

PRESS BOOK

LISE BOURBEAU
&
Listen to your body school

LISTEN TO YOUR BODY

Learn to be happy



LISE BOURBEAU





In 1966, **Lise Bourbeau** started her career in sales for an international company and rapidly became the best manager in North America. She kept this position until 1982. Throughout her career, she trained and motivated more than 40,000 people to become more aware of their potential. It was during these 16 years that she realized that people only rarely obtained what they wanted in life, and that very few said they were really happy. Her curiosity led her to several training courses, many in the U.S., and to extensive research to seek the causes and, above all, the solutions to this fundamental unhappiness. A profound new awareness resulted from her seeking, followed by major transformations in her own life.

Full of enthusiasm for what she was discovering, she left her job in 1982 to travel a new path. During this time, Lise had a dream in which she was helping people listen to their body. She set up a workshop to help people discover themselves through their ailments and illnesses and through what they ate. She has become a specialist in the metaphysical causes of ailments and illnesses, and continues to this day researching human behaviour. Lise's goal is to help people better know themselves, accept themselves, and love themselves.

In 1984, she opened her first school and trained her own teachers to spread these teachings throughout Quebec. In 1987, she wrote her first book entitled: "**Listen to your Body - your greatest friend on Earth**," and founded her own publishing company, "**Les Editions E.T.C.**" This first book became the best-selling book in Quebec! After 25 years, it still sells as much. Since then she has written 23 other books that have all become bestsellers. Most of her books have now been translated into more than 20 languages and are distributed throughout the world.

She has now sold more than 4 million books!

Today, we are the biggest personal growth school in Quebec and have taught in more than 27 countries.

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How can we USE our fears to BETTER ourselves?

By Lise Bourbeau

Fear is a feeling that occurs when one becomes aware of a danger or threat. As a result, the brain reacts instantaneously by sending the proper signals to the physical body so it's in a position to face the dangerous or threatening situation.

First the brain sends a message to the suprarenal glands that immediately secretes adrenaline. This hormone is responsible for releasing the body's glucose supply, which allows the body to react appropriately. The resulting effects are a much greater physical strength needed to defend ourselves, a very active brain to decide quickly, etc. This extra energy can even help some people to avoid dying from a heart attack.

THERE ARE TWO TYPES OF FEAR: THE REAL FEARS AND THE UNREAL ONES.

Real fears

Here are a few examples:

- A big dog rushes out and jumps on you;
- A car is heading straight for you or your child;
- A person raises his arm to hit you;





It's natural and useful to be fearful when facing a dangerous situation. It allows us to react accordingly, to have the necessary strength and reflexes to protect ourselves quickly.

Unreal fears

Unfortunately most fears experienced fall in the unreal category, as they aren't ensuing from any real danger. They are rather the consequence of our human imagination not being used properly.

The brain can't differentiate between a real fear and an unreal one. In both occasions it reacts as described above. However, because there is no real threat, the adrenaline secreted becomes a sort of poison that flows through the entire system because no amount of physical effort is exerted to consume it. As for the suprarenal glands, the more they are put to use, the more they tire, wear out and they eventually won't respond as quickly in case of real danger. The body will no longer have the sufficient amount of glucose – or energy – necessary to face a real danger appropriately. This explains why a person gets panicky or becomes powerless when facing a dangerous or threatening situation.

The human imagination should be used to make us feel good and not to feel bad by creating all



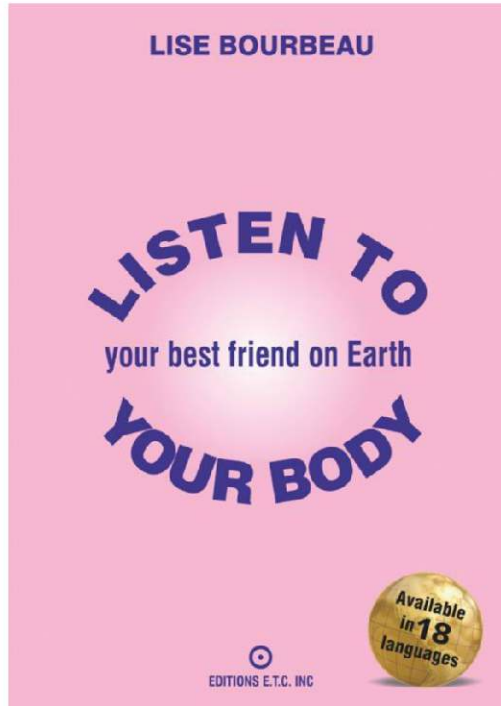
The brain can't differentiate between a real fear and an unreal one. In both occasions it reacts as described above.

