



**Lifebuilder** Ezine – August, 2010

## **QUOTE OF THE MONTH**

**"Never forget that a small group of thoughtful people can change the world. Indeed, it's the only thing that ever has."** – *Margaret Mead, American cultural anthropologist, writer and speaker*

Thank you and congratulations for choosing to further your personal and spiritual growth by opening this attachment! As South Africa has just hosted the soccer World Cup, I thought it would be appropriate to feature an **article written by an American journalist** who visited South Africa during the World Cup about her experience of the amazing spirit of 'Ubuntu', probably the world's oldest spiritual philosophy given that Africa is the cradle of humankind, during her stay in South Africa – see immediately below for this article.

The World Cup seems to have **re-ignited the positive spirit of South Africans everywhere** and brought a much-needed **injection of inspiration** into people in a country where it is so easy to become **trapped in negative thinking** and all its pernicious side-effects. What South Africans have learnt, or rather, remembered, through the World Cup is **how good it feels to think positively** compared with how bad it feels when we get stuck in negative thinking and the dark emotions that stem from this.

During the World Cup, a few like-minded, positive friends and I launched the **Positive Movement** whose vision is to create a **community of positive people** who are committed to inspiring each other to become more and more positive in the face of all the apparent negativity in the world and to creating positive change by **spreading positive thinking and values** and **taking inspired action**. If you would like to be more positive, connect with positive people and contribute to making the world a better place, you are invited to start the process by visiting the Positive Movement's **page on Facebook**, joining our Facebook group and **posting 5 things on the wall that you are grateful for** – click the following link to do that right now:

<http://www.facebook.com/home.php?#!/group.php?gid=115465265166702&ref=ts>

---

You cannot feel grateful and unhappy at the same time, so doing this is guaranteed to shift you out of any negative emotional state you may be feeling and make you feel more positive and happier about yourself and your life instantly. So why not make your day and give yourself and others a gift of positive energy at the same time by doing this now? If not now, then when will you ever start being more positive? The **only time is NOW** and **you can only ever make a decision or act NOW**. Procrastination is merely a defence against this profound truth and an attempt to stay stuck in whatever negative thoughts and emotional patterns a part of you called your ego enjoys feeling. So, as the Nike slogan advocates, **JUST DO IT!** Go to <http://www.facebook.com/home.php?#!/group.php?gid=115465265166702&ref=ts> NOW to visit the Positive Movement's page on Facebook and tell the world what you are most grateful for.

You can also find out more information about the exciting **Lifebuilder events** scheduled to happen over the next month and during the rest of this year below, including a talk on the '**Art of Alchemy**' that will give you a taste of the **Personal Alchemy retreats** in **September** in **Broederstroom** and in **December** in **Ponta d'Ouro** in **Mozambique** that includes swimming with dolphins as one of a number of transformational practices we will be doing during the retreat.

Enjoy this edition of the Lifebuilder ezine, and I hope to meet you in person soon at one of our events soon or failing that, to connect with you on Facebook – visit [www.facebook.com/jonoquail](http://www.facebook.com/jonoquail) to view my profile on Facebook – or follow me on Twitter ([www.twitter.com](http://www.twitter.com)).

Namaste (which means 'the Divine in me honours the Divine in you')

Jono

---

## FEATURE ARTICLE: 'South Africa Rolls Out the Ubuntu in Abundance' by Shari Cohen

I went on a rant the other day regarding the cost of the 2010 World Cup versus all the critical needs South Africa is facing and whether or not the most vulnerable of this country would gain anything from having the World Cup hosted in their country. At that time, I also had some very positive things to say about our hosts for the 2010 World Cup and I wanted to share that side of the coin as well, because it is equally important.

To say that I have been blown away at the hospitality South Africa has shown the rest of the world would be an understatement. I think back on recent Olympics and struggle to remember much reporting in the USA of

athletes from other countries. I remember when a Togolese guy won a bronze medal in kayaking and NBC reported it and I thought to myself, "where are all the other fascinating stories like this one...like the Jamaican bobsledding team." In today's America, sadly, we have drifted so far towards being so US-centric that we only seem to root for the Americans.

