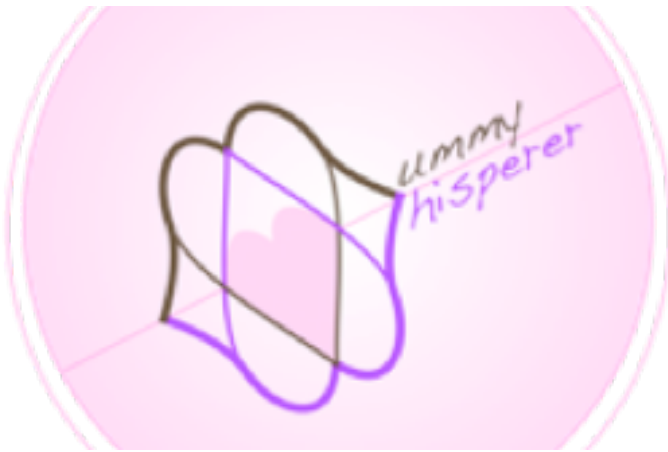


# The Mummy Whisperer™

*Strengthen Your Inner Mum*



Starter Tips For  
Dealing With  
The Christmas /  
New Year Period

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## Introduction

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### **Tips For Dealing With The Christmas / New Year Period**

This ebook is all about that time of year that catches up with us every year, and however much we try, it can still be stressful. Then once we are over Christmas, we are suddenly into the New Year and stressing about 'improving' our lives. It's a bit of a golden oldie, but they still get us every time!

### **Mummy Whisperer Programs**

The Mummy Whisperer programs are the anti-dote to one-size fits all parenting techniques, that can't possibly work for everyone's unique families and circumstances. Instead, I'm recommending that by focusing on Mum, either the family will fall in around her as she gets settled, or she will be able to tap into her own innate wisdom to find the solution that fits them perfectly.

Being a Mum is challenging and fantastic, stressful and inspiring. For everyone there are good and bad days. However, the question is, are you feeling as though you are making the most of being a Mum, and having all the fun that you could possibly, or is the stress getting the better of you the majority of the time?

This is not about becoming the perfect Mum, as there is no such thing. It is not about never being stressed, which is impossible. It is about helping everyone to Love being a Mum, and bringing the sparkle back into your lives.

It's also not about being positive or happy all the time. Instead, this is a totally achievable and maintainable method. It isn't possible to be happy all the time. But it is totally possible to love your life, just as it is, and to be truly content and balanced. Don't get blinded by the sunny days or stuck in the mud of the dark days, instead learn to dance through life gracefully.

### **Disclaimer**

The MummyWhisperer™ program and any of the techniques /services provided, are not designed to act as a substitute for the necessary and appropriate treatment of any diagnosed 'disease'; nor as a replacement of any form of prescribed drugs or therapy; or even as a substitute for sound legal advice or recommended and necessary counseling.

I am simply here to help you learn how to transform any stressful situation you might encounter into a more ordered and meaningful condition or experience.

If you are presently under any form of psychiatric care, psychological therapy, or under the influence of any form of medication or legal counsel, please continue your present care, therapy or counsel and simply incorporate these programs in addition.

The Mummy Whisperer program falls under strict copyright and trademark jurisdiction. It may be used for personal use only. Without authorized training and a proper certification agreement from Lisa Pearson it is not to be used in any way for commercial purposes.

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## Christmas

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### Feeling Overwhelmed

For many people this season is very overwhelming.

Some of you maybe struggling with the credit crunch and worries about financial responsibilities. To you I would recommend listing down the worst-case scenarios, because we are often scared, but not willing to name what we think may happen. Once identified, things don't tend to be as scary anyway. Then systematically work your way through how this would benefit/help the people in your life, your loved ones, and yourself. Remembering to bear in mind your values, what you love doing and what you would love to do in the future. (You are going to need my free gift on Values and Financial Health; so sign up for my email list if you haven't already, and listen to those for more help). For example, maybe you can't buy the kids more than 1 little present this year, but maybe it will give them a good lesson on valuing more important things. After all, a whole generation survived when getting an orange was a big deal.