kinds of unfounded fears. How do we develop such fears? Our imagination is part of our intellect and is influenced by our mental beliefs, which were mostly created during our childhood following some painful experiences whether they were experienced, observed or learned. In all cases, we have associated these experiences with pain and have developed the fear that they might occur again.

Here are a few examples of unreal fears at the physical, emotional and mental levels, which cause no real danger and again, were all created by one's imagination.

Unreal fears at the physical level:

- Fear of an animal (dog, spider, mice, etc.) when no real threat exists;
- Fear of water, storms, darkness, etc.



Unreal fears at the emotional and mental levels:

- Fear of being laughed at, of appearing ridiculous;
- Fear about one's future, of lacking money;
- Fear of being sick, of dying;
- Fear of making a mistake, of failure;

It's important to remember that each time we let some fear overwhelm us; we nurture the belief system sustaining it. This is how it gains strength over time and how the fear of experiencing pain and being hurt is ever more present and strong. Obsessive thinking can be the resulting effect, which then can trigger what is known as phobias. A phobia feeds itself upon a person's energy, which explains the lack of energy seen in people suffering from it.

The greater the fear is, the bigger the emotional wound. Here are the five most important wounds

that seem to be the cause of the majority of the beliefs and fears we harbour: Rejection, abandonment, humiliation, treason and injustice.

When your fears overwhelm you, you no longer are the master of your own life.

Here are several examples to show you when your fears have the better of you:

- They make you experience negative emotions like anger, deception, frustration, etc. because you blame yourself or somebody else for something.
- You doubt or mistrust yourself or someone else.
- When you lie, there are many possible fears at work: The fear of being reprimanded; of not being loved and respected; of being at fault; of showing your vulnerability; the fear of authority.
- You gives excuses all of the time, because you want somebody else's understanding and approval.
- You want to have the last word.
- When you easily feel attacked and you're on the defensive.
- You prevent yourself from buying, doing or saying something.



It's important to remember that each time we let some fear overwhelm us; we nurture the belief system sustaining it. This is how it gains strength over time and how the fear of experiencing pain and being hurt is ever more present and strong.

Fear does have a positive side to it.

It helps us become aware of what we really want in a certain situation but are too scared by the “possible” consequences imagined by our ego. Therefore, the most intelligent way for us to react to our fears is to use them in order to become aware of the desire that is blocked.

Here are some simple questions you can ask yourself to identify your desire:

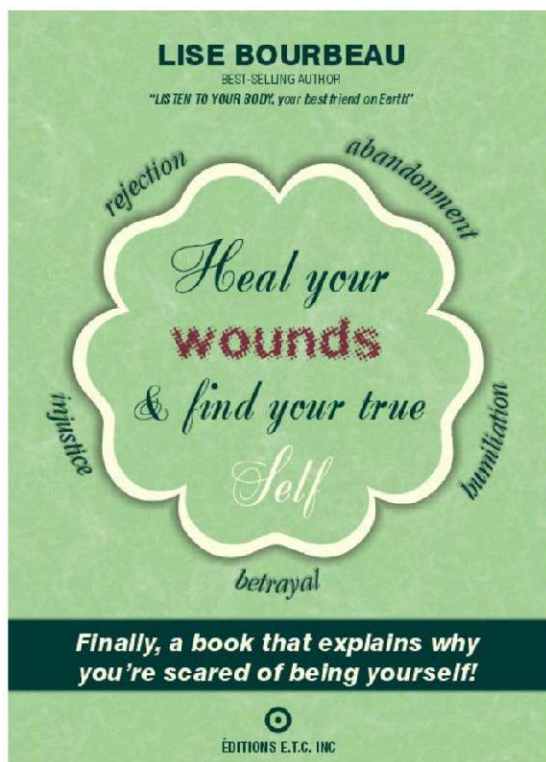
1. *What is this fear preventing me from having, doing and being?*

For example, if you're afraid of dogs (an unreal physical fear) and freeze when around one, this might prevent you from moving ahead.

