

DOFL MONTHLY

1st May 2008

Upcoming Events

Play Group

Sat - St Albans
7th June

Free Teleconf

7pm Tues 6 May
Introduction to the
Demartini Method

Lunchtime Wshp

Find Your Success
Milton Keynes 16 May

Transform Wshp

Milton Keynes-31 May

Demartini

Breakthrough Exp
Dublin - 21-22 Jun
London - 28-29 Jun
London - 12-14 Sept
Dublin - 31 Oct - 2 Nov
Prophecy
London - 4-10 Nov

News

Online payments
available.

Words Of Power

I love working, resting,
playing and living
I naturally balance my
life



May Hints and Tips The Beauty of Cushions

Since becoming engrossed in Dr Demartini's financial material, I have also come to love the concept of **cushions**. As some of you may know, he discusses the use of a Financial Cushion, and creation of what he calls the 'Immortality account'.

Now I discuss this in much more detail in my financial coaching programme, but in essence, there are two reasons for creating this financial cushion.

- 1) Having 2/3 months of savings, stops you from making **volatile financial decisions**
- 2) Having money, **attracts more money**

It was this protection from volatility that I became inspired by.

Have you noticed how people who concentrate on just a couple of areas of

life, can become very vulnerable? This is because a medium shock to one of those areas, will feel disproportionately massive to them, and a big shock will tip them over the edge.

For instance, if you live for your relationship, and then it breaks down, you will feel as though your life as you knew it is over, even though you still have other family members.

If you focus purely on your work, at the sacrifice of your family, there will not be much to turn to in the face of redundancy.

Those who especially appreciated their own beauty, will find the aging process much harder than others.

If you have a small group of friends, it can be easy to fall out with them and end up with no one, or feel pressured

into actions you would prefer not to do, because of the threat of losing them.

Those who concentrate on Spirituality, can become ungrounded.

Those who are mainly focused on intellectual pursuits, can then lose their ability to empathise and feel for those that they care about.

So, if your life tends to be a bit up and down, or you are currently finding it a struggle, I recommend that you look at all areas of life and focus on creating a volatility cushion in all of them. It is not about attempting to become fully empowered in all areas, although that is also a good plan. But just about creating this 'safety net' in all the areas. (See my group 'the Dance of Life' on Copperstrings.com for a Life Fitness Questionnaire, to see how your areas compare to each other).

Social – Make sure that you have more than 1 group of friends. Give old acquaintances a call or email. Join organizations like meetup.com in order to get the opportunity to gain some fresh air in your social circle and meet with people with different philosophies.

Physical – Do you drink water every day, eat your 5 fruit and veg, get fresh air for 15 mins a day, and do a min of 1 x 30 min cardio session a week?

Familial – Have you phoned your family recently? Are you spending too much time at work? Take them out for a treat, or buy a bunch of flowers, show them that you love them.

Mental – Have you read anything or watched a DVD or listened to an interesting CD recently? A constant little dribble of intellectual stimulation is wise.

Vocational – Would you like to change your work? Get a notebook and write down a list of the jobs you fancy, the pro's and con's and what the patterns are in your choices. What would be your ideal characteristics? If you are not currently working, where is your work? Is there a little something that you could do to feel more independent and empowered?

Financial – Create your savings cushion, and remember; it is NOT for spending!

Spiritual – Do you count your blessings a few times a week, or take 5 mins to breath, stretch, or switch off from the worries of the world?

This is why in the story of the Tortoise and the Hare, the Tortoise won. The Hare was concentrating on just the running, and was therefore open to a slip-up in his decision making process, which is often what happens to people who concentrate on the personal development side of life, to the detriment of the rest of their life.

The Tortoise, remembered to look at the scenery as he walked, breath the fresh air, call his mates, and have some food enroute. He had a Work/Life/Rest/Play balance that kept him rejuvenated and revitalized.

How is your Work/Life/Rest/Play balance at the moment? Does it need a bit of a rejig and detox in this spring air?

May FAQ One How do I get past this financial block?

There are 3 aspects to money, and therefore 3 ways that I can help you with them either 1to1, on workshops or by providing you with a manual and audio from a previously run workshop:

- 1) **You and Your Relationship with money.** This is my 'Kick Start Your Financial Dance' programme, where you learn about money and how to structure it and value it..
- 2) **You and Your Relationship with your Hero's who earnt lots of money.** This is my 'Finding Your Success' programme, where you change your perception of yourself and your hero's to make space for the success you would love
- 3) **You and Your Relationship with people who you cared about who didnt earn lots of money.** Often this is parents, and one of the easiest ways of clearing their limiting beliefs about money is to do a DM session.

May FAQ Two Stages of Learning?

Many people have asked me how life or their personality will change after learning the DM, so I thought I would write a brief description of some quite standard phases that I have seen people navigate through. There doesn't appear to be a particular order, some don't leave a stage, and not everyone will experience them all, but there is a pattern.

What is the point if I am not to be enlightened?

Many are disconcerted by the fact that they eventually realize that Dr Demartini is not offering enlightenment. In fact, he points out that once you have learnt to love one thing in your life, you will just move onto the next. They then think, 'Well, if I'm not going to become enlightened and peace loving, what is the point?'. My answer is this; I would prefer to have new things to become charged about, and not the same old rubbish that I have had for nearly 40 years. I love the freedom to choose what I will and will not work on, and the

ability to control my destiny. It is irritating sometimes to know that I am responsible for my own life, but in truth I would not want it any other way.

Becoming seriously irritating!

