

DoFL MONTHLY

1st October 2008

Upcoming Events

All At Hatfield Next
Generation Gym &
Hotel Complex

1/2 Day Values Workshop

Sat 4th Oct
Fri 21st Nov
Fri 19th Dec

Financial Wshop

Sat 29th Nov

Transform Wshop

Sat 18th Oct
Sat 13th Dec

Demartini

See My 'Dates'
website page

Words Of Power

I believe in myself

Il believe in my
services

I believe I deserve to
receive



Oct Hints and Tips Taking Responsibility?

Do you sometimes feel tired and overloaded? Is it possible that you are taking responsibility for things that are neither in your skills set, or necessary for you to do?

If we keep taking 'responsibility' for others, then what we are really saying to ourself is that we have a deeper insecurity and therefore a responsibility to look after ourselves.

The 'Law of Lesser Pissers' says if you are going to choose between pissing yourself off and pissing off someone else, don't make it yourself. After all you are with your self and your soul for your whole life or eternity!

So, if you are 'taking responsibility' for others, you are 'taking' away time, resources and energy from yourself and what is closest to you.

Remember to keep your eye on the Horizon as well. Sometimes being immediately 'selfish' will have bigger ramifications in the long run. Hence it is important to remember to be caring to your loved ones by finding a way that you can sell what you would love to do to them as well. Although in the Demartini concept there is technically no such thing as right and wrong, there are always consequences to your actions, and some tend to require more Demartini Method sessions!

In the long run, if you 'take responsibility' for another human being, you are likely to stunt their growth and make them rely on you.

The less you 'take responsibility', ironically, the more you are likely to step into a leadership role of responsibility. However, the energy and dynamic of this position is different. It

is timely, not jumping the gun and centered vs infatuated/resentful and present, hence it is the quickest and easiest route forwards.

So what would you love to 'take more responsibility' for in your life today? and Where are your responsibilities not really required?

October FAQ

What's going on with the Credit Crunch?

There are two factors to consider when viewing the credit crunch. How it affects yourself, and how it affects those around you. These might be very different, because you will not be necessarily affected in the same way. So just because some might find it a difficult time, does not mean that you need to perceive it that way.

How it will affect you is partially already decided, because wheels are in motion, you already have certain circumstances, jobs and health challenges and financial issues that are going to run their course. But the most important decider is how you are going to decide to perceive it and when are you going to act?

This can be your turning point. The time when you decided to tackle your finances head on and make a go of them. Either, when you started steadily towards slowly clearing your debts without adding to them, or when you decided to become financially healthier. A few of you will see your opportunities and become extremely wealthy. Remember, Macdonalds, Morrisons and the Co-op are doing very well at the moment, and making more profit than usual!

If you panic and turn to fear, then it is likely to get worse. If instead you decide to make this work for you, then you can ensure the quality of your life improves immediately and eventually your finances as well.

There is so much opportunity here. To enjoy the “simpler things in life”, to appreciate and value your money, and despite things costing more, you will actually find more value in your life.

I personally feel that the credit crunch is going to hang around until the majority (not all) have learned some serious lessons, which will improve the quality of their lives incredibly. For some, I acknowledge, this is going to feel like a very painful exercise, because they will not ‘hear’ the message until they are forced to by serious pain. I am not being flippant about these situations. But I still know that they will gain, and if they were taught to look for the benefits that they gained, they would not want to change it. Also, if the simple concept of ‘nothing is ever missing’, could be explained to them, they would understand that whilst it appears that money is missing from their lives, there will be another valuable thing that has appeared.

There have already been some cases where people can’t see a way out, and I can understand why someone would consider drastic action. But in these cases, if they got a chance to look at their fears deeply, then they would be able to see through and past them. For example, IVA’s and Bankruptcy, do not ruin your life, they don’t even affect your credit rating forever. So if you managed to build something up once, you can build it up again. And, just because we have created what we see as a financial mess, does not mean that our friends and family would prefer us to leave them alone. In other countries there isn’t this ridiculous pressure to own your own house either, so why assume a house is a ‘must have’? Those people have been tortured by their beliefs over what they ‘should’ have done, and are a warning to us all of what the words ‘should’, ‘must’, ‘have to’ etc can do to a sensible brain. Maybe if they looked back at their lives when they had less, and someone asked them ‘what were the benefits to having less money, less responsibility, less pressures etc’, they might not have panic about potentially ‘losing’ their money.

So what is it that we are going to learn? - **appreciation.** Appreciation for the little things in life, for taking the time to

recycle (not because of the environment, but because it is practical in times of limited resources), for wearing a jumper to keep the heating bills down, for ‘value’ tins of baked beans, (but keeping the posh loo roll!). For the job, that they took for granted. For the partner that they divorced, but then couldn’t leave because they couldn’t sell their house. For the treats that they used to think were necessities in life. For picnics, english beaches and holidays doing DIY at home.

Appreciation opens the door to gratitude, and if we learn to let gratitude into our lives every day, then the level of energy, vitality and inspiration is bound to increase.

Remember, that our health during WWII was better than now - with no 5 pieces of fruit a day, and no Sky TV! Of course, there was a common enemy and that also brings people together, and they had a massive appreciation of life because of the death around them. But there is no doubt that we have got a bit spoilt (me too!).

