

# Listen to your body NEWSLETTER

May/June 2007



The ego always believes it's taking the easiest path, but in fact, it complicates our lives.

*Lise Bourbeau*

## Do you complain about not having enough time?

When there is "just not enough time" to do everything we want, chances are we're not listening to our needs. I hear more and more people complain about time going by too fast. Are you one of them? If so, I suggest you become more aware of what you actually do every day. The best way I know is to write down *everything* you do. You'll be surprised by the number of things that make you feel good.

You will surely notice that most of your activities are mainly done for yourself, for the results they give you. Even if they are done for someone else, you will see that in the end, you benefit at least as much as the other person.

We tend to believe that our days are filled with obligations, but it's our fear of being self-centered that prevents us from seeing that our reality is better than we thought.

If you want to greatly improve your relationship with time, write down all your activities for a couple of weeks. This will also help you see if you are spending time on obligations that don't

make you happy; if there are a lot of them, you may be acting more out of fear than out of love for yourself. You can then revise your obligations by taking into account your needs.

When you accept and love yourself, you claim the right to put yourself first when it comes to choosing your activities. If you don't take care of your own needs, who will? You will know when you really accept yourself when others admire you for listening to your own needs instead of accuse you of being selfish or self-centered. When we are accused of some-thing, we are judging ourselves of the same thing. So, every time you feel judged by someone, you can thank them because it helps you become aware of an attitude you have towards yourself that needs changing. It's a great way to change a negative situation into a very positive one.

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](#)



Once you learn to listen to your body, you will become attuned to its signals and its needs and will begin to enjoy a health and wholeness that are the natural state. Hand-in-hand, you and your body will take control of your health.

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 with Lise Bourbeau

You quit your very successful job; you traveled a lot and took the plunge into free-lance work. You have been courageous and built up your own Center, which has become tremendously successful.

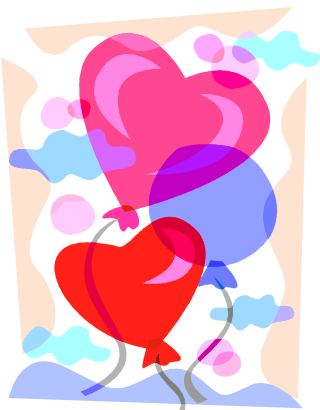
1. Do you think that in economically insecure times it's really advisable to fulfill one's "life-dream" and jump in to the deep end?

**LB** When can we be sure that it's a "secure time" to jump? Those who wait for the perfect circumstances to take the plunge let a lot of good occasions go by. The secret is to be perseverant and be willing to change along the way.

2. What can you advise people who would like to imitate you, but don't have the courage to do so?

**LB** It is not given to everybody to build something from scratch. You have to have the personality to do it; you have to be a builder, a creator, a person with a vision. You have to be willing to give a lot of your time and effort and never let go of your dream. Some people are better at supporting the dream; being good assistants. My advice is to respect yourself, your capabilities, your energy factor, your health and your limits.

## 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. We invite you to celebrate this milestone with us!

Connect to 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 LIVE.

## The Power of Love

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



Within each of us is the seed of the Divine, of God's love and perfection. It need only be acknowledged, nurtured and allowed to grow until its beauty radiates and touches everything and everyone around you.

LB

Register for one of our workshops, by visiting our [Workshop schedule](#)

Discover Lise Bourbeau's [books](#)