

# Listen to your body NEWSLETTER

July/August 2007



If you're expecting someone to change after sharing your feelings with them, you still love with your head instead of with your heart. It takes courage to open your heart without expectations.

*Lise Bourbeau*

## What are your intentions?

Have you ever noticed how often our actions and our intentions seem to contradict each other? It's important to remember that our *intentions* are what bring about results.

For example, if someone is looking for work, he may do all sorts of things that seem ludicrous to others in order to reach his goal. Nevertheless, if he's certain that he'll find work within two weeks and visualizes himself joyful having found a job, he'll reach his objective. However, if instead, in spite of many focused actions taken to find a job, he's afraid of being turned down, or having the door closed in his face, he will not find work. I'm not saying that his intention is not to find work, but that his *unconscious* intention is to avoid rejection. His fear, being greater than his desire, becomes the creative driving force, and the undesired results follow.

That's why it's interesting to look at the results you obtain in order to discover the prevailing intention from within.

*Your subconscious only understands the images that accompany your intention;* thus, if you're afraid of something, it's that image that the subconscious mind receives and that which you fear becomes your primary intention. That's why it's crucial that you become fully conscious of what you really want. Know that your intention has enough magnetic power to attract the people and circumstances necessary to fulfill your desire.

Knowing your intention and what that result will help you to BE, generates an even greater force of creation.

It's a good idea to determine first thing in the morning what kind of day you wish to have. Ask yourself what intention lies behind this wish. Do you plan your day

according to other people's needs (out of fear of displeasing them) or according to your own needs? What would fulfilling your needs help you to **be**?

Another good habit to have before going to sleep is to review your day in order to identify the little miracles that arose thanks to your intentions of that morning.

I believe that miracles are natural for humans and that those who don't create them are working against the flow of life. For example, you can decide that today you have to find a way to get your "stuff" in order and that by doing so you will feel more peaceful. Even though you may not know how to go about achieving this, by staying in contact with what you want, you will attract the people and circumstances to help you. These are by no means coincidences –they are small miracles manifested thanks to your *intention*.

Are you conscious of your intentions? In order to know them, ask yourself: *Why do I want this? How can it help me?* When you stay in touch with your desires and intentions and the reasons behind them, you will be able to stay focused. As long as you're conscious of your intentions and they remain your focal point, you will develop the determination you need to create what you really want.

I invite you to find a desire, your intention to make it reality, and what it will help you to BE. You will quickly reap the benefits.

With Love,

Lise Bourbeau

## Upcoming workshops

with Lise Bourbeau

### Arbon, Switzerland

October 13-14 2007

[Listen to your body](#)

### Toronto, Canada

November 24-25 2007

[Listen to your body](#)

November 26-27

[Heal your wounds and find your true self](#)

November 29-30

[Liberate yourself from your fears](#)

December 1-2

[Can you hear your body talk?  
Understanding body signals](#)

December 4-5

[How to stop feeling guilty](#)

December 6-7

[Use the body to learn to let go](#)



By understanding and accepting your innate inner perfection, you will begin to realize that you are free of fault; therefore free of guilt.

*LB*

## Did you know that...

DID YOU KNOW THAT the two leading causes of death in the Western world are cancer and heart disease? This very revealing statistic tells us that we, so-called more "evolved" humans, are finding it harder and harder to love others and ourselves.

**Heart disease** indicates a lack of self-love, a habit of taking things at heart, and not being attentive to one's own needs. Unfortunately, most of us continue to believe that authentic love is about forgetting ourselves and fretting or worrying about others. This belief brings nothing but frustration, anger, and disappointment. It also brings about expectations and resentment, for when we forget ourselves for others; we expect others to do the same for us.

Medical statistics show, and we can see for ourselves, that this belief is not beneficial since cardiac disease is increasing. It has therefore become urgent to share the concept of *authentic love* with the greatest number of people, so that they can also learn how to genuinely love themselves and attend to their own needs.

**Cancer** is the illness of childhood resentment, even hate, maintained by an adult toward a parent. Resentment is a normal human reaction for a child who has felt rejected or abandoned and who has suffered alone without someone to comfort them. They continue to suffer in isolation because they have learned that it's unacceptable to resent a parent, thus they prefer to deny their anguish. They will stoutly maintain that they are absolutely not bitter toward their mother or father since they did the best they could and didn't have a choice to behave any other way. However, this unexpressed resentment eats away at them and ends up manifesting itself as cancer.

This is another example of lack of self-love...not accepting that we have the right to feel resentment toward a parent. There are no bad people on Earth...only people who suffer, be it child or parent. This is the reason why we, at *Listen To Your Body*, emphasize forgiveness of self and reconciliation with others.

I wish with all my heart that everyone that read my books and participate in *Listen To Your Body* workshops will put into practice the teachings of the love of self and of others, and by doing so, help prevent cancer and cardiac disease (and change the statistics!).



Best-selling international author and speaker, Lise Bourbeau is the founder of the largest French personal growth school in the world. She gives workshops in more than 20 countries. This fall, for the first time, she will be giving her training program in English. Don't miss it!

## A complete personal growth program this fall

Do you have the life you want? Do you dare to be yourself at all times? We offer you a program that goes to the source of all problems, empowering you to get what you want out of life on all levels (being, doing and having).

**Click here for more information and to listen to testimonials.**

Registration deadline: August 10th 2007.



The more you express your inner God by loving yourself and others, the more your inner light will radiate outward to the rest of the world. You will become a source of light, love and service to others – you will become God's gift to everyone lucky enough to touch your life.

LB

Free conference!

**Celebrate our 25<sup>th</sup> anniversary with us!**

In the last 25 years, millions of people have been touched by the power of love. Celebrate this milestone with us! Visit our website ([www.25yearsoflove.com](http://www.25yearsoflove.com)) at 1:30 p.m. (Montreal time) on August 4th 2007 and listen to Lise Bourbeau's Conference *The Power of Love*.

Visit [www.25yearsoflove.com](http://www.25yearsoflove.com)  
to be notified by email ahead of time

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