Not so here in South Africa. I've been here since early May and each week I have become more and more impressed with the global embrace that South Africans have offered up to the world. On the way to the airport a couple of weeks ago, I heard a radio program that said each day they would focus on one country that would be coming to South Africa for the World Cup, and they would explore not only that sport's history in soccer, but also their politics, religion, and socio-cultural practices. On the television, I've seen numerous programs that focus on a particular country and its history of soccer and how the history of that country is intertwined with their soccer history. I've seen programs on India, exploring why India enjoys soccer but hasn't really excelled at the global level... yet. And I've seen shows on soccer in Muslim countries. Maybe it's planned, maybe it's unplanned, maybe it's by chance, but it is happening. It's not just about South Africans showing off their varied and multifaceted culture to their global guests, it's also about using this opportunity to educate South Africa on the rest of Planet Earth's inhabitants.

As I moved through my work here in the provinces over the last six weeks, I had a pivotal meeting with the Board members of a rural NGO. They were explaining their guiding program philosophy of Ubuntu. No, not the Linux program. I'm talking about the traditional African philosophy of Ubuntu that essentially says, "No man is an island." I found a better explanation from Archbishop Desmond Tutu in Wikipedia, who further explained Ubuntu as follows:

"One of the sayings in our country is Ubuntu - the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself, and when you have this quality - Ubuntu - you are known for your generosity. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole world. When you do well, it spreads out; it is for the whole of humanity."

To me, Ubuntu is the acceptance of others as parts of the sum total of each of us. And that is exactly what I have experienced during the lead up to, and the initial days of this World Cup. There is nary a South African citizen that I've met on the street, or in shops or restaurants or hotels, that hasn't gone out of their way to greet me and make me feel like I am home. And I don't mean that in the trivial, "Oh, aren't they nice, homey people here..." sort of way. I mean real, genuine interest and questions. People seriously want to know where I come from. What it's like where I live. How does it compare to where I am now. What do I think of

South Africa. Oh yes, and what do I think of Bafana Bafana... The questions and conversations are in earnest. They are honest. And they are had with enthusiasm and a thirst to know more. South Africans are drinking deeply from the cup of humanity that has been brought to their doorstep. I would never imagine that an American World Cup or Olympics would ever be this welcoming to the rest of the world. And that saddens me for the state of my home country, but it also makes me feel the pride of the South African people.

I have been truly humbled on this trip. And while I have my gripes regarding development here, I cannot say one negative thing about how South Africa has handled its duties as host and hostess to the world. If I could say one thing to sum up being here during this once-in-a-lifetime experience, it would be that I've learned the value of Ubuntu, and that when found and offered in abundance, the world is indeed a better place to live in.

So, if South Africa accomplishes nothing more on the playing field, it will still have won as a host country. I am a cynic, no doubt about that. And yet I have to admit, I'm a little teary just writing this because I leave for home next weekend and I will be leaving a little piece of myself here in South Africa. I just hope I have learned enough to bring back a little piece of Ubuntu to my homeland, where perhaps with a little caring and a little water, it will take root as naturally as it does here, in the cradle of civilisation. It's funny, many people in America still ask me, "are the people in Africa very primitive?" Yes, I know, amazing someone could ask that, but they do. And when they do, I usually explain that living in a mud hut does not make one primitive; however, allowing kids to sell drugs to other kids and engage in drive-by killings - isn't that primitive behavior? I think it is. When I think of Ubuntu and my recent experiences here, I think America has much to learn from Africa in general, in terms of living as a larger village; and as human beings who are all interconnected with each other, each of us having an effect on our brothers and sisters.

As the 2010 Cup slogan goes, "Feel it. It is here." Well, I have felt it, because I am here. Thank you South Africa, for giving me this unexpected gift. I am humbled.

