

# Listen to your body NEWSLETTER

January/February 2007



... we must work together. I will provide the methodology and simple guidelines; you will enter the process with a pure heart, an open mind and your full attention.

*Lise Bourbeau*

## Upcoming workshops at a glance

**with Lise Bourbeau  
Toronto, Canada**

July 7-8 2007

[Listen to your body](#)

July 9-10

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

July 12-13

[Liberate yourself from your fears](#)

July 14-15

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

July 17-18

[How to stop feeling guilty](#)

July 19-20

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

## Have a great year !

Another year is starting. Instead of wishing you all the best, I want to help you make your own wish list. Do you know what you want for this year?

Perhaps you think that a wish list won't really help you achieve your goals; you think it's not realistic to believe that you can get what you want. Perhaps you prefer to hope for very little in order to avoid disappointment.

Some people *are* unrealistic – they aren't ready or willing to do anything to attain their wishes; they just want them to happen.

Here is how to make a wish list and make it happen:

Make sure you are alone, in a quiet, relaxed atmosphere. Jot down all that would make you happy, in every aspect of your life. Don't hesitate to write everything that comes to you, and don't listen to the small voice in your head that's saying, "That's impossible; you'll never get that; you don't deserve that; you're asking for too much; you can't afford it."

Once all your wishes are noted, take time to ponder on what the realization of each wish would help you *be*. There is no right or wrong "BEING." We have the right to be all that we want, because we alone will have to live the consequences.

The next step is to analyze what might arise if your wishes come true! Are you

ready – physically and psychologically – to face the possible consequences? Go through your list and check each one; keep each wish that you are ready and willing to have happen in your life. Put those you are unsure of on the shelf for another time.

The following step is finding what you must do in order to make your wishes come true. Write down the actions you must take next to each wish, and don't forget that one may be to ask for help. For instance, if you wish to go on vacation, you might put down: "find destination; organize my time; find money."

Lastly, make a new list by writing the following phrase for each wish that you kept:

I want \_\_\_\_\_, because it'll help me be \_\_\_\_\_. I am ready to face the possible consequences of \_\_\_\_\_ and I am ready to \_\_\_\_\_ to make it happen.

You can also write the date for when you want it accomplished.

When you are finished, put your intended actions in your calendar/planner and place the list in a sealed envelope. Open this envelope at the end of the year (without making a copy). You will probably be surprised to see that three quarters of your list is realized! Give yourself the right not to have been able to make the remaining quarter happen in that time frame, or to have changed your mind.



*The road to success is not perfectly straight.*

*LB*



Best-selling international author and speaker, Lise Bourbeau is the founder of the largest personal growth school in Quebec. She gives workshops in more than 20 countries.

## Interview Lise Bourbeau on the topic of LOVE

1. Most people dream of a fulfilled partnership but often experience one trauma after the other. In your opinion, what is the basis for a loving relationship? **LB:** It's to be yourself and let your partner be him or herself without judging or without wanting to change him/her. It's to accept all the differences between both partners. It's being willing to learn about yourself through your partner. What we don't accept in our partner, we don't accept in ourselves.
2. How can we learn to love ourselves more, without being considered "selfish"? What is the difference between self-love and selfishness? Are there any corresponding practical exercises? **LB:** We can only know the difference between self-love and selfishness when we learn the real definition of the word "selfish." Most of us believe that thinking of ourselves first is being selfish, when it is really self-love. Selfishness is wanting the *other* to think of us first. Example: if Joyce wants her husband to go to a movie with her and he answers that he's too tired, she may think he's selfish because he thinks of himself first, but in reality it's an example of self-love because he is listening to his needs. If he turns around and insists that she stay home with him, *then* he is being selfish. A healthy result would be that the husband doesn't mind that she go to the movie without him and the wife wouldn't mind letting him rest at home. Most of the time, when someone is accusing another of being selfish, it's the accuser who is the selfish one.
3. How important is spirituality for a fulfilled partnership? In your opinion, does spirituality require that we should turn to something "higher" in order to be able to love and be loved? **LB:** The "higher" is, in reality, the inner self. A spiritual person gives himself the right to BE anything – positive or negative – at any given time, and does the same for others. In my opinion, spirituality is not something we turn to, nor has it anything to do with religion; it is only accepting that everything and everyone are divine creatures and can be whatever they choose to be. Spirituality is accepting our own responsibility in life and letting others take responsibility for *their* decisions and actions.

## Workshops and training available in Toronto

Lise Bourbeau will be giving six fantastic [workshops](#) in July. They can be taken individually or as part of our [training program](#).

To register for our workshop(s) or training, [click here](#) or call us at 1-888-437-8382. **Register before March 1st 2007 and you could win a one-hour private session with Lise Bourbeau. One chance per registration! If you register for the training, you have 9 chances (Phase 1 includes 9 workshops)**

They will be held at the DELTA TORONTO AIRPORT WEST hotel  
5444 Dixie Road, Mississauga, Ontario  
Tel: 905-624-1144; Toll Free: 1-800-737-3211  
Reserve a guest room online at:  
[www.deltatorontoairportwest.com](http://www.deltatorontoairportwest.com)

If you are Canadian, the workshop fees are tax deductible.



Whatever you are experiencing right now is part of your development; it is a learning experience. As you go forward and grow, there will be more light, more warmth, more love. DON'T EVER LOSE HOPE!

LB

## Books available by Lise Bourbeau