

DoFL MONTHLY

1st September 2008

Upcoming Events

All At Hatfield Next
Generation Gym &
Hotel Complex

1/2 Day Values

Workshop

Fri 19th Sept

Sat 4th Oct

Fri 21st Nov

Fri 19th Dec

Financial Wshp

Sat 13th Sep

Sat 29th Nov

Transform Wshp

Sat 18th Oct

Sat 13th Dec

Demartini

See My 'Dates'
website page

Words Of Power

I know myself and love
myself

I am an Artist of my
own life

I listen to the wisdom
of my soul



Sept Hints and Tips Why are Values the Key?

Values are the key to understanding yourself, what you really love in life, what revitalises you, and what your current purpose is. They also help you to understand what other people value, and why it is often so different from what you value. We are all unique, and therefore are meant value different things. Another person's values are not wrong, just different from you.

Learning to identify other people's values will bring you success in work and at home. It reduces conflict and enables you to become truly caring, because you actually know what the people around you love. Doing things for people is not caring. Doing things that they value, IS caring. You can also learn how to persuade people to do things in a way that shows that you have really thought about them, which tends to be much more successful.

Knowing yourself will take you deeper in your personal development. Plus values can help you practically by making boring tasks less life draining, encouraging you to do the tasks that you always delay on and inspiring you into action on the goals that you would love to achieve. They are also crucial when tackling addictions or obsessions that you would like to shift.

If you would like to learn more then Dr Demartini has written a book called 'The Heart of Love' or I run a half-day workshop every month, where you get to identify your values and learn how to link them to goals or shift their order.

The Illusion of Self-Sabotage

There is a huge myth in the personal development industry about sabotage BUT:

Self-sabotage does NOT exist.

We do NOT self-sabotage. Yes, you might have an underlying belief that you would love to make loads of money or lose weight, and also a contradictory belief that you do not deserve good things. However, not achieving the goal is NOT self-sabotage. So you can stop feeling guilty right now for all the things that you think you did not do perfectly!

Be respectful of yourself and your current values, because you are perfect as you are right now, you were also perfect yesterday and will be perfect tomorrow. If things do not go to plan, then do yourself some credit and realize that this is because your current values do not agree with the plan that you created. You were deluding yourself that it was something that you wanted. But also do not be downhearted. Your values can be changed/shifted, but I recommend changing them from a

place of respect and understanding, not from a place of 'bad values, you have been naughty and got in my way'!

Your values will also shift automatically due to big changes in life. Plus, if you do a DM session, you will find that your core values become stronger, and those that were injected from other people or society, will be thrown out. This clarity greatly helps with achieving goals and purposely shifting the hierarchy of your values.

So next time you think you have self-sabotaged, sit down, and listen deeply to the wisdom of your soul, because it is speaking to you, and all you have to do is listen.

Resistance is Futile

For more information on resistance, check out my journal on Copperstrings.com:

http://journals.copperstrings.com/UserConsole/ViewJournal.aspx?Title=DofL_Hints_%26_Tips_-_Resistance_is_Futile&ArticleID=946

September FAQ

Can I Afford it?

So someone has offered you the most amazing opportunity to do something, and the question is; can you afford it? In all likelihood, if you are asking, the answer is likely to be no! But lets look a little further and see ...

Is it an opportunity to make money?

Yes, well that is great. But can you afford to lose this amount? Do you have a foundation of liquid savings as much as 2-3 months of your income. Plus another layer of slightly less liquid savings of the same amount, for e.g. in a savings account that doesn't have instant access or an ISA? Will they be safe and sound if you take this opportunity? If you don't, then you are not ready to take this option. You haven't learnt how to manage money yet, and if you take this opportunity it is likely you will either make the money, and then lose it later, or lose it straight away. There is a Dr Demartini saying which is 'You earn the right to risk'.

Now fair enough, Dr D's financial strategies are not exciting in the traditional sense, and they are extremely risk adverse. They may not make you a millionaire tomorrow. But what they will do is ensure that once you are on the right path, the speed at which you grow will suddenly start to escalate and you will be on the way to being passively rich (that is, your savings are earning you the income and you are free to do what you love doing).

Is it an opportunity to learn something great?

Now learning is brilliant, it always makes sense to learn something that will transform your life. But seriously, does it make sense to blow thousands on learning something, if it will get you into debt, or even further into debt? I find it thoroughly ironic that people who are terribly in debt love attending courses on how to be a millionaire, which will then get them even more into debt.

If you haven't got the money yet, there is always going to be a more affordable option. Maybe there is a book, you might even be able to get it second hand from amazon. Or maybe

there is some free info already available on the net or youtube etc. It might be harder work doing it alone, but you can then afford the course later.