Or is it Christmas that is bothering you? I hated Christmas for years, as my Dad died a couple of days beforehand, and I would be constantly reminded of the loss from August onwards by the shops starting to bring in their Christmas lines. I remember the first Christmas after I learnt the Demartini Method and tackled my grief, and how much fun I had that year buying extra special wrapping paper and boxes to wrap all the presents in (it was an expensive year!). Doing this broke a whole cycle of events, which previously always seemed to come to a head at Christmas, because I was dreading that time of year so much. So if this is what is bothering you, bear in mind a couple of things. 'What you think about you bring about', so if you are concentrating on the in-laws being badly behaved, they are very likely to be so! Plus if you fear it, you bring it nearer. So instead, look at the worst Christmas possible that you remember, and then find all the balancing nice people and events that happened at the same time, and why it helped you to have the nice stuff in that way and the difficult stuff in the way that you were previously judging. If you keep at it, then that horrible Christmas will stop dominating your view of that time of year.

Others simply hate winter, in which case you might like to look at what life would be like without it. There would be no hibernation period, no snuggling inside watching a film, no snow angels, no leaves to scrunch through. What are countries like that are always warm? Remember, that there is a downside to that, e.g. droughts, and plagues. Why does winter work for you and your family?

For others, you might just simply be feeling bleugh! If so, remember that the rubbish days where life feels pointless and it appears as though you have achieved nothing, are there to highlight how fabulous it is when you do achieve, so that you don't take it for granted. So I recommend sitting down and thinking of all the times that you have felt overwhelmed and what you have gained or learnt from them? Why wouldn't it have worked for you, if you had been coping brilliantly? What has feeling 'bleugh' highlighted for you this time? Has it given you some hints of patterns that you would love to shift, or habits that you would love to change?

Now just because there are, ways to handle the feeling of overwhelm, doesn't mean that you have to! You can choose to remain in it for a little longer. Or you could just take some time out and use some homeopathic/herbal support in order to get on with something important going on in your life, and then come back and tackle this later. Choose whichever option works best for you; just try to love it, when you do choose it.

## Getting Focused

Lots of people have been asking me recently about how to make the most of their days, retain focus and be more efficient, and it becomes particularly important at this time of year, with so much on our plates.

As a working Mum, I have definitely tested out the recommendations below and it works for me because it is quick, efficient and simple to apply to a life that is packed full from top to bottom. Don't get all stressed though and think that I always manage it! Having a family is a test of living spontaneously; Some times I sail through that effortlessly and sometimes I require some paddling!

So, I start the week on Sunday night, by:

- 1) Counting my blessings: This is an old fashioned saying, but it really works. It's about looking at what is going well for me in my life, and why I am lucky/grateful, rather than focus on what I don't have or where I am stressed.
- 2) Get an overall picture for the seven high priority To Do's for the week. Which means that I check my diary for what is coming up and have a quick look through my different lists (I have several different types of To Do's; some home, general work, project specific, some immediate & some longer term).
- 3) Write an overall picture of what needs to be done on each day, or what generally needs to be done by the end of the week. This is also useful for double-checking whether it is all possible!

Each morning (or night before also works well for me):

- 1) I'll count my blessings again, at least until I'm calm and quiet.
- 2) Then I will run through a couple of relevant Positive Affirmations (these are statements always stated in the present about what I'm going to achieve or how I'm going to be). I'm not talking about hundreds here. The key is that the meaning and wording has a meaning for me. Just getting clear on your intentions for the day will give you focus! There is no point going to a meeting of some kind and then afterwards thinking 'Oh, I could have looked for some potential clients there!'
- 3) If I am unsure of something, I quietly close my eyes and ask myself for a message for the day, which helps me get a feel for the focus of the day.
- 4) Finally, I look at the diary, and my list of what is happening and then if there is space, add something from the general weekly To Do list or that has more recently cropped up (no more than 7 actions per day).
- 5) If something doesn't get done it gets moved onto another day.

If I focus and have set plans for the day, I am much more likely to manage the juggling of Mum and Work. On the days when I don't, I end up trying to do email with Max wanting attention or ordering food on a work day. This doesn't work for me! It's just my value, but I enjoy my day more (in my perception of course), when I am truly present with what I am doing.

### **VERY Important Note:**

Every week needs some time, however short, set aside for you. Because the family doesn't run well without the Mum and it is important that you consider your survival needs. I'm not talking about whole days, or expensive treats, just little things that give you a moment to pause and rejuvenate. A balanced life has both Doing, Having and Being. So if you are always doing, and never getting anything in return you will become resentful and miserable. If you never get any time to just be, you will run down your immune system and become incredibly stressed. So you are doing your family a favour by putting these little times in your diary as 'To dos'!

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## New Years Resolutions

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So, you have often made a few 'New Years' Resolutions, and if you were lucky you actually managed to achieve some of them. But the rest are hanging over you, as a heavy weight of guilt! This is about how to make sure you make resolutions you love and find easy to keep.

