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Section 1: General information on the CD and additional activities.

These meditations are designed to help you heal and improve the relationships with members of your family and also the relationship you have with yourself. Meditations and visualizations are one of the most powerful tools to transform your outer world by first transforming your inner world. Track 1 on the CD will explain this in more depth. Although these meditations are about uniting your family, they can also be used to facilitate a separation, ensuring that the relationships you have with past partners remains harmonious and healthy for the benefit of everyone involved (parents and children).

How to use this material and what you must know:

- First remember that YOU bought this material. One mistake I made when creating the meditations was to sit my whole family down (husband and 3 children: 15, 10 and 5) telling them I was about to share with them the most amazing experience: We did it, together, and it wasn't amazing :-)! I understood then that I had no rights to "make" them do something that wasn't their choice.
- So I would suggest that you start these meditations by yourself and by all means, feel free to invite your family with you or separately when you feel they "might" want to join in. And if they don't, be clear in your heart that "This is OK!" ...No blame or criticism attached!
- Choose a place (in your house or anywhere else) where you will feel comfortable and not disturbed. Surround yourself with things that please you: flowers to smell, a candle to watch, burning some relaxing oils (lavender or). You might wish to have a photo of you family near you.
- During the meditation, I will invite you to share words of love with your family. As images appear in your mind during meditation, you might see a member of your family who has passed away. Please trust that this is the right thing for you and continue the meditation including this person. If you find yourself emotional, it will only be a relief. Let the tears flow freely, seeing them as pain or sorrow leaving your body.
- Listen to the introduction on the CD (more than once if you wish) before you practice the meditations. A lot of valuable information is shared with you so take the time to "digest" the new and the revisited.
- I do recommend you take the time to prepare yourself with meditation track 2. However, should you not have enough time to do that, simply sit quietly for a few minutes focusing on your deep and slow breath before you start meditation track 3 or 4.
- You may choose to alternate meditation 2 and 3. They do complement each other in balancing your healing process and making sure that you receive as much as you give!



- How often do I need to do the meditations? I would invite you to practice every day if you can at the beginning (for a week or two), and then maybe 2 to 4 times / week for as long as you feel you need to. However, there is great value in taking time for yourself once in the day, sitting quietly, simply focusing on your breathing. This will facilitate the flow of energy in your body and bring ease to the rest of your day or help you to sleep better at night. Again, I cannot emphasize enough that should you be unable to take that time for yourself, accept that fact! Simply taking deep breaths a few times in the day as you go about your activities will make a difference on how you feel...and what you'll attract! It really helps me, in times of stress, to remember that everything is there for a reason and that despite the situation, I am divinely guided towards my goal. The affirmation "All is well in my world" works for me. Choose one that works for you.
- If there is one thing you must never loose it is FAITH IN YOUR ABILITY TO SUCCEED
- Obstacles and challenges will show up more than ever! I wish they wouldn't, but they do. Why! Only to remind you to affirm even more strongly your desires for you and your family. So accept these difficult times just for what they are: an opportunity to feel more intensely what you want! The good news is that they never last!
- Once the storm is over, there is great value in taking the time to find gratitude in your heart for this opportunity.

Additional activities:

Choose yourself a 'special' Note book where you can journal the following:

- You may choose to recap what you have experienced in the meditation: be true to the facts leaving judgement out.
- You may choose to write your affirmations or even spending time copying them a few times (I'll always smile when I do this as it reminds me when I had to write lines when I was younger... I just wish the lines were at least constructive ('I must' rather than 'I musn't')
- You may choose to have a 'gratitude section' where each day you find a few things you are grateful for - and a section for appreciation where you note the things, situations, moments, people you appreciate and why. Remembering that the feeling of appreciation has a higher vibration than the feeling if gratitude. However, bringing forth both of them will get you closer to your goal.

Mirror work: This is a very powerful tool that Louise Hay suggest in her book. I personally had many insights spending time reaching for the deeper part of me, my soul, my inner source.



Description: Looking at your eyes in the mirror, comfortably positioned (I sometimes prefer to sit down to feel me comfortable - my sun shade mirror in my car is often the one for me), look deeply into your eyes and observe, again without judgement, what you see. When you're ready say to yourself the words of the first paragraph of the song. Don't lose sight of the pupil of your eyes (ignore your face!). Do accept whatever feelings or reactions that comes up for you. IT IS ALL OK. You might not feel able to do this yet: THAT IS OK TOO! If that is the case, leave it for a while and try again on a good day when you're pleased about something you've done. It does make it easier. Whatever you do...don't put pressure on yourself and don't give up!