Can you pay it off your credit card within 2 months?

The 2 month rule is an easy one. The significance of 2 months, is that if it takes longer, you will be a whole season in debt. Now for some amazing experiences, this might be worth it, for example a trip of a lifetime or the most incredible workshop. But it must be worth remembering every time you want to spend money for the next few months, that you can't because of what you decided to spend it on.

Is someone putting pressure on you to spend it?

Are you feeling under a bit of pressure, or guilt to spend the money? Is there a sense of fear that you will miss out on something unless you do it now? A decision made out of fear or guilt, is not a clear heart-felt decision. So your answer is an automatic no, if this is your reasoning. You might upset someone if you don't spend the money, but better that, than regret the spend yourself. It is your money and your debt!

Does it look like a great investment, that suits you, at the perfect time for you, that you can afford?

Is the timing right? There is no point going on a workshop or investing in a project you are not ready for.

When you find out more about it, does it feel like a brilliant investment? It is sensible to invest in ourselves, our lives, our health and the quality of our life.

If you look at the pro's and con's, can you still see that you would love to do it? (remember to make sure that you see as many pro's as con's - only then are you seeing the option clearly).

Does it match your values? If it is not suited to you, then it is much less likely to succeed.

Dance with your Finances

If you would love to be financially healthier, and get out of debt, or ensure that you do not get into debt, then consider attending my workshop which runs every other month. I teach you the energetics of money, and how to feel that you deserve it. You will learn how you are as successful as all the people that you look up to, which will enable you to then more your success into your finances. We also tackle your financial anti-heroes, who have given you beliefs that block your earning potential.

This workshop works well with the Values workshop as well, either before or after it.

Some classics for you

In the meantime, here are some classics that will help you become financially healthy:

'The Strangest Secret' - By Earl Nightingale - is a recording that you will find free on the internet if you do a google search. It was the precursor of 'The Secret', but recorded much earlier in 1956. It is a beautiful recording and I thoroughly encourage you to listen to it.

'How to make one hell of a profit and still get to heaven' - Dr John Demartini

'The Heart of Love' - Dr John Demartini

'Think and Grow Rich' - Napoleon Hill

'The Secret' - DVD - by Rhonda Byrne - this is not the complete answer, but if you are feeling disempowered, it is a great pick me up. I will write a journal soon that will give you some insight into what is missing from it, and what else to learn.

Which Service?

Here is a quick summary of how to choose between all the DoFL services:

Start Here - Values Wshop -

Ideally a pre-requisite to 1to1 coaching, or workshops. You will get more out of all the DoFL services if you have clarity on yourself and what you love. I can do this 1to1 with you, but it is considerably more affordable in workshop format (A saving of **£220!**).

Financial Wshop -

if you are ready to be financially healthier, and get out of debt, or ensure that you do not get into debt, then this workshop is for you.

Transformation Wshop -

Ideally the prerequisite to doing DM sessions with me. The reason being that you get both an understanding and an experience of the DM. Plus retaking is then 50% off and therefore a wonderful way of being able to do multiple sessions (not many of us have only 1 issue to resolve in life!).

Coaching vs DM Sessions vs General Q&A -

Some people just have a pile of general questions and therefore book a couple of hours to ask them. Others are unable to attend a TW and therefore we do a DM 1to1. The Coaching is great for learning more about the world around you in terms of Demartini's principles. It not only helps you with current challenges at work and home, but ensures that you understand them, which takes the sting out of them. Your initial coaching session is 50% off, where we will create a plan for what you would love to achieve.

Emma Doing More

Redbox Virtual Assistant

Many of you have now met Emma my VA either because she has answered my phone or email on my behalf. You will find her now sending out reminders for 1to1's, Workshops and payments to ensure that you don't miss out.

For more info on her services check out:

www.redboxvirtualoffice.com

Schedule Updates

Values Wshop Retakers

I realised how useful it is to have a periodic look at our values. So I am offering 50% off to anyone who wishes to re-attend this workshop or who has already received values coaching.

Location Change

All workshops will now be run at Hatfield Next Generation Gym and Hotel Complex.

Sept-Dec Offerings

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

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

To ask me questions see 'The Dance of Life' & 'Fun to be a Mum'. There is also a group for those planning on attending the Certification (Demartini Teachers), Prophecy and Emphyreance. 'Concourse of the Earth' is a global Demartini group for general Q&A.

Meetup.com

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

Early Bird Discount

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

Wshop Bookings Shut 3 Days Prior to Event

I now close the bookings door 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 to their date.

Referral CASH BACK

Remember you get £30 cash for referring a friend!

Success Stories

Do you have a success story from attending one of my workshops or coaching with me? If so, I would love to hear it, and will happily offer a 20min Free Q&A session in return.

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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