Another example: the fear of making a mistake (unreal mental fear) could prevent you from taking risks, seeking new things or ideas, or being creative, and so on.

Each time someone says “...prevents me from...” it really means “I want to... or I desire that...”.

2. *What kind of unpleasant circumstance could happen to me if I allowed myself to ...?*



The fear of making a mistake (unreal mental fear) could prevent you from taking risks, seeking new things or ideas, or being creative, and so on.

In the example of the dog, you could ask yourself: *What kind of unpleasant circumstance could happen to me if I allowed myself to move ahead in my life like I want, if I showed courage instead of staying put?*

Possible answer: *If I went ahead with my life and showed courage, I would choose the profession I like, but this entails displeasing my parents. I would run the risk of being considered as an ungrateful and selfish person, especially after all my parents did for me.*

In the example of the fear of making a mistake, the question would be: *What kind of unpleasant circumstance could happen to me if I took some risks, if I tried new avenues, if I was more creative?*

Possible answer: *I could make a mistake. Some people might think that I am incompetent and I can never achieve anything in my life.*

Remember one thing: You are trying to avoid doing or being something by fear of being judged by others. Know that some people already judge you of the exact thing that you fear, so why prevent yourself from fulfilling your desire?

3. *Is what I believe in well-founded? Is it true?*

By asking yourself this question, you will realize that most of the time your fear is ill founded. It might be real at times but it sure isn't the case all the time!

Example: *Is it really true that if I allowed myself to move ahead in my life like I want, my parents would think I was an ungrateful and selfish person?*

4. *And if what I fear really happens, can I face that?*

5. *Acceptance*

The fearful part inside you (the ego) is convinced that it's helping you and is actually contributing in avoiding the worst for you. Therefore, it's important to accept it and not to resent it, because it only wants the best for you. Thank it and inform it that you are now able to handle whatever consequence might arise.

Handling your fears in such a way will help you regain mastery over your life. You will no longer allow your belief system to influence you to the point where you don't feel free to be your true self.

We all are here to learn how to become our true self again. This is the reason why it's so important that we face our fears, instead of acting as if they didn't exist. By rediscovering ourselves, we regain the energy which was spent maintaining our fears and we can put it to a much more creative use.



Be patient and tolerant with yourself throughout this process because some of your fears may be deep-seated. By tackling them one by one, the process of managing them will become much easier. The deep-rooted fears request more compassion from you since they are the result of an acute emotional wound that happened during your childhood. You simply need to give yourself some time. The less fears you have, the more you will have faith in yourself, which will give rise to a greater life.

*Lise Bourbeau is a world-renowned author that has written 24 books. Ever since she founded her school in 1982, her teachings have been helping large numbers of people to make concrete changes in their everyday lives and achieve improved quality of life. The Listen to Your Body School is the largest personal growth school in Quebec and has run workshops in over **20 countries and in 10 languages.***

www.lisebourbeau.com
www.listentoyourbody.net



Interview with Lise Bourbeau

For the Beautiful life magazine in Germany, May 2007

Questions on the Topic of Love, Body and Life Dream

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.

Body

4. The awareness of our own body is one of the bases of your work. If I have ignored the language of my body for years, how can I start listening to it? What can I begin with, what is important? How can I learn to understand the messages my body sends me? **LB** You have to **make the decision to become aware of your body and to be more in contact with it – how you are feeling – and gradually you will become more**

attuned to your body's needs. Remember that your body is always expressing what is going on in your emotional and mental dimensions. When your body hurts, it's telling you that you have a way of thinking and feeling that hurts. An easy way to understand a physical problem is by looking at what it's preventing you from doing or being and what area of your life it's affecting most. The answers will tell you what you want to do or be in that area of your life, but you're afraid of the consequences. It's OK to be afraid, but move on towards what you want.