Alternatively, try saying to yourself, looking into your eyes again, the second paragraph of the song; " I love you just the way you are...". Letting the divine part of you speak to you. This one is very powerful for me...even now :-): It reminds me that I am loved and that all is well.

Alternative activities for your children:

- "The love box" - this is a box that each of you can create as a family activity. each of you choosing the size, style, decorations for your own box. The idea is to keep these boxes displayed around the house with a paper block near it (ours are love heart post its) and a pen. Each member of the family is then invited to post a kind note, a complement or a true message of Love, when they wish.
- Invite the children to draw the best picture they can of every body in their family including themselves. Use bubbles to write or draw what they like about each of them.
- Invite the children to draw or write something they don't like about each member of the family. Then invite them , when they're ready to take time to draw a love heart or write something meaning " I love you anyway" or "I forgive you". Children also find it hard to forgive, but given time they are good at it! They might choose to come back to the picture another day. And that's OK!
- Spending time to look back at family pictures together or in pairs can also be a good thing to do. You can even make a collage. Sometimes it does bring up sensitive issues and that gives you the opportunity to listen and put things right. Always come from a place of love when dealing with a sensitive issue, Especially avoiding sarcasm.
- Last but not least, invite the children to suggest an activity that would make them feel close to the rest of the family. And as far as you are concerned, Know that there is a great source of creativity within you that is just waiting to be released...We all have it :-) !!!

A moment of gratitude...I would like to say thank you to

My husband Dave, whom without his presence, I would not have learnt and grown. And thank you for your unconditional love and support.

My children, Zoé, Julien and Lucie-Alice. My personal growth has always been and will always be about giving you the family and love you all deserve soooo much.

My parents, and especially my step mother, Godeleine for demonstrating before my eyes what unconditional love really is.

Our friends Carol and Jeff who became family to us all. You're there to remind me of the simple pleasures of life. Thank you for sharing your part of heaven...by the river.

Section 2: 10 Tips to family success

1- Listen to the sound of a stream (on CD or by a river) and using long and deep breaths, let your thoughts go down stream (as opposed to up stream), releasing all feelings of resistance: "What you resist persists, what you let go of...goes!"

2- Start feeding yourself and your senses with what pleases you: which flowers or scents do you like to smell, which pictures bring beauty you can see in your home, which colors and fabrics do you like to feel on your skin, which foods do you like to taste knowing that your body will appreciate too, which music makes you feel joy, peace or any feelings which you know are good for you.

3 - Start choosing more carefully your TV programmes: The healing path that you're about to start now is about choosing your thoughts that will create the reality you want so badly in your life. Before you change your TV habits, take the time to just notice what each programme does for you and what it brings you...I think you will be very surprised! It's almost impossible to choose positive thoughts when watching the news programmes that focusses on what is not going well in our society, in politics, in hospitals, in the financial market etc...

Simply reading the headlines in the papers will be enough to inform you if you don't want to completely switch off!

I personally choose to think that " financial difficulties don't have to be true for me" " My immune system is working perfectly and I blossom with health" and my favorite is: " My life is full of good surprises"

IMPORTANT: Do not start to want to change the TV habits of the rest of your family!!! very tempting I know but very destructive! seek to find solutions: choose to be out of the room, doing what pleases you instead. Remember, your journey is to BE a new example for your family and in time, as they notice the positive changes in you, they will start wanting to follow.

All you can do, is gently invite them to join you on some of your new activities, being prepared that they might not want to and that it's OK :-)

4 - Get a pet :-) !!! A cat or a dog can bring great fun and harmony in a home. They are also vibrationally more attuned and therefore will positively affect the family. Ours are cats and I love watching the children having a 'loving' moment stroking them. They also make me stop my busy schedule and take a 'tender' break where I let their energy attune mine.

5 - The ONE rule to bring you closer to each other:

- * Spend ONE hour a day of quality time (with each other or at least some members of your family or your partner)
- * Spend ONE day a week of quality time
- * Spend ONE week-end a month of quality time
- * Spend ONE month a year of quality time....

What is quality time? Quality time is any thing that warms your heart, that makes you feel connected to each other.

Remember that quality time for one might not feel like it for the other(s). Accept that every one must have a chance. As you grow with this, you will notice that quality time is a state of mind. A state of acceptance of what is.



6 - Take and display a photo of each of your children separately photographed with you and your partner.(husband or wife). I display these in my children's bedrooms, the private area for them. it gives them a sense of "being the special one" to the parents. there is nothing wrong to this as it reinforces their sense of security and uniqueness. Should you use this material to improve relationships with your parent(s), sister(s) and/or brother(s), take and display photographs of you with whoever you choose to improve relationship with. There could be separate photographs. Should you not be able to take a photo, create a collage with what you've got or what you can find.

