

Listen to your body NEWSLETTER

November/December 2007



This Christmas, don't refuse any gift, even if it's too generous (according to your beliefs). By accepting, you are accepting abundance in your life. Just say thank you and enjoy!

Lise Bourbeau

Do you LOVE the right way?

Your way of loving others is beneficial to you only if it doesn't cause any unpleasant emotions. When you feel angry, impatient, resentful, sad, or rejected, it may be a sign that your way of loving needs improvement. That is, if you want to have healthy relationships.

To love is to accept the wishes, opinions, and behaviour of others, even if you don't understand their behaviour and don't agree with it. *Loving* is still the best way to be happy, which we all want. We all have to learn to love despite the many difficult situations we go through such as violence, jealousy, indifference, rejection, poverty, etc. It's hard for some of us to accept difficult situations because we fear that accepting the situation means it won't change and we will have to live with it forever. Try accepting it and you'll see it's the opposite.



True love *is* acceptance, and acceptance has the power to heal at a physical level and beyond. It leads to the transformation of the situation that's disturbing you. This can occur in several unexpected ways, but remember that we all have our limits and it's important to take them into account and respect them.

By the same token, it's impossible for you to feel loved by others if you can't love yourself. If you feel judged or criticized by others, it's because inside, you judge and criticize yourself. When was the last time you said to yourself *I love myself* and really felt it inside?

When you accept yourself and give yourself the right to be who you are, even with certain behaviours that you don't like, and when you have in mind what you want to become, you will gradually start to love yourself more.

Lastly, I suggest that you make a list of all your best qualities; read it each week and add some more. This will help you believe that you really are a marvellous person.

Lise Bourbeau

Upcoming workshops with Lise Bourbeau

Toronto, Canada

Nov. 24-25: [Listen to your body](#)

Nov. 26-27: [Heal your wounds and find your true self](#)

Nov. 29-30: [Liberate yourself from your fears](#)

Dec. 1-2: [Can you hear your body talk? Understanding body signals](#)

Dec. 4-5: [How to stop feeling guilty](#)

Dec. 6-7: [Use the body to learn to let go](#)

Arbon, Switzerland

Feb. 16-17: [Listen to your body](#)

Feb. 18-19: [Heal your wounds and find your true self](#)

Nov. 29-30: [Liberate yourself from your fears](#)

Dec. 1-2: [Can you hear your body talk? Understanding body signals](#)

Dec. 4-5: [How to stop feeling guilty](#)

To register, tel: 071/440 17 17 or email



The most precious gift parents can give to their children is self-responsibility.

Lise Bourbeau



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

Did you know that...

... a Japanese doctor, Dr Masaru Emoto, scientifically proved the power of gratitude?

Dr Emoto discovered that frozen water crystals reveal amazing transformations when exposed to specific external stimuli including words, music, photographs, thoughts and prayer. His research points to a way for us to positively impact our environment as well as our health and well being. His discovery shows that every one of us influences the world around us everyday, in many ways. Since humans are comprised mostly of water, his message is personal to each of us.



When I read his book, *The Hidden Messages in Water* I was pleasantly surprised that he confirms what I wrote in my last newsletter: that the person who gives or receives gratitude receives a lot of energy.

He thus discovered that chlorinated water, whose crystals are distorted and dull, could be changed into very beautiful and pure crystals once put in contact with the words LOVE and GRATITUDE. He had already discovered the power of the word LOVE, but when he added the word GRATITUDE, an even deeper and more beautiful crystal formed. The water contained in our body can therefore contribute to continually improving our health.

Thank you, Dr Emoto for sharing your research with the entire world, helping us all to include more love and gratitude in our lives.

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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).

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Season's Greetings!

May our hearts touch in a spirit of kindness and our world unite in Peace and Love.



You're not getting enough affection? Who forgot to sow some? You only reap what you sow. Affection can be expressed in many simple ways – a kind word, a card, flowers, a love note or a smile.

Discover Lise Bourbeau's [books](#)