5. How can this help us understand and solve our problems? **LB** Every time you listen to your body, as explained in my previous answer, you will become master of your life, instead of letting your fears get the best of you.
6. In your opinion, which is the biggest obstacle we must face when we want to realize our life dreams? **LB Fear.** If you have a dream, and you put a lot of energy into it, and it still doesn't come true, then you probably fear the consequences of fulfilling that dream. Think of the feared consequences and check deep inside to see if you still believe in them. If so, allow yourself to be scared, but don't let go of your dream. Also, it's very important to know if the dream comes from your inner self or from your ego. Does your dream help you fulfill a certain inner need or is it only to prove something? Continue having dreams; take action to make them come true and be OK with the outcome. Not doing anything and just hoping for the dream to come true is called "blind faith".

Life Dream

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.

7. 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.

8. 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.

22カ国ベストセラー作家

リズ・ブルボー

Lise Bourbeau

魂の憧れ、それは
愛に従って生きるということ

11月に日本で行われたワークショップも大好評を博した
リズ・ブルボーさん。彼女の実践的な教えやシンプルな考え方は、
世界の多くの人々の日常生活に変化をもたらしています。

リズ・ブルボー

Lise Bourbeau

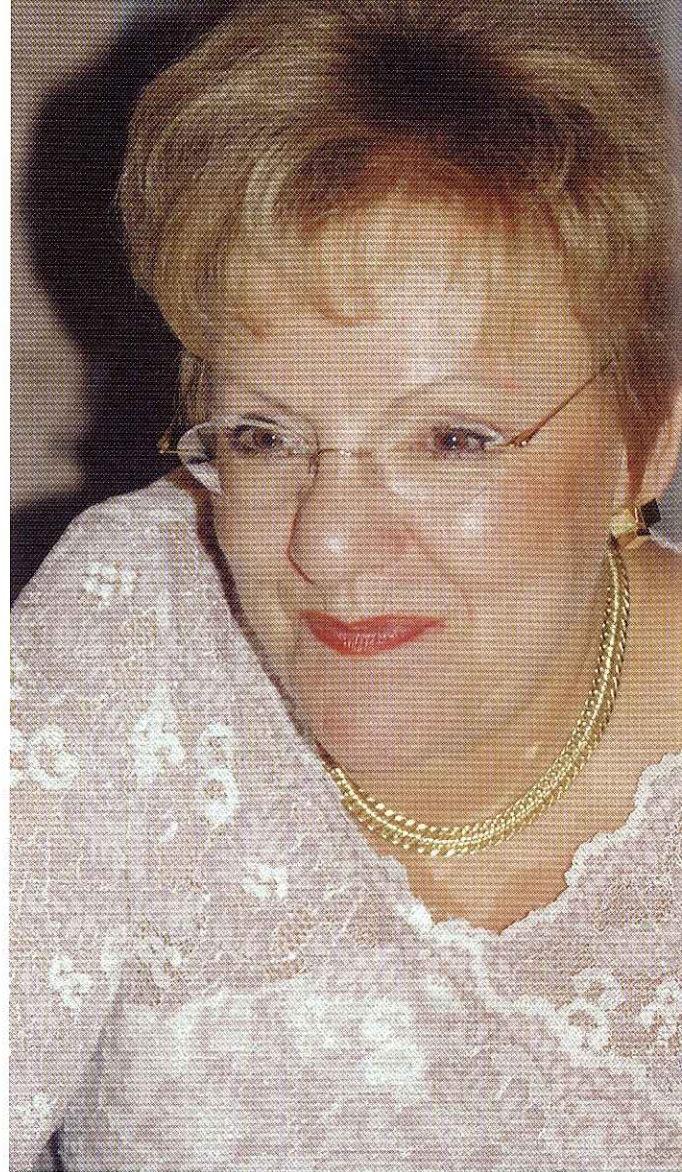
1982年から多くの講演やワークショップを開催し。ラジオやテレビにも多数出演し、
「くからだ」の声を聞きなさい」(ハート出版)はカナダやヨーロッパで100万部を超えるベストセラーを記録し、
日本でも話題となる。現在、世界22カ国でワークショップを提供。

通訳=倉井久子

Interpretation by Hisako Kurai

協力=ダイナビジョン

Special thanks to Dynavision



死因の第1位であるガンは 拒絶の傷がつくる

ガンという病気は孤立することによって生じる痛みを表しています。そのガンが、日本人の死因の第1位となっていると知った時、私はそんなに驚きませんでした(欧米の死因第1位は断トツで心臓病)。