7 - 1st come, 1st choice! this tip has never been successful in my family but I still believe in it!

Whether you have meals at the dinner table or on the couch, the idea is that the first arrive to sit down to eat chooses their place (that means that a child might take the comfortable chair of the parent). It means that every one in the family has a chance to experience the different perspective that the seating position brings. This will vary the dynamics of the meals (even if TV's on), and will be an opportunity for different exchanges.

8 - "Attitude of gratitude"- I like to suggest this activity at the beginning of a meal but it's up to you when it 's best for your family.

So before a meal, I will invite every one to express what they are grateful for today or share one thing that they appreciate. This is not a pray or attached to any religious practices, it is simply teaching our children the benefits of the "attitude of gratitude"

9 – Do your own research on the power of crystals: They do help in balancing energy in your body and support the mental and emotional work you may do. I will add more on this subject on my blog. Or feel free to do so too!

10 – What you give out comes back to you: Make a point of giving complements to members of your family EVERY day!

Section 3: Quotations, Reading and DVD Viewing list

Quotes:

- Mother Teresa: " All works of Love are works of Peace"

- Marianne Williamson Affirmation: " I surrender my relationship to god (or Universal intelligence); No need to fight anymore. I trust that the best outcome will take place for the highest good of myself and my family."

- The Buddha on Anger: "Anger is like picking up a burning coal with the intention of throwing it at another person. I am the one who gets burned in the process"

- "Child of mine, I will never do for you which I know you can do for yourself. I will never rub you of an opportunity to show yourself your ability and talent. I will see you at all times as the capable, effective, powerful creator that you've come forth to be. And I will stand back as your most avid cheerleading section. But I will not do for you that which you have intended to do for yourself. Anything you need from me, ask. I'm always here to complement or assist. I am here to encourage your growth, not to justify my experience through you." Abraham – www.abraham-hicks.com

Reading list:

- Louise L Hay – "you can heal your life"
- Patricia crane – "Ordering from the cosmic Kitchen"
- Children are from heaven - john gray
- Men are from Mars, Women are from Venus – John Gray"
- Angel cards - Diana Cooper
- The Power of Now - Eckhart Tolle (also available in CD)
(especially the chapter on relationships)
- "Mary's message to the world"- Annie Kirkwood
(especially chapter on relationships)
- Mama Gena's marriage manual – Regena Thomashauer

DVD Viewing list:

- 'Enchanted' - Walt Disney DVD
- "heal your life" DVD – Louise L hay

Section 4: Song sheet “I love myself the way I am”

SONGSHEET

I Love Myself the Way I Am

1

*I love myself the way I am,
There's nothing I need to change
I'll always be the perfect me,
done
There's nothing to rearrange.
I'm beautiful and capable of being
the best me I can.
And I love myself just the way I am.
everything,*

2

*I love you just the way you are,
There's nothing you need to do.
When I feel the love inside myself,
It's easy to love you.
Behind your fears, your rage and tears,
I see your shining star.
And I love you just the way you are.
am.*

3

*I love the world the way it is
'Cause I can clearly see
That all the things I judge are

By people just like me.
So 'til the birth of peace on earth
That only love can bring
I'll help it grow by loving*

4

*I love myself the way I am
And still I want to grow.
But change outside can only come
When deep inside I know
I'm beautiful and capable of being
the best me I can.
And I love myself just the way I*

(c) Jai Josephs



Section 5: “One Family – One Heart” CD Testimonials

Here's what people have to say already about these powerful meditations:

"Isabelle has created powerful meditations to help individuals and families open their hearts. I highly recommend her CD" Patricia Crane - heal your life(R) Trainer Master. This is the recommendations that Patricia kindly submitted further to me sharing the meditations with my "Heal your life" colleagues at a HYL reunion in the UK (july 2010)

"Beautiful meditations, very healing and relaxing, on the energy level." Heal your life reunion - July 2010

"Your ***voice is very calming,*** and the pace when talking to members of family is just right. powerful stuff!"
Angela.

"Isabelle's meditations are read very well, in an easy, ***loving voice.***"

"It is a ***powerful meditation*** and I support you in taking it to the world"

"The ***meditations are wonderful as they are,*** well done for creating and sharing!" Lina - Heal your life reunion - July 2010

"It was easy and directive, which ***enabled me to go deeply.*** I loved the words, very powerful and supportive."

"The meditations are very easy to follow - your voice is very soothing. ***Very inspired, I loved it!*** Very powerful, helpful and healing." Karen R