



Newsletter #31

Summer 2013

Dear Monica,

Our website is now on a new server and is working great. Thank you all for your patience.

We added some of Lise's [articles](#), so you might want to visit that page. Feel free to LIKE these articles and share them on Facebook or on your Google+ page.

The whole Listen to your body team wishes you a great summer (or winter for those of you in the southern hemisphere)!



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With love,

Monica Shields

CEO

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Did you know that your soulmate is within you?

I recently gave the LISTEN TO YOUR SOUL workshop in two countries and I was asked several questions concerning soul mates and twin souls. One morning some time after these workshops I woke up with a vision that differed from the one I had had on the subject and I would love to share it with you.

A long time ago, theosophy taught me the following concerning soul mates. At the beginning of time, we were created perfect, complete and androgynous. We were beings of light. When the soul appeared, it was divided into two sexes and two principles, namely, the masculine and the feminine. Over the course of their incarnations, the two souls engage in a work of purification so that they can return to the light, meet each other again, and become one again.

There are other schools of thought which say that soul mates are those which, from their first encounter, experience an intense joy accompanied by very profound feelings. The two people are so drawn to each other that they almost immediately want to spend the rest of their lives together. Those who subscribe to this idea of what a soul mate is believe that soul mates are those people who give us the impression that we've always known them and with whom we will have a great friendship and not a romantic relationship.



The observations that I've made over the years lead me to believe that our soul mates are those who are a part of our family in the world of the soul (the astral world). In such a way, all those who are close to us, like the members of our immediate family, our children, our good friends, and our spouses and partners make up this large family. We meet again in the beyond, after the death of our physical body, and we take stock of what we did or did not accomplish according to our life plan and the needs of our soul. After this we know what remains to be done in order to become once again a being of light and we return to the Earth to continue our path.

We will once again be drawn to the same or other members of our family of souls to continue our evolution. It's thanks to those close to us that we can really make progress. Those we rub shoulders with and with whom it is easier to evolve show us that we have already done some good work over the course of our previous incarnations. I call these souls my gifts, my rays of sunlight.

In all the countries where I teach, people are looking for their soul mate. Today, I realize that, at bottom, we are looking to fuse together our masculine and feminine principles. I therefore recommend that you stop believing that there is one special person, called a soul mate, that you must meet one day. The more you learn to love yourself and, consequently, others unconditionally, the more you will be able to join together these two principles and this union will take place in your heart.

That will also allow you to have a very harmonious relationship with your partner since you will accept him or her with all of his or her faults, qualities, weaknesses, strengths, beliefs, fears, and limits, instead of wanting to change him or her. Many people have told me that as they evolve, their romantic relationships are more satisfying. That does not mean that one has met

one's soul mate but rather that one's new partner reflects the inner work that we have managed to do.

Among our numerous soul mates, there is one with whom it is easier than it is with others to take our path. Being strongly drawn to a soul mate does not mean that this relationship will be easy. Everything depends on our degree of acceptance. Don't forget that your soul recognizes and is drawn to another soul because it knows that it will be your reflection and will help you become aware of those parts of yourself you do not accept.

As soon as something irritates you, displeases you, or angers you, it is a sign that you do not accept being that which you JUDGE THE OTHER OF BEING. If you don't want to use your partner to grow in love, you will continue to experience the same emotions and the same difficult situations. If you decide to put an end to the relationship, you will go through the same thing with others until and unless you accept that it's what is going on inside you that is attracting these people.

I thus wish you the self-love necessary to bring about the fusion of your two principles (masculine and feminine). It is that which is called *nirvana* or *seventh heaven* on Earth.

With Love,

Lise Bourbeau

Testimonials

Dear Mrs. Bourbeau:

When my sister gave me your book "Your body is telling you to love yourself" I was in a very sad, stressing and hard part of my life. At that time your book was always beside my bed as whenever I started to feel ill for all my problems, the book made me feel secure, made me feel that I was not alone, I had this treasure that helped me through some terrible nights.

Little by little my life began to change but the book is still very near me, in fact is always with me, even when I travel.

I do not have the life that I want, I have improved myself but I am all the time looking for answers.

I have tons of books, they have helped me a lot but recently I accepted that my outside world would not change if I do not change my inside. I remembered your book and started to look for other books in Mexico.

I just found two of your books, two books in the whole city and perhaps in Mexico? I live in Guadalajara a city of 4'400,000 people. Oh God I am lucky!

