

Listen to your body NEWSLETTER

September/October 2007



We all have the same goal: to live our life experiences until we manage to accept them and discover and love ourselves through them.

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](#)



It's not the experience that counts, but what you feel when going through that experience.

Lise Bourbeau

The Benefits of Giving Unconditionally

My heartfelt thanks go out to the 600 people that came to the Montreal Convention Center to help us celebrate our 25th anniversary. Thanks also to the thousand people who listened to my conference on the Internet. Because of you, it was a big success! What a day that was! If you want to see pictures, I invite you to [click here](#).

We feel very privileged, my team and I, to receive so many beautiful testimonials, not only at this celebration but all year long. All this gratitude, even if it is only thought and not spoken, helps maintain a high degree of energy for me, my staff and also for society.

When a person expresses or feels gratitude for another, it brings a lot of energy to the one receiving it, and even to the one giving it! That is one of the big advantages of giving unconditionally. Even if you're not aware of it, whenever someone thanks you for advice, help, a nice gesture, a compliment, or something else, you receive a dose of energy equal to the degree of gratitude you receive.

A true gift is the one given unconditionally, just for the pleasure of giving. But we sometimes tie a string to our giving without knowing it. Here are examples of giving *conditionally*...

- ... Giving in fear of not being a good person
- ... Giving in fear of making someone unhappy
- ... Giving through a sense of obligation
- ... Giving to be recognized or liked
- ... Giving because someone gave to you

To know if there is fear behind your act of giving, ask yourself how you would feel if you did *not* give. If guilt, discomfort or fear is part of the answer, then it is not a true gift. But if you offer to help someone with a problem, and you would feel OK even if you hadn't given your help, you know that it's a true gift. That's the kind of gift that gives us a lot of energy thanks to the gratitude of others. Also, the time that we take to give unconditionally is very energizing.

If you wonder why a person receiving your help/gift is not at all thankful for what you did, this is usually an indication that your help/gift was based on a fear.

I encourage you therefore to be more attentive when you want to give to others and don't hesitate to do it as often as you can. Most importantly, remain in your heart.

With Love,
Lise Bourbeau



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!

Did you know that...

Your faults and everything that you don't like about yourself are in reality attributes? They are simply amplified and not exploited in a good way. You must be able to include just the right amount of these "faults," and use them differently instead of trying to repress them.

When you want to repress one of the aspects you don't like, you usually try to hide it from others. You don't want them to discover your negative aspects. But it takes a lot of energy to hide them. Try hiding an object, a fruit for example, in your hand all day. At the end of the day, you'll see the enormous amount of energy that it took for you to succeed. If you don't like the fact that you're quick-tempered and you force yourself to be nice and patient, that means that you don't accept what you are. That kind of attitude can make you sick.

Instead of wanting to repress those aspects of yourself, find the positive side of them. Know that there are always two sides (positive and negative) to everything. You would be better off showing your anger once in a while by using that energy in a good way. Righteous anger can be very beneficial. It can help you to assert yourself and stop tolerating situations that don't suit you. There isn't any accusation towards others in that kind of anger. If there is, it's because you repressed your anger too long. Little by little, you will become a nicer person, and sometimes less nice, according to your need.

This is what we call GIVING YOURSELF THE RIGHT TO BE HUMAN, with physical, emotional and mental limitations.

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.



The advantage to discovering our emotional wounds is that we are finally looking in the right place. Until we do, we are like someone whose doctor treats them for liver problems when in fact, they have heart problems.

LB

Free conference!

Lise Bourbeau's conference is still online, but not for long!

In the last 25 years, millions of people have been touched by the power of love. Celebrate this milestone with us by listening to Lise Bourbeau's **Online Conference *The Power of Love***. [Click here](#) to access it.

Discover Lise Bourbeau's [books](#)