



DOFL MONTHLY

March 2009 Hints & Tips No 2 Whats the Point to Getting Grateful?

By Lisa Pearson

Back to basics this week as a gentle reminder for experienced people & encourager to new ones.

So what's the point to getting grateful for the stresses, trauma's or hurtful people in your life?

Does it mean that there won't be any more stress? No! As you guys saw from my last newsletter, there is still 'stress' in my life, & I certainly have seen my mentor Dr Demartini 'un-calm'! However, it does mean that you can reduce/remove the effects of it on your life, so that stress is just a feedback mechanism, not something that runs you.

Does it mean that there won't be any more problems? No! But realistically, do you really want a life with no problems? Did you see the documentary on the celebs who got to the top of Mount Kilimanjaro for Red Nose Day? Their reaction to reaching the top was incredible. Now, if they had been able to get to the top with no effort, there would have been little value/learning in the experience for them. Plus, we would be unlikely to give to their charity. However, it does mean that you get new ones, rather than the boring old stinky ones. I get bored of the same one, over & over & over & over; know what I mean!

Does it mean that I have to be nice to everyone & be all 'lovey dovey'! No! Being grateful is a feeling that comes from the heart. The heart is wise, not stupid! It is inspired, not sentimental! It's in between the logic of the head & the instinct/emotion of the gut. Just because you see what you gained from a bully at home/work, doesn't mean that you have to lie down in front of them & offer for them to walk all over you again. It means that you will know how to deal with them, or they will no longer dare to bully you.

So what does it mean?

There is more value in your life. Imagine a life full of sparkle, appreciation & a yummy 'full' feeling. Probably an analogy that works best for someone who likes cakes & bling like me! So lets try again ;o) Life where you know where you are going, feel appreciated for what you do, love what you do, thoroughly enjoy what you have & are surrounded by great people & things. It's a rich life, full of potential.

Life flows. Life has gone from a big roller-coaster, with big highs & matching big downers, to a flow that is much more enjoyable. Imagine the difference between very scary rapids, where there is a high risk of drowning, & a river gracefully navigating the different landscapes in front of it.

Life is fresh. Rather than bringing your stinky past with you into your future relationships & getting weighed down by it, life has a freshness & a potential. You don't get held back by fear or guilt, & stop running the same pattern over & over again.

Put simply it helps you to:

Keep what you have: Because if you appreciate it, it will want to stay with you (wether it is a job/friend/family).

Make the most of it: The amount of value in your life, is not down to how much you have, but how much you appreciate what you have.

Get what you would love: if you would love to achieve your future dreams, gratitude for your past & present will escalate you there & flatten the blockages that get in the way.

So how do you get there?

- Buy one of Dr Demartini's books on the Demartini Method & have a go from there. Not impossible (I know people who have managed it), but difficult on your own.
- Buy my book 'Getting the Hang of Gratitude', which walks your through counting you blessings. A simpler, more day-to-day option. [<click here>](#)
- Attend my Transformation Workshop, which is a 1 day, informal, intimate workshop, where I teach you the whole of the Demartini method very simply & then you get to do a session. See below.
- Attend Dr Demartini's Breakthrough Experience, which is 2 very long days, with a large group of people & the opportunity to meet Dr D. [<click here>](#)

Events

****NEW****

Weekly Teleconf's
Every Wed am
Weekly Q&A
posted on website
Every Wed 12pm
Free Teleconf:
Intro to DM
18th Mar 8-9pm

Values
Sat 14th Mar

**DM for Groups/
Transformation**
Sat 4th Ap

Nothing is Missing
Sat 18th Apr

Mentoring
Day: 23rd Mar
Telecon: 17th Apr

Financial
Sat 13th June

Demartini Events
London 20-28 Mar
Dublin 9-10 May
Cert 20-24 May

**Find me on
Twitter!**
Dance of Life
MummyWhisperer

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News

What is a Teleseminar?

A Teleseminar is a phone call with lots of people on it! You can remain totally quiet, or at the end there will be an opportunity to ask questions. It's totally up to you. (This is different from a Teleconference, where you do get involved).

Currently I use the enhanced access PowWowNow because it allows skype & international calls are at a local rate. I am looking for a totally free option, but currently the price of a call is around £3.

When you book on it, the phone number & a pin number are emailed automatically to you. So you dial the phone no & then a nice automated lady asks you for the pin.

Free Teleseminar - Introduction to the Demartini Method!

If you would love to know a little more about the Demartini Method before buying a book about it, or paying for one of mine/Dr Demartini's seminars, then come & make the most of this teleseminar.

Also great if you have friends, but are unsure of how to explain the DM to them. Either come & make notes of how to explain it in down to earth terms or get them to book on. (Remember, you get a **£30 gift** if someone you know books on one of my workshops).

Wed 18th Mar 8-9pm. [<click here to book>](#)

Learn to Love Your Life!

My next Transformation/Demartini Method for Groups Workshop is **Sat April 4th.**

[<Click Here For More Info>](#). What my clients say "I had exactly the same & better breakthrough than with Demartini & another coach & in less time. I loved Lisa's calm & methodical teaching." *Grace Kelly, runner of the Demartini Meetup Study Group.*

** New ** Whole Day Sessions?

8 jam packed & focussed hours, with a **25% discount.**

These are potentially for you:

- If you have a very personal & sensitive subject (always consider a wshop for these first).
- A large amount of questions/issues you would love to cover
- Or would love to go through a whole coaching workbook in one day.
- Would like to meet with me face-to-face but have a large distance to travel
- Find it difficult to fit regular coaching sessions into your workload.

[<Click Here For More Info>](#)

Fancy Meeting Other Demartini People & Learning More?

The Meetup Group has now changed focus to from being a social group to a study group, with a nominal fee of £5 to cover a quieter location. Grace Kelly organises it & the next date is Wed 18th Mar. [<Click here for more info>](#). Sorry about the clash on dates with my teleseminar, if you are torn between them, contact me & I will sort something out for you.



Lisa Pearson

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