-----

## **LIFEBUILDER EVENTS**

### **Lifebuilder 'Art of Alchemy' Talk and Dinner**

Date: **Thursday, 26 August**

Time: **6.30 p.m. – 9 p.m.**

Venue: **The Greenside Cafe, 34 Gleneagles Road, Greenside**

Investment: **R250**, which includes a **3-course vegetarian dinner**

This talk over a delicious buffet dinner at the acclaimed **Greenside Cafe restaurant** vegetarian restaurant in Greenside is an introduction to the **Personal Alchemy weekend retreats** created and facilitated by **Jonathan Quail**, who will be giving a talk that features the **Integral Model** developed by Ken Wilber that he uses as a framework for the **Personal Alchemy transformational process** he guides people through, a powerful process for **releasing negative emotions** from past events and a **brief overview of the Personal Alchemy retreats** happening later this year (see below for more information about these). The talk will give you a vision of a life where you have let go of all negative thoughts and emotions and transmuted the leaden circumstances in your life into the golden ones that are a reflection of your inner peace and joy.

Come to this talk to find out **how to prepare yourself for and co-create the new, more conscious world rapidly unfolding around us**, meet and network with like-minded, positive people on a similar journey to you and **enjoy a delicious 3-course vegetarian meal**. Advance booking is essential in order to allow us to cater for the right number of people. Please email [admin@lifebuild.com](mailto:admin@lifebuild.com) with **'Booking for Art of Alchemy Talk in Greenside on 26/08'** in the subject line of the email to book your place/s for this evening now or call **071-853-2368** for more information about this event. For more information about Jonathan and the work he does, see [www.successcoach.co.za](http://www.successcoach.co.za).

-----

## **Lifebuilder Guided Meditation and Power Breathing Sessions**

Date: **Every Second Sunday**

Times: **3 – 4.30 p.m. (Bikram Yoga Jozi Studio in the Thrupps Centre – Illovo)**

**2:30 – 4 p.m. (Johannesburg Botanic Gardens, Emmarentia)**

Venue: **Bikram Yoga studio, Thrupps Centre, 204 Oxford Road, Illovo**

**OR the Johannesburg Botanic Gardens, Olifants Road, Emmarentia**

Investments: **R90 at the Bikram Yoga Studio and R50 at the Johannesburg Botanic Gardens**

In today's frenetic, busy, rapidly changing world, it is all too easy to become **fearful and highly stressed**, a state of inner dis-ease that will inevitably lead to disease if not corrected. **If you are feeling stressed out and overwhelmed** by modern life and the challenges you are experiencing in your life, we invite you to **take some time out every second Sunday afternoon** to find the **stillness and the peace** deep within you that **dissolves anxiety and stress** by doing a **guided meditation session** facilitated by **Jonathan Quail**, a **spiritual teacher, life coach, speaker, trainer, entrepreneur and co-founder of Lifebuild**, along with other like-minded people. By attending these sessions over a period of time, you will learn how to:

- **Be aware** of your thoughts and emotions and **be present in the now** moment at all times;
- **Forgive** any and all situations and people to release their negative effects on your life forever and transform all your relationships into **unconditionally loving** ones;
- **Meditate** on your own to experience this **inner peace** for yourself and carry it into the rest of your life;
- **Breathe** consciously for relaxation and health;
- **Love exercise** by breathing properly;
- **Create more abundance** in every area of your life by being in a state of **'flow'** more often.

**"After meditation, I feel very relaxed and at ease whilst also full of energy and a keen sense of awareness...."** – *Guy Daniel, about his experience of meditating using one of the meditation techniques you will experience by coming to the sessions*

**"I felt connected, inner peace, bliss and safe. Meditation is my gift and life. Namaste!"** – *Thabiso Kewagamang, regular practitioner of a meditation technique taught to him by Jonathan Quail*

Each session will **start with a brief talk** about meditation - what its effects are and why everyone should practise it regularly. Send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) to book your place/s now letting us know which

date on which you want to come, as the sessions happen **alternately on Sundays at the Bikram yoga studio and the Johannesburg Botanic Gardens in Emmarentia**. You may pay for the session in cash before it starts. For more information about Jonathan Quail and meditation, go to [www.blissout.co.za](http://www.blissout.co.za) and see below for more information about a **one-day Power Meditation workshop** he is facilitating on **Saturday the 23<sup>rd</sup> of October in Muldersdrift**.

