

How to Master Your Emotions

Do you experience emotions such as anger, fear, sadness, aggressiveness, jealousy, insecurity, bitterness? Come and learn the difference between being sensitive and being emotional. Discover where these emotions come from and why they always come back. Learn an effective way to be free from these emotions without blaming yourself and others.

How to Regain Contact With Your Spiritual Self

Realize the importance of "being" who you are, "acting" in accordance with who you are and "having" what you need in order to live happily and in harmony with yourself.

How to Manifest What You Want

Behind every unsatisfactory situation in your life lies one or several beliefs acquired during childhood. The only way to change this is to work on your belief system. Learn to transform your beliefs so that you can achieve your goals. Once you can see how these beliefs have influenced your life, you are given the tools to overcome them.



According to previous participants, the benefits of this workshop include:

Increased emotional mastery; greater knowledge of your needs; better communication with others; greater self-confidence and more love towards yourself; better judgement enabling a conscious choice between love and fear; an ability to forgive and let go of the past; a direct contact with your personal power and creativity; greater physical vitality; and much more!

By listening to the messages that our body and our environment are sending us, we are brought back to true love and respect for ourselves and for others.

Workshop Fee: \$225 (+ tax)
Ask about our discount for couples.
Information & registration

For Ottawa: Simon Somerville -
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Take it for FREE

Once you've taken this workshop,
you can take it again
as many times as you want
for free

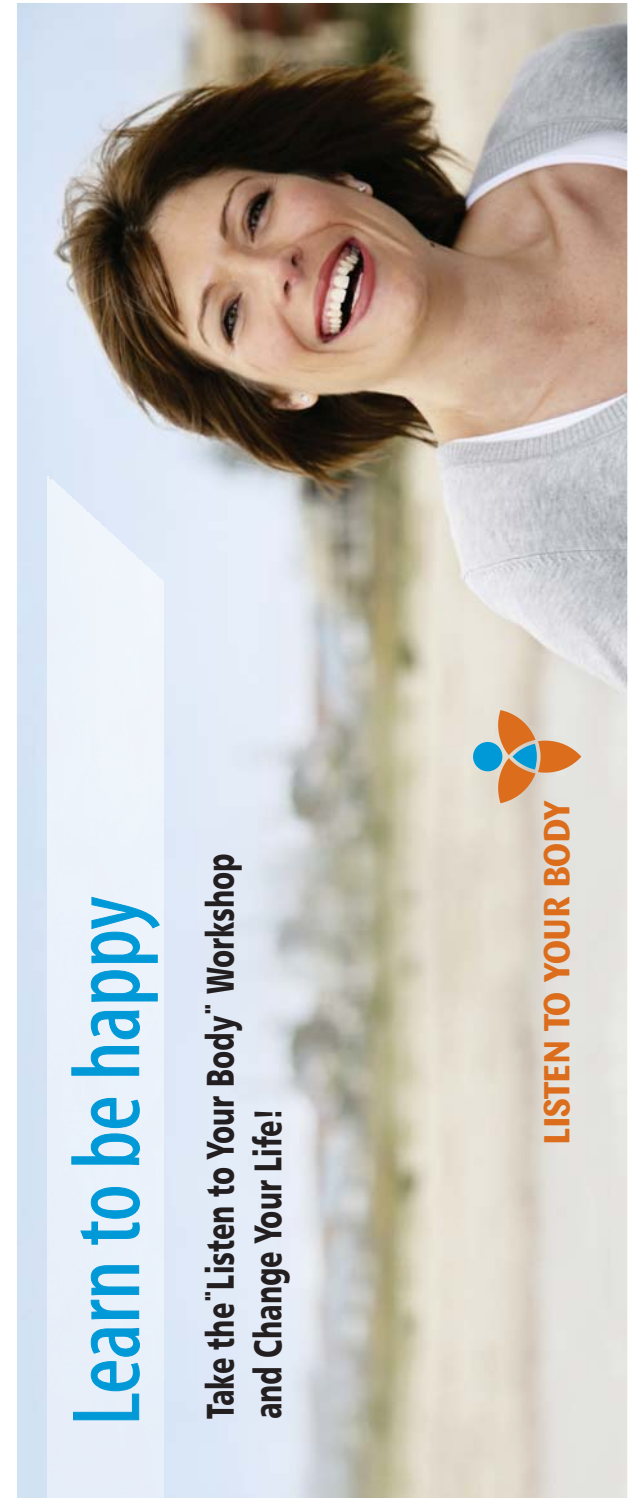
LISTEN TO YOUR BODY 

Learn to be happy

Take the "Listen to Your Body" Workshop
and Change Your Life!