The other thing that people will learn is - **self-responsibility.** Because many of us might have taken on mortgages that were too big, or those extremely attractive consolidation loans, that for some reason just got us into more trouble, or several credit cards that will take half our lives to pay off. But realistically, it is time that we didn’t believe someone just because they were ‘official’ or in a position of ‘responsibility’, or looking cute in a marketing campaign!

So remember these hints:

- Just because others perceive this as a difficult time, doesn’t mean that you have to.
- For some people this will be a time of financial success and it can be for you too.
- Nothing is missing, so if you lose some money, you will gain something else of value - keep you eyes peeled.
- Money can always be earned back
- How much money you earn does not decide how much money you have left over at the end of the month.
- Challenge the ‘shoulds’ that tell you that you ‘shouldn’t’ have got into financial trouble, and remember that in reality we do not tend to learn without some pain
- You haven’t done anything wrong and there is no such thing as ‘self-sabotage’ - see last months newsletter.
- Re-read my article ‘Can I afford it’ in last months newsletter.
- You can get loads of info for free on the internet
- Books are free at the library
- There are even Toy libraries for young kids
- Skype is free - have you downloaded it on your computer to chat to your friends yet?
- Autumn can be beautiful - kids love splashing in puddles and piles of leaves, have you recently?
- Christmas does not have to cost 6 months to pay off
- Have you signed up to Martin Lewis’s newsletter and started to use his free budget planner and demotivator? <http://www.moneysavingexpert.com/>
- There is always something in life to be appreciated.
- Take responsibility for your own actions, but not for every one else, you will find that surprisingly they often sort themselves out on their own!

Which Service?

Note:

My workshops are both practical and teaching based. Therefore my intention is that you walk out with an immediate difference and the tools to continue to transform your life.

Values Wshop - Early bird £65

- Do you have clarity on yourself and what you love?
- Would you like to learn about other peoples values?
- Would you love to link your values to a goal to inspire yourself into action?

Ideally a pre-requisite to 1to1 coaching, or workshops. This can be 1to1, but it is considerably more affordable in workshop format (Saving **£220!**).

Financial Wshop - Early Bird £150

- Do you understand the energetics of handling money and simple techniques for attracting more and getting out of debt?
- Would you like to see yourself as successful?
- Do you have beliefs that get in the way of you feeling that you deserve financial wealth?

Transformation Wshop - Early Bird £280/£215/£135

- Do you have a challenge/trauma/irritation that you would love to get rid of?
- Would you love to become more inspired about your life?
- Interested in learning the Demartini Method, or improving your ability?

Coaching vs DM Sessions vs General Q&A -

- Some people are unable to attend a TW and therefore we do a DM 1to1.
- We can do Q&A sessions
- We can also do short DM sessions to prepare you for a difficult meeting, negotiation or business challenge.
- Coaching sessions are great for learning more about the world around you in terms of Demartini's principles. It helps you with current challenges at work and home, plus by ensuring that you understand them, it takes the sting out. Your initial coaching session is 50% off, where we will create a plan for what you would love to achieve.

Schedule Updates

Wshop Retakers 50%

50% off for people who have attended before, or received coaching.

Oct-Dec Offerings

- **Values** - *Sat* 4th Oct - 9-12.30pm
- **Transformation** - Sat 18th Oct
Values - Fri 21st Nov- 9-12.30pm
Early bird until 21st Oct
- **Financial** - Sat 29th Nov
Early bird price until Oct 29th.
- **Transformation** - Sat 13th Nov
Early bird price until Oct 13th.
- **Values** - Fri 19th Dec- 9-12.30pm
Early bird until 19th Nov

Offer Coming Soon Quantum Selling CD

I recently got the opportunity to buy a CD from (in my opinion), the most financially successful Demartini Coach Peri Shawn. Having listened to it over and over again on my return, I have asked her if she would be willing to make it available to you guys. We are just sorting out the details, so I will let you know in my next newsletter. contact me if you would like to know beforehand.

It covers:

- Relate the quantum to sales
- Increase your sales
- Ask more effective questions
- Leverage values and voids in sales
- Determine your most efficient business model
- Sell in your next coaching sessions more effectively
- Determine what to collapse to manifest more

My PA - Discount

Redbox Virtual Assistant

Emma has only a couple of spaces left for clients, so if you are interested, check out her info. Mention 'The Dance of Life' and receive 30% discount off her regular hourly rate (£20) until December 25 2008 www.redboxvirtualoffice.com

Copper Strings Source of Info

Copperstrings is a budding online community for conscious living, with fascinating journals and connected radio, events, and wiki sites.

<http://www.Copperstrings.com>

Groups

See 'The Dance of Life', 'Fun to be a Mum', Demartini Teachers / Prophecy / Empyreance & 'Concourse of the Earth'.

Meetup.com

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

Wshop Bookings Shut 3 Days Prior to Event

Bookings close 3 days prior to an event, to enable me to order manuals and refreshments. All workshops are subject to cancellation if there are no more than 3 people booked 7 days prior.

Early Bird Discount

15% on my workshops for all bookings over 1 month before the workshop.

Referral CASH BACK

Get £30 cash for referring a friend!

Success Stories

I offer a 20min Free Q&A session in return for your success stories.

And Finally!

Thank you to you guys for reading this! Hope you enjoyed it's slightly longer format this month.



Lisa Pearson

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