---

## **'A Course in Miracles' Study Group Sessions**

Date: **29 August, 2010 and every second Sunday thereafter**

Venue: **Johannesburg Botanical Gardens, Emmarentia**

Time: **10.30 a.m. – 2.30 p.m.**

Investment: **R50 or R100** if you want lunch as well

**'A Course in Miracles'** is a book that was channeled in the 1960's and 70's through an American woman by the name of Helen Schucman, who heard the voice of **Jesus Christ** speaking to her and was instructed by him to write down what she heard. Her transcriptions were edited and collated by her and a group of friends and became the book *'A Course in Miracles'* that has subsequently been read and studied by millions of people around the world, spawning a whole **new movement** of people around the world seeking to understand and apply the true teachings of Jesus.

One of the challenges with studying the Course is that it is written in quite formal language using Shakespearean iambic pentameter; another is that its three parts are over 1,200 pages long, but the biggest difficulty people experience is that it explains a thought system - the thought system of the Holy Spirit - that is completely opposite to the thought system of the vast majority of people living in the world, which is a thought system coming from their egos rather than Spirit. Many people find it too challenging to work through the Course on their own and **need the guidance of a teacher who understands the Course better than they do** and a **forum** in which to discuss some of the ideas presented in the Course and ask any questions they may have about it.

Because of this need, **Jonathan Quail** will be running sessions for students of the Course every second Sunday to help them to work through the Course from beginning to end and understand its extremely powerful but for many, difficult-to-grasp, principles. In this session on Sunday the 29<sup>th</sup> of August, we will be covering chapter 14 of the text of the Course. If you have ever wanted to read the Course, but feel daunted by the task, this is your opportunity to study it along with other like-minded people and be guided through the process by someone who has who has studied the Course intensively for the last 4 years as well as a



number of other books written to explain the Course's message by various authors, most notably '**The Disappearance of the Universe**' by Gary Renard, which has been hailed as a work that saves people 20 years of time trying to understand the Course's true message.

To book your place/s for this session now, please send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com), or if you want more information about these sessions, you can call **Jonathan** on **071-853-2368**.

---

## **Lifebuilder Talks and Workshop in Durban**

Talk Topic: '**The Art of Alchemy – How to Transmute the Lead in your Life into Gold**'

Date: **Tuesday, 14 September**

Time: **6:30 - 9 p.m.**

Venue: **Theosophical Society Lodge, 306 Avondale Road, Morningside, Durban**

Investment: **Any donation you would like to give**

This talk is an introduction to the **Personal Alchemy weekend retreats** created and facilitated by **Jonathan Quail**, who will be giving a talk where he will discuss the **Integral Model** developed by Ken Wilber that he uses as a framework for the **Personal Alchemy transformational process** he guides people through, a powerful process for **releasing negative emotions** stemming from past events and a **brief overview of the Personal Alchemy retreats** happening later this year (see below for more information about these). The talk will give you a vision of a life where you have let go of all negative thoughts and emotions and **transmuted the leaden circumstances in your life into the golden ones** that are a reflection of your **inner peace and joy**.

Coming will help you **to prepare yourself for and co-create the new, more conscious world rapidly unfolding around us** and meet and network with like-minded, positive people on a similar journey of self-discovery to you. Advance booking is essential in order to allow us to cater for the right number of people. Please email [admin@lifebuild.com](mailto:admin@lifebuild.com) with '**Booking for Art of Alchemy Talk in Morningside on 14/09**' in the subject line of the email to book your place/s for this evening now or call **071-853-2368** for more information about this event.