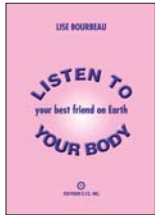


LISTEN TO YOUR BODY



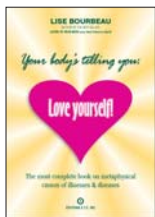
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4 great books by Lise Bourbeau



Listen to your best friend on Earth, your body

LISE BOURBEAU takes you by the hand and, step by step, leads you beyond "packing your own parachute", to taking that step back into the clear, refreshing stream of life that flows from the Universal Source. She gives you the tools, not only to fix what is wrong in your life, but to build a solid foundation for your inner house - a foundation that extends as far as the global village.



Your body's telling you: Love yourself!

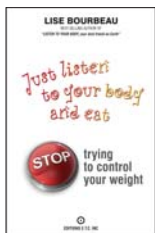
Lise Bourbeau has compiled 20 years of research in the field of metaphysics and it's physical manifestations in the body and brought it all to the forefront in this user-friendly reference guide, Your body's telling you: Love yourself! Since 1982, she has worked successfully with over 15,000 people, helping them to unearth the underlying causes of specific illnesses and diseases. A comprehensive guide to the metaphysical causes of over 500 illnesses and diseases, is a succinct and visionary work that is truly and

literally a labor of love.



Heal your wounds and find your true self

Do you sometimes feel that you are going around in circles in your personal growth? Do you occasionally see a problem re-emerge, thinking you had solved it? Perhaps it's because you're not looking in the right place. This book demonstrates that all problems, whether physical, emotional or mental, stem from five important wounds: *rejection, abandonment, humiliation, betrayal and injustice*. It contains detailed descriptions of these wounds and of the masks we've developed to hide them.



Just listen to your body and eat - STOP trying to control your weight

Lise Bourbeau's new book has many goals:

- ... help you discover that there are six reasons besides hunger that make you want to eat;
- ... show you how much you control your food intake and how that can be bad for you;
- ... teach you to quickly recognize the emotional wounds that prevent you from eating well; and
- ... help you love and accept your body, and especially who you are at every moment.

This eagerly awaited book offers an entirely new way of looking at your relationship with your food. It reveals the connection between the physical, emotional, mental and spiritual dimensions of the person and can help you, in this way, to discover your own specific needs at any given time.

Ask your bookstore to order them or find them on the Internet.

Would you love to... stop letting others influence you ...be free from all those little aches and pains or lack of energy ...not feel all alone ... put an end to those problems that just keep coming back?

Can you imagine your life with... self-confidence ...great health ...a satisfying career ...a loving relationship with those around you... abundance in your life?

It really is possible!

The dynamic and powerful teachings of the "Listen to Your Body" workshop are aimed at all people who are interested in personal growth. This powerful workshop provides a solid foundation for personal growth and transformation.

For almost 30 years now, our school has shown participants how to bring harmony to their lives and to themselves. The results achieved by over 20,000 people who have attended the "Listen to Your Body" workshop are truly astounding, with rewards far greater than could be imagined.



The "Listen to Your Body" workshop is a unique and comprehensive teaching which has tangible effects at all levels: physical, emotional, mental and spiritual.

How to Love Yourself

Through accidents, illness, difficult relationships, disease, your body is letting you know the degree and quality of love you are giving yourself and others. Come and discover a new way to express and appreciate love.

How to Improve Your Relationships

Do you know what prevents you from having good relationships with those close to you? Come and learn a fast and effective way to accept yourself more fully, as well as those around you.

How to Conquer Guilt

Do you blame yourself when you think you are the cause behind someone else's sorrow or disappointment? Do you feel responsible for others' happiness? Learn the difference between responsibility, commitment and guilt and how to free yourself from this unnecessary burden.