日本は文化的に、自分の中にあるネガティブな感情を見せないようにする、という教育を受けてきたのだと思います。

例えば、子供が父親に叩かれたとします。すると子供は父親に対して「父さんなんて死んでしまえばいいのに」と思って、そう口にする。心の動きとしては自然でしょう。

もしその時、子供に対して「父さんに叩かれて大変だね」と声をかけ認めてあげると、子供は何か苦しい

写真=金沢遊園 Photograph by Yuen Kanazawa

ことが起きた時、そして怒りを感じた時、それは当たり前の人間的な気持ちなのだとすることが学べます。

ところが日本では、おそらくそういう子供に対して「なんで、嫌いなんでいうの? 父さんだってわざとしたわけではないのよ」といった言葉が投げかけられるのでしょうか。そして子供は、すべてを自分の中に閉じ込めてしまふのです。さらに、自分は父親に対して意地悪だったと今度自分責めしていくのです。最初に感じた怒りはまったく処理されません。これは自分の気持ちが受け入れられなかった拒絶として心に残り傷となるのです。

このように皆さんの思考パターンは生まれ、怒りは痛みとなり蓄積されるようになります。心の傷は放置されたまま、そして見えないようにされながら残ります。これはガンになるのは当然と言えます。なぜなら、ガンを引き起こす傷というのは拒絶の傷だからです。

日本の方たちはもともと、人間的になつてもいいと思います。怒りなどのネガティブな感情を抑え込んで、傷にしている今に気づき、開放してあげることが必要なのです。あまりにも完璧であろうとしているがために、本当になりたい自分になれないでいるように思います。

今の私たちの教育では、共感というものが欠けています。そして共感するには、共感するやり方から学んでいく必要があります。だから皆さんは私のワークショップに來られて、本も買ってくれるのだと思います。私たちの心の奥底には、愛に従つ

て生きたいという強い望みがあります。それは魂の憧れです。だから人を恨んだりすると、存在がそのことに對して苦しむのです。だけど、共感を持つためには、誰かに對して恨みを抱いているという事実を受け入れる必要があるのです。

だからもし、本当の自分の気持ちを抑圧し閉じ込めて、「怒っていない、恨んでいない」と否定すればするほど、共感する状態にはたどり着けなくなってしまうのです。それは自分の中にある痛みとして残り、閉じ込められて、どんどん黒くなって湧き上がって強まってくることになりま

す。それでは妨げになるだけです。だから、すべて認め、その後で自分を愛してあげてください。

information

2007年5月来日講演
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【五つの傷】
リズ・ブルボー 著
浅岡夢二 訳
ハート出版
1,575円(税込)

CUM SĂ NE ELIBERĂM DE GÂNDURILE ȘI DE EMOTIILE TOXICE PENTRU A PUTEA COMUNICA MAI BINE

Autor: Lise Bourbeau
Fondatoarea Școlii „Ecoute ton corps”

Pentru a putea comunica mai bine trebuie să ne reamintim ce înseamnă comunicare. Conform dicționarului *petit Robert*, a comunica înseamnă «a fi în relație». Comunicarea este o relație de influență reciprocă între indivizi, deoarece este formată din două aspecte: transmiterea și receptarea. Transmitem informații prin intermediul cuvintelor atunci când împărtășim ceea ce trăim sau ceea ce dorim. Primim informații prin intermediul ascultării. Prin urmare, ascultarea se dovedește a fi la fel de importantă în arta comunicării ca și capacitatea de a vorbi. Este la fel de important să știm să transmitem un mesaj ca și faptul de a ști să primim mesajul transmis de către celălalt. Anumite persoane au dificultăți în a-și comunica sentimentele sau în a-și exprima clar cererile, în timp ce alte persoane au mai multe probleme în ascultare.

