrating your direction.

Who are you Looking Up to?

Over the last couple of months, I have had several people say that they are looking at me, and are inspired that they would love to achieve what I have done. I think that they were talking about becoming a Demartini teacher!

However, it started to concern me, as most were completely oblivious to the reality of my life, and of the lives of other teachers. You may not be one of these people, but maybe there is someone who you are looking up at, and thinking, 'I would love their job' or 'I would love to be as successful as them'.

The fact that you are looking 'up', is a big hint that they are on

a pedestal, which means you will either find out the hard way that you don't want their life, or they will fall off and deeply disappoint you. Have you really talked to them or read their biographies?

To stop looking up, ask these questions:
 What price did they pay to get there?
 What areas of their lives are they not as successful in?
 How long did it take?
 How much money did it take?
 What is missing from their lives?
 What do you have that they don't?
 Are you ignoring a gut instinct you had when you met them first?

Who are you Looking Down on?

With some people being inspired by me, I suspect that others think they could do better! Who do you think is no good at their job? Who are you potentially under-estimating? Who are you not appreciating? If you don't look carefully at these people, you may experience the same problems they ran into, and then gain more understanding of them the hard way!

To stop looking down, ask these questions:
 Were their situations different from yours?
 Did they face trials that you have not yet experienced?
 What do they have that you don't?
 Are you so sure you would have done it differently?

Your Goals

Make sure that your goals are realistic and that you can achieve them, as 'Success breeds success'. Chunk them down into smaller objectives.

Create one analysis that is the 'best possible scenario', then the 'worst possible', and then create one in the middle. This is the most likely.

Make sure you have investigated all the steps necessary to reach the goals you would love.

March FAQ How Did I Find Dr D?

By Lisa Pearson

Many people are asking me how come I was lucky enough to discover Dr Demartini 5 years ago, and how I trained up to be a teacher.

Discovery

My background was in IT for 13 years, so when I became interested in alternative therapies, especially Reiki and Kinesiology, I found something missing. No one seemed to really understand how everything fitted together, and there were some big leaps of assumptions. I was looking for someone to study with, when my spiritual kinesiology teacher (you may have met her at the B.E. – Jolina the teacher from Colorado), phoned me one day and said "Lisa, you've got to get this book and study with this guy Dr Demartini". And that was that! He was the perfect melding of science, spirituality, healing and business for me. At last, my tree hugging side could talk to my computer programming side!

Training

I threw myself in, dragged my husband along, and attended every course I could get my hands on, read every book, bought every CD and watched every DVD. I added up the courses the other day, it now stands at 40 days & nights of training – 8 Breakthroughs, Relationships, Master Planning For Life, Certification, Prophecy, and Emphyreance.

Fabulous you might say! Fabulously expensive, as we had to travel the world for the courses! Fabulously and dramatically life changing, as just about every deeply held injected value we had, got thrown out the window. The identity crisis you face following the Breakthrough Experience, is nothing to the one you face when you fit all that training into 2 years.

At last, I moved money up my values list, and stopped attending all those courses! But by then I understood the urgency I had felt, because the last course I attended I was heavily pregnant on. My next challenge was how to finish the bits and pieces of my certification to become a teacher, with a little baby boy ;o)

I hope that this has given you a balanced insight into the gifts and pains from training with Dr D. More to come in later issues, describing my experience of different courses and setting up as a Demartini Teacher. Let me know if you are interested in training, I would love to get everyone together who is.

Copper Strings New Online Community

By Lisa Pearson

Noooo, I here you all saying 'Not another one'!! But, hear me out, you might find it worthwhile.

Firstly, I am swamped with supporting all the different attendees of the UK & Ireland on different sites, and am therefore sticking to Copper, so that there is just one place for me to check, and one repository of Q&A. So from a Demartini perspective, it is going to be the place to be!!

Also, it is not just 'another' online community. The vision behind it is to be a place for 'Conscious Living'. This is not about being 'holier than thou', but about giving people the opportunity to make conscious decisions.

There is also an online encyclopedia called Copperwiki and an internet podcast site like a radio version of YouTube. There will be an events site, that lists all sorts of fab things you might love, plus an online store. These people have an amazing vision, and I have not yet got to the bottom of the list of the services that they will be providing. Go on, check it out!!

Meetup.com

Check this site out - there is a Dr D meetup in London on the 1st Friday of the month run by a fab group of people. If you live elsewhere, you could create your own group. Let me know if there is anything I can do to help.



Lisa Pearson

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