Talk Topic: **'The True Meaning of the End of the Mayan Calendar in 2012'**

Date: **Wednesday, 15 September**

Time: **6:30 - 9 p.m.**

Venue: **The New Moon Centre, 'Wirikuta', D435 Alverstone Road, Alverstone**

Investment: **R100, which includes tea, coffee and a muffin**

In this revealing talk, Jonathan will discuss the **true significance of the year 2012**, which is when the Mayan calendar stops, **what he believes will happen in 2012** to profoundly shift consciousness around the world to a higher level that creates a **'golden age'** in which far more people think and behave in more enlightened ways that lead to a better society and world. If you are curious about what the future holds, listening to Jonathan will inspire you with a **vision of hope for a better future** that is unlike the dysfunctional past, a future in which values of caring, sharing and community underpinned by the force of **universal, unconditional love** become primary and the false values or idols like money, power, fame and pleasure that most people in the world now worship cease to be the principal forces driving people and society as a whole.

Jonathan will also share a very powerful clearing process that will help you to to **let go of your own psychological attachment to the past and these false idols** that perpetuate the illusion of the world as we know it and **free your mind** to perceive what the past and these false idols are designed to obscure – that **we are all One** and **Love is all there really is**.

To book your place/s for this talk now, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Mayan Calendar Talk on 15/09 in Alverstone'** in the subject line of the email or call **071-853-2368** for more information about this event.

-----  
Talk Topic: **'How to Overcome Fear and Ride the Wild Tiger of Life'**

Date: **Thursday, 16 September**

Time: **6.30 - 9 p.m.**

Venue: **5 York Road, Winston Park, Hillcrest**

Investment: **Any donation you would like to give**

If you are feeling generally stressed and fearful about what is happening in your life, the country and the world at the moment - in fact, if you have any fear at all - you really need to come to this talk given by [Jonathan Quail](#), the founder of [Lifebuild](#), to **learn how to overcome all your fear and enjoy the ride on**

**the wild tiger we call life**, no matter what appears to be happening around you. This talk will reveal how and why we are totally responsible for creating our own reality through our thoughts, and how to train your mind so that it is completely free from fear and all its negative side-effects, making you aware of the **unlimited abundance** you feel inside, which will then automatically start reflecting in the abundance you experience in every area of your life, including your **material wealth, your health, your relationships and your work life**.

To book your place/s for this talk now, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Talk on How to Overcome Fear on 16/09 in Winston Park'** in the subject line of the email or call **071-853-2368** for more information about this event.

Here's what a few people have said about Jonathan's talks in the past :

"Excellent, mind blowing - helped me to understand company restructure and cope better with change. Empowering - enlightening, definitely an eye-opener, new concepts realising a higher conscience. Informative and motivating." - *Salleha Jamal, Bankserv*

"I would like to Thank You for an outstanding and value for money presentation. It was Incredible!" - *Gordon Mackay, Property Investor and Speaker on Property Investment*

"I again reiterate how wonderful your talk was. You are indeed a talented speaker. It was a pleasure having you there. I believe you have a wonderful future ahead of you in public speaking and motivation. You are a special human being." - *Candice Goldstein, Sportron Distributor*

"I would like to thank you for this wonderful and totally mind shifting course." - *Sarita Heerman*

"This workshop was one of the best investments I have ever made in my life." - *Kobus Saayman, 'Personal Alchemy' weekend retreat attendee*

For more information about Jonathan Quail and his work, go to [www.successcoach.co.za](http://www.successcoach.co.za) and see immediately below for more information about a **workshop** that will show you **how to overcome all your fear and find the inner peace that lies beyond it** that Jonathan will be facilitating in Durban over the weekend of the **18<sup>th</sup> and 19<sup>th</sup> of September in Assagay**.