There is a difference between being inspired and being motivated. Motivation still requires you to push yourself to do something, whereas when you are inspired, you automatically do it, with no need for encouragement. Therefore inspiring yourself into action, is a much more successful strategy to have and much easier.

### Making Them

- Find a lovely place to think, maybe with a beautiful picture, or some music you love. Have a quick stretch, glass of water and ensure that you are breathing deeply into your abdomen.
- It is ideal to be in a balanced, poised state, where you are not irritated, or fretting about your worries, or daydreaming about a fantasy. The quickest way to become centered and present is to count your blessings. Spend 15mins counting your blessings for all the things or people that you have in your life (I've mentioned it above as well).
- Write what you would love to Be (like your mission, or job), Do (what actions you will take to gain your mission) and Have (what you will get from doing those things) for the areas that you have highlighted as needing a New Years 'pick-me-up'.
- E.g: To be a great example to my kids. By eating healthily, and thereby becoming more energetic.

### Double Checking

- Less is more, so go for just a few, rather than 10, you are more likely to be able to concentrate on them and achieve them. Remember, you are allowed to make, spring, summer, autumn and winter resolutions later on!
- Are you really sure that this is your resolution, and not someone else's? Are you doing this because you would love to, or because your partner, children, boss, friends or doctors day so?

### Getting Inspired

- Write 50-200 reasons why achieving this resolution links to the things and people that you value and love in life. For example, how will losing weight help your loved ones, the hobbies you enjoy and your work? The more you do here, the easier it will be. This is the bit that changes you from motivating yourself, to being so inspired, you cannot stop yourself from taking the actions required.
- Write "positive affirmations" to support you and remind you. Always in the present tense, as though you have already achieved it. Don't mention what you do not want (like weight or debt), mention what you do want e.g. "I am fit, slim and healthy" or "I manage money wisely" or "I have money left over at the end of each month" or "I quickly and easily quit smoking". Then repeat them to yourself every morning and evening.
- Some people find it very helpful to draw a picture, or create a "vision board" to encapsulate the goal. Others do spells, or manifestation rituals. It doesn't matter what, as long as you get those creative thought juices going!

## Monitoring

- Now write the first 7 actions that you are going to take. Make sure you have broken them down, so that you can frequently tick them off, as "Success, Breeds Success".
- Ok, so if at a later date you decide something else is more important to you, great, do not beat yourself up, you have just had a lesson in what you love more than this original goal.
- What about if you have not managed to make any progress? Think about this. Did you really want to achieve it, or did someone else?
- Does this goal conflict with another, or one of your key values? If so, then it will get deleted from your brain instantly. In which case it either needs refining to match, or you need to do another linking exercise

## My Story, That Golden Oldie 'Weight Loss'

Now weight loss is a long story, so I'm just going to share one part with you. The first time I did this linking exercise I effortlessly lost 2.5 stone, having struggled for over 10years to do so beforehand. I linked weight loss to my ability to be able help more people in my work. It was a miracle!

So then I had a baby, and eventually decided that I would like to get back to that miraculous weight I had achieved before. But, it just didn't happen. I scratched my head, re-linked my values, but nothing. Then one day I realized, doh! There was a complete contradiction between my new role and deeply held values as a Mum, and the goal of becoming a slim size 10. I did not even find size 10 particularly attractive any more! The minute that I changed my goal to be 'A Fit, Healthy, & curvy size 12', hey presto, it all started to work.

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## Conclusion

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There are times of year that can get all of us down for one reason or another, but they don't have to. With a little bit of planning and thought, you can make it work for you, and ensure that you come through unscathed without needing a holiday!

Try to enjoy what you do have, rather than worry about what you didn't manage to get done, or weren't able to do because of the restrictions of your life. And most of all, remember to leave some space in there for fun and just enjoying it a bit.

### References:

Website: <http://www.MummyWhisperer.com>

Blog: <http://MummyWhisperer.wordpress.com>

Facebook Fan Page: <http://www.facebook.com/MummyWhisperer>

Information About Demartini:

*Demartini Evaluation Method™* By Dr John Demartini: See book 'The Heart of Love'

*Demartini Method™* By Dr John Demartini: See book 'The Breakthrough Experience'

Info on the Demartini Method in the UK: 'The Dance of Life' <http://www.DofL.co.uk>

Info on Dr Demartini: [www.DrDemartini.com](http://www.DrDemartini.com)

*Information about Gratitude & it's affects on our Wellbeing*

*'The Gratitude Effect' book by Dr Demartini*

Wikipedia: <http://en.wikipedia.org/wiki/Gratitude>

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