For a while new students can become really irritating! Their friends and family often do not want to hear about Dr Demartini, and start to resent the DM or think of it as a bit freaky. If you are reading this before you have hit this stage, try to remember that the best 'sales pitch' to those you love, is to just do the work, and therefore transform, thus inspiring their interest. Plus, just because you understand the concept of benefits and disadvantages, doesn't mean that you have to jump down their throats every time they mention a charge of some kind. Remember, they have a right to the charge if they want it, and sometimes it can be helpful for their understanding to sit with it for a bit. At least let them complain once, before reminding them that it is an illusion!

A calmer life

For those people who used to be vulnerable to big highs and lows in their lives, this will gradually calm. There will of course always be good and bad days, but they will not go to the extremes that they did beforehand. To me, it eventually felt like there was a lovely safety net held out beneath me, and because it was always there, I did not need to keep jumping up and down to find it.

I don't get charged by anything.

There is a stage, which some people can get stuck in, until kicked out of it by the universe. They can tend towards self-righteousness, and a sense that they never get charged by anything anymore, which is of course an illusion. They seem to think that no action is ever required and all that is done is the DM. This is NOT the point. Dr Demartini does take action, maybe after doing a DM session, or maybe doing a DM session post-event, but he is certainly a man of action. He is also not always calm, nice, polite etc. He is perfectly happy to be angry, frustrated, or react to something, and in this honest disclosure of his charges he knows what the next level is to be worked on. If you find yourself saying 'I just don't get charged anymore', remember my

words, and look for the hidden resentments and infatuations. Try not to get tempted to remain in the mental understanding of the DM, instead get to the heart of the matter.

My life is a pack of cards

For people whose lives were heavily focused in 1 or 2 areas of life, the Breakthrough Experience can shift their values and perspective so much, that it truly feels as though an earthquake has hit their lives. Sometimes we need an earthquake, to make a difference, but they are still a scary experience at first. If you are one of these people, then I recommend taking the time to create a safety cushion, or empower all the other areas of life a little more. This will balance you, and leave you less vulnerable and able to handle the shift in your perspective, without panicking.

There are also the people, who then go on more of Dr Demartini's longer courses. I remember telling someone once that I was planning on taking Certification, Prophecy, Emphyreance and a couple of other courses, all in 1 year. He raised an eyebrow and said 'Let me know how that goes for you!'. I was concerned, but didn't think too much about it, now however I understand what he meant. A few years on I wrote to him and described that it had felt as though I was a pack of cards, thrown up into the air, and it had taken me a few years to shuffle them back together. He laughed in his reply, and said he wasn't sure that he was back together yet! Do not panic if you enter this phase, as it will pass, and you will come out of it with a clarity and sense of purpose that you did not have before. It might not be what you expected, however, if you keep using the DM to refine yourself, it will be a purpose worth waiting for.

Why does it feel like this? Well, my business was affected, because when I gained a deeper, truer understanding of the cosmos and universal laws, I realized that there were flaws in the things that I used to believe, and the therapies that I used to practice. Plus my values were shaken up and down to remove the ones that did not belong to me, but were injected from society, and people I had put on a pedestal. Of course, I fell pregnant, which changes everyone's life. And then there was the search for my

'purpose', which felt elusive for a few years.

I do love my new pack of cards though, so I have no regret for the reshuffle. I am more 'myself' every day. More contented, and more appreciative of what I have and who I am.

If there is no good and no bad, then I can do anything

There is a slightly hedonistic phase that some people encounter, especially on the longer courses. That is, if there is no good or bad, then I can sleep with whoever I like, or do what ever I like. (I have not encountered someone doing something vicious or abusive in these times, it is more a release of repressed wishes). HOWEVER, there may be 'no good and no bad', but there are CONSEQUENCES to actions, and some require more DM sessions than others!

Spontaneous bouts of gratitude

It normally takes a few years to get to this point, but there can be instances where people get spontaneous moments of gratitude and understanding for something in their lives, which as you can imagine has an extremely beneficial effect.

Getting past the theoretical and applying it

Those who truly immerse themselves in all the material that Dr Demartini provides, will then be given the opportunity to test out their new knowledge by the universe. This can be uncomfortable at first, but once through the first storm of actually applying the information, rather than just 'knowing' it, it becomes a gift. You start to actually see why things happen and to understand the way that the universe works. It is like having glasses removed and being able to actually see clearly. This requires discipline, but I thoroughly recommend it.

Overall upgrade of the quality of standards

People suddenly start to upgrade their standards, of clothes, appearance, who they love to socialize with, their health, their finances. It is a natural outward sign of the inner empowerment that is taking place. I have certainly had fun with this stage, as have the local shops ;o)

Free Teleconference Introduction to the DM

Tues May 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 actually describe it!

<http://www.ardour-uk.co.uk/dofl/>

Power Lunch Workshop

Finding Your Success

Friday May 16th 12-2.30pm - Milton Keynes. £25 including lunch and food. See the description above in the FAQ.

<http://www.ardour-uk.co.uk/dofl/>

Copper Strings

For regular hints and tips and a place to ask questions see my group 'The Dance of Life' at:

<http://www.Copperstrings.com>

Check out my radio interviews on <http://www.traydio.com>

Meetup.com

Want to meet other Demartini peeps in London, remember to check this site out.

Irish Meetup coming

See my group in Copperstrings for info on this get-together being setup very soon by a Breakthrough attendee.

And Finally!

Thankyou for reading this longer than usual newsletter - I would love any feedback you would like to give



Lisa Pearson

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