Voi știți care sunt punctele voastre forte și care sunt punctele voastre slabe? Vă sugerez să verificați în relațiile cu cei

apropiați pentru a ști dacă, după părerea lor, aveți o capacitate mai mare de a vorbi sau de a asculta. Majoritatea oamenilor nu se cunosc suficient de bine pe ei înșiși. Astfel că întotdeauna este o idee bună să verificăm cu cei care ne cunosc îndea-proape. Răspunsul pe care îl primim nu ne este convenabil întotdeauna, dar această obișnuință de a verifica cu ceilalți se dovedește a fi un excelent exercițiu pentru a ne diminua ego-ul. În plus, este foarte important să ne reamintim faptul că, comunicarea nu se realizează doar prin cuvinte și prin ascultare. Toți comunicăm într-o manieră verbală și într-o manieră non verbală. Comunicarea verbală cuprinde cuvintele și tonul folosit, timbrul și intonația vocii etc. Comunicarea non verbală cuprinde privirea, expresia feței, gesturile, mișcările corpului, atitudinea etc. Statisticile arată că cuvintele nu reprezintă decât 7% din comunicare, vocea are o pondere de 38%, iar nonverbalul reprezintă 55%. Vi s-a întâmplat cu siguranță să ascultați o persoană în stare de furie spunându-vă: «Fă ceea ce vrei, nu



Lise Bourbeau a
format, a motivat și
a ajutat mai mult de
40 000 de persoane
să devină conștienți
de potențialul lor.

Lise Bourbeau
urmează mai multe

formări, îndeosebi în Statele Unite. S-a specializat în decodificarea metafizică a indispozițiilor și a bolilor, scopul său constând în a ajuta oamenii să se cunoască, să se accepte și astfel să se iubească.

În 1984 deschide primul Centru de Dezvoltare Personală **Ecoute Ton Corps**. Decide să-și foloseze proprii săi animatori pentru a răspândi experiența sa în Quebec. În 1987 scrie prima sa carte **Ascultă-ți Corpul - Cel mai mare prieten al tău de pe pământ**, cea mai vândută carte din Quebec cu 380.000 de exemplare vândute.

Din anul 1988 și până astăzi, a scris alte 14 cărți care, de asemenea, au devenit best-sellers.

Astăzi Școala **Ecoute Ton Corps** este cea mai mare școală de Dezvoltare Personală din Quebec iar experiența și cunoștințele sale sunt difuzate în 22 de țări, cărțile sale fiind traduse și în engleză, spaniolă, germană, italiană, rusă, portugheză, japoneză, turcă, română etc.

mă deranjează» și știați imediat din experiența noastră să non verbală faptul că ceea ce vă spune nu reflectă ceea ce trăia cu adevărat. Nu vă amăgiți deci cu cuvintele pe care le folosiți, deoarece comunicăm mai mult prin non verbal. Oare de ce este atât de dificil să comunicăm bine? Știm cu toții că o comunicare defectuoasă este originea majorității problemelor noastre, atât personale cât și profesionale. Să urmărim împreună cât de mult ne împiedică rănille suferite să transmitem sau să primim informații. Există cinci astfel de răni: **RESPINGERE**, **ABANDON**, **UMILIRE**, **TRĂDARE** și **NEDREPTATE**. Ele conțin toate emoțiile sau convingerile toxice din interiorul nostru. Să ne amintim că atunci când ființa umană nu resimte nici un fel de teamă, când este ea însăși, poate comunica cu ușurință. Situațiile de dificultate pe care le trăim survin atunci când una dintre rănille noastre este activată și preia controlul asupra noastră. Atunci, nu mai suntem noi înșine. Toate aceste răni sunt trăite la diverse grade de intensitate și cu persoane diferite. Acesta este motivul pentru care nu comunicăm la fel cu toate persoanele din jurul nostru.

Să începem cu dificultățile de a transmite, adică de a exprima ceea ce simțim sau de a formula cereri clare și precise.

Atunci când se activează rana de **RESPINGERE**, deveniți foarte vagi și nesiguri în modalitatea voastră de a vă exprima. Vocea devine și mai slabă. În consecință, va fi foarte greu pentru celălalt să știe ce vreți să spuneți cu adevărat. Dacă celălalt nu deține capacitatea de a vă pune întrebări pentru a clarifica ce vreți să spuneți, cererea voastră sau ceea ce vreți să



LISTEN TO YOUR BODY

Learn to be happy



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President

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