I really think that your books would be a great help to the third world, my country is going through a very rough time and we have a lot of health problems, obesity, diabetes, etc. I think that we are a country that has lost our identity.

My country is doing great things for kids with physical disabilities but the disability of the mind and soul is worse as no one can see it.

I think your books just need "promotion" here in Mexico. I found in your page that you have never been here.

Well, I think you could really help Latin America.

I hope that in the future we could have more books of you here in Mexico and perhaps you can come and visit us.

Thank you for giving us the opportunity to live our lives.

Mónica

Dear Lise,

My name is Cristina and I have just finished reading "Heal Your Wounds and Be Your True Self". It was a real eye-opener, I had no idea I was carrying so much pain. I was surprised (and a little embarrassed ha ha) to find myself in so many situations you have described, but I am convinced I can begin healing now that I have read your book.

So I wanted to say thank you! Your book was very accurate and helpful, and I have enjoyed reading it and also learned a lot.

Great work :)!

All the best!

Cristina

Has your life been transformed thanks to what you learned with us? Do you want to share your story with others, like you, who want to improve their life?

Send your story to Monica Shields at info@listentoyourbody.net

Had a great time in Spain

Lise Bourbeau had the pleasure of leading the workshop-trip 'Cultivate the joy of living' in Andalusia (Spain) from June 1 to June 8. The participants were happy with the work they did on awareness and with the means Lise showed them to add a joie de vivre to their daily life. They also visited a number of beautiful sites including the city of Seville, the city of Cadix, and the White Towns of Andalusia, in addition to attending an evening of Flamenco. So much pleasure and love and so many discoveries during that beautiful week!





We would like to thank Laurence and Nathalie from the Momentum/Spiritours travel agency for the warm welcome they provided to our travelers as well as for their assistance.

Excerpts from Lise Bourbeau's books

Your body's telling you LOVE YOURSELF!

A comprehensive guide to the causes of over 500 illnesses and diseases

Lise Bourbeau

ISBN: 978-2-92-0932-17-3



ALLERGIES

PHYSICAL BLOCK

An *allergy* is defined as the body's overreaction to a foreign substance, usually after previous contact with this substance. The reaction can be acute and dissimilar to the reaction that was observed on first contact. The body has developed an immunological hypersensitivity that can be either localized to a specific area of the body or systemic, affecting the entire body.

EMOTIONAL BLOCK

If you are allergic, you may have a strong dislike for someone else and can no longer tolerate that person. You have difficulty adapting to a person or situation and are far too easily influenced by others, especially by those you want to impress. You are frequently over-sensitive, defensive and easily intimidated.

Know that you are dealing with internal conflict. Part of you loves something or someone while another part of you forbids it. You may feel love for someone but are uncomfortable that you've become emotionally dependent on him or her. One part of you wants to be in their presence and another part of you says you should do without. You find yourself finding fault with them. Often, those with allergies had two parents that held opposing views in a number of areas, which caused conflict in the child. Allergies can easily become an attention-getting device, especially if the allergy is severe or life threatening and requires a great deal of attention to keep it in check.

MENTAL BLOCK

If you suffer from allergies, figure out what the situation is or for whom you feel enmity and yet seek his or her approval. Generally, this is a person to whom you feel very close. You think if you behave according to their expectations you will be truly loved. Realize that you have allowed yourself to become dependent upon the approval or acknowledgment of this person. It is important to remember that being submissive will not bring you love.

It is interesting to note that we often become allergic to foods we enjoy, for example, dairy products. We love ice cream but can't eat it because we are allergic to dairy. If you are allergic to a certain food, is it possible that you have difficulty allowing yourself to savor the pleasure that comes from the good things in life?

If you are allergic to dust or to an animal, is it possible that you feel easily attacked by others? Why do you think people want to attack you? I suggest you examine your own thoughts about aggression. In general, the fears we have regarding others are a reflection of what's going on inside of us.

Wouldn't your life be simpler and much more pleasurable if you could get the attention of those you love without making yourself sick? It is your belief system that is locking you into this pattern. Instead of believing your allergy is triggered by outside influences, I suggest you think about what happened in the 24 hours prior to the allergic reaction. It's in your best interest to find out which person you are finding intolerable. Since you can't change others, your only option is to see them through the eyes of love and accept them as they are. You will find they will accept you as you are in return and you will receive the attention you seek in a healthy manner.

[Buy the book at these resellers or ask your bookstore to order it](#)

Also available in 17 other languages. [Click here](#) to discover them.

Heal your wounds and find your true self

Lise Bourbeau

ISBN: 978-2-920932-21-0



...Another characteristic of *masochists* is that they punish themselves believing they're punishing someone else. One woman told me that she frequently argued with her husband because he went out with his friends and wasn't with her often enough. She often ended these arguments by saying: "If you're not happy you can go!" He would then hurriedly take his coat and leave, and she was alone once more. By believing she was punishing him, she was in fact punishing herself and ended up alone again. As for her husband, he was only too happy to go out. What a good way to feed her *masochist* mask!

Masochists also have a gift for punishing themselves before someone else does. It's as if they want to give themselves the first lash of the whip, so that those to come will hurt less. This situation mainly arises when they're ashamed of something or when they fear they'll be ashamed in front of someone else. They find it so hard to please themselves that when they do take pleasure in being with someone or in doing something in particular, they criticize themselves for taking advantage. *Masochists* do everything they can to avoid being labeled as someone who takes advantage of other people. The more they accuse themselves of taking advantage, the bigger their bodies become.

A young mother once told me: "I realize that I never manage to find time to enjoy myself or to enjoy what I'm doing." She added that in the evening, when her husband and her children were watching television, she would sometimes stop to watch a little. When she was interested in the program she would watch it but remain standing. She didn't even manage to take time to sit down because, in her eyes, if she did, she would be lazy and so wouldn't be a good mother. A sense of duty is very important for *masochists*.

Masochists are often mediators between two people. They act as buffers between others, which is a reason for creating a good layer of protection. They also manage to be the scapegoat. A *masochist* mother will intervene, for example, if there's a problem between the father or the teacher and her children, instead of teaching her children to assume their responsibility. At work, *masochists* choose a job where they have to intervene to sort things out so that everybody is happy. Otherwise, they would criticize themselves for having done nothing and they would be ashamed because they feel responsible for other people's happiness or unhappiness. They even take on other peoples' responsibilities and commitments.

The fact that *masochists* take on too much, that they have too much weight on their

shoulders, is reflected in their physique. Their shoulders become more and more hunched so that they can support everything - or they suffer from backache.

When *masochists* can no longer take on any more, the strain becomes visible in their body. Their skin looks as if it has been stretched to the limit, that there's no more room, that they're squashed in their bodies. When that's the case, they wear very tight-fitting clothes. It seems that if they breathe a bit too hard, their seams will rip. If this is happening to you, your body is trying to tell you that it's high time you healed your wound of *humiliation*, because you can't take anymore.

Buy the book at these resellers or ask your bookstore to order it



Also available in 13 languages. [Click here](#) to discover them.

Future workshop

The LTYB workshop will be given in

Lahave, Nova-Scotia(CANADA)

September 28-29 2013



9 ways to improve your life

1. Discover what prevents you from having what you desire.
2. Manage beliefs that control your life.
3. Learn the meaning of true love and make things easier in your everyday life.
4. Become responsible rather than feeling guilty.
5. Making and/or breaking promises creates more problems than you think.
6. Use relationships to know yourself better.
7. How to reconcile with others.
8. Know yourself by observing your eating habits.
9. Find the message behind a discomfort or disease.

Click here for more information: <http://www.ecoutetoncorps.com/en/workshops/all-our->

Registration: Daniel Godin & Sylvie Larocque Phone: 902 693-2187; d.godin@yahoo.ca

Great Quote!

"IF I HAD MY LIFE TO LIVE OVER"

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained and the sofa faded.

I would have eaten the popcorn in the "good" living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather rambling about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have sat on the lawn with my children and not worried about grass stains.

I would have cried and laughed less while watching television, and more while watching life.

I would have gone to bed when I was sick, instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment, realising that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner."

There would have been more "I love you's" and more "I'm sorry's"

. . . but mostly, given another shot at life, I would seize every minute . . .

look at it and really see it . . . and never give it back."

- Erma Bombeck

Joke of the month

An elderly man is on the operating table. He is waiting to be operated on. He insisted that his son in law, an eminent surgeon, perform the operation.

Before being put under, he asks to speak with his son-in-law. He says to him: 'Don't be nervous. Do your best. If something goes wrong and something happens to me, remember that your mother-in-law will move in with you...'