## 'Freedom From Fear' Firewalk Experience and Power Meditation Lifeshop™

Dates: **Saturday the 18<sup>th</sup> of September and Sunday the 19<sup>th</sup> of September**

Times: **8 a.m. - 10 p.m. on Saturday the 18<sup>th</sup>**

**7 a.m. - 5.30 p.m. on Sunday the 19<sup>th</sup>**

Venue: **Assagay Lodge, 4 Williams Road, Assagay**

Your Investment: **R800 per day, including all meals, refreshments, course material and audio recordings of all the sessions, or R1,950 for the whole weekend, including accommodation on Saturday night**

This two-day transformational process facilitated by Jonathan Quail will **change your perception of reality** and therefore, both the **'you' who is the perceiver** and **the world this new 'you' is perceiving**, radically. This new 'you' will see a **vision of the real world** where neither fear nor any of its associated negative emotions, such as guilt, anger, greed, envy and apathy, exist, and you will start to live by the single law of this real world, the world of Divine Truth, while you are apparently living in this world. This law is the law of **unconditional love** for all living things, which is a law that **eliminates all fear** and the separation that goes with it from your mind.

This new world and the results you will experience living in it will be so transformed that you will be **astonished and delighted with the transformation** that starts to take place in your life after this truly life-changing workshop. The **'lead' of the negative conditions and circumstances** you may be experiencing in your life currently - poor health, financial scarcity, bad relationships or any of the numerous other outward manifestations of fear that seem to be an unavoidable consequence of being human – will be **transmuted into the gold of true 'wealth'**, which is **true happiness** and the **good health, loving relationships** and **abundance in every aspect of life** that we all want, but so few seem to enjoy.

The programme on **Saturday** will include:

- an introduction to the **Integral Model** developed by Ken Wilber, which is a framework **for understanding the ideas and concepts** that will be covered during the weekend and all the **integral transformative practices** you will be learning during the weekend to help you to understand why you will be doing what you are doing and **integrate it all in a way that makes sense to your conscious, rational mind**;
- a session that will help you to **understand what your mind and your ego are** and how your conscious, rational mind governed by your ego creates the 'reality the world you see, then perceives its self-created

- version of 'reality' as real to **confirm its belief that its egoic identity is who you really are** in order to keep you stuck in its controlling '**comfort zone**' doing the same things over and over again and experiencing the same frustrating results;
- a detailed explanation of the **origin of fear** and the universe it has created, the perception of which is the primary way the mind seeks to limit you and what you believe you are and can do;
  - a group process that will help you to **understand clearly the 'game' you have been playing to sabotage your life, your happiness and your highest success** and prevent yourself from living a life of love, peace and joy where you are **doing what your soul calls you to do**;
  - an emotionally releasing **compassion process** that will help you to **empathise** and '**feel with**' somebody else, especially those who have seemingly hurt you;
  - a **10-step radical forgiveness process** you will be guided through where you practise forgiveness on yourself and the person whom you feel has hurt you the most in your life (this same radical forgiveness method was used by a Hawaiian doctor to **heal an entire ward of mentally disturbed patients**, proof of its **miraculous power!**);
  - powerful **experiential processes** to help you to **think 'out of the box'** and to **see other people as they truly are** rather than through the distorted filters of your own fearful mindset;
  - as the culmination of the transformation process, a **Firewalk** on Saturday evening where you will walk over a 3-metre stretch of hot coals without burning your feet at all as conclusive proof to you that **your mind controls your reality** and that you have **the power to do anything you truly believe you can do**, no matter how impossible it may previously have seemed to you.

To book your place/s for the '**Freedom From Fear**' Firewalk Experience on **Saturday the 18<sup>th</sup> of September**, for which your investment will be **R800** that includes delicious **vegetarian lunch and dinner, two teas** and the **firewalk**, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and '**Booking for Freedom From Fear experience in Assagay**' in the subject line of the email.

On **Sunday the 19<sup>th</sup> of September**, Jonathan will be guiding people through **10 different meditation techniques** in the tranquil, natural environment of the **Mhlatuzuna Valley** in **Assagay** that is perfect for meditation. He promises you an experience that will shift your perception of yourself and the world forever and give you the **key to accessing the incredible peace that lies beyond the conscious mind and living in that peace permanently**. For more information about the different meditation techniques you will be guided through, click the following link: [www.lifesync.co.za/lifeshops/index.htm#POWER MEDITATION LIFESHOP](http://www.lifesync.co.za/lifeshops/index.htm#POWER_MEDITATION_LIFESHOP). To book your place/s for this **Power Meditation Lifeshop™** on **Sunday the 19<sup>th</sup> of September**, for which your investment will be **R800** that includes delicious **vegetarian lunch, two teas** and **audio**

**recordings of all the meditations** we will be doing during the day, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Power Meditation Lifeshop in Assagay'** in the subject line of the email.

To book your place/s for both the **'Freedom From Fear' Firewalk** experience on **Saturday the 18<sup>th</sup> of September** and the **Power Meditation Lifeshop™** on **Sunday the 19<sup>th</sup> of September**, for which your investment will be **R1,600** if you stay at home and travel to Assagay Lodge every day or **R1,950** if you sleep at the Lodge on Saturday night, which includes **accommodation** – you will be **sharing a room** with one other person - and **breakfast on Sunday morning**, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Freedom From Fear and Power Meditation Lifeshop in Assagay'** in the subject line of the email, being sure to let us know whether you want to stay at Assagay Lodge on Saturday night (the 18th) in the body of the email.

There is only space for a **maximum of 9 people** to sleep at the Lodge on Saturday night and places will be allocated on a **first-paid, first-allocated basis**, so if you do want to sleep over on Saturday night, don't delay in booking your place/s to avoid disappointment. Should you want to chat to Jonathan about this life-changing workshop, feel free to call him on **071-853-2368** or **011-615-3194**.

---

## **Lifebuilder Personal Alchemy Weekend Retreat**

Date: **Thursday the 23<sup>rd</sup> of September – Sunday the 26<sup>th</sup> of September**

Times: **6:30 for 7 p.m. on Thursday through to +- 5:30 p.m. on Sunday**

Venue: **Clearview Lodge, Broederstroom**

Investment: **R3,950 (includes refreshments, meals, accommodation, course material, audio recordings of all the sessions and a guided meditation track with binaural beats)**

By coming to this workshop, you will learn what the ancient art of **alchemy** is really about and how to apply its profound principles and message in your life to **transmute the lead in your life to the gold of abundance** in all its forms – **happiness, good health, loving and trusting relationships, a vision and higher purpose for your life, financial wealth** and a **balanced lifestyle**. You will discover how to transmute the lead of your ego, your sense of a limited, conditional and fearful self that has been in charge of your life for so long, into your true reality as immortal, eternal and fearless Spirit and **transform the leaden circumstances in your life into gold** as a natural consequence of this through a combination of **listening,**

**interactive discussion and powerful experiential exercises and 'entertrainment'** in the beautiful, tranquil setting of the **Clearview Lodge in Broederstroom**. Amongst other life-transforming practices and techniques, you will learn:

- How to **forgive** any situation and person to **release their negative effects** on your life forever;
- How to **transform all your relationships** into unconditionally loving ones;
- How to **meditate** to **experience true inner peace** and carry this peace with you always;
- How to **breathe consciously** for relaxation and health;
- How to **eat** for maximum health and vitality;
- How to **love exercise** by breathing properly while you do it;
- How to **create abundance in every aspect of your life**, including **financial wealth**, by finding and **flowing with your life purpose**.

The workshop will be facilitated by **Jonathan Quail**, a spiritual teacher, life coach, speaker, trainer, entrepreneur and the co-founder of Lifebuild. For more information about the retreat and Jonathan, go to [www.lifeshops.co.za](http://www.lifeshops.co.za). Places are limited and will be allocated on a first-booked, first-served basis, so don't delay in booking your place/s to avoid disappointment - send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Personal Alchemy Lifeshop in Broederstroom'** in the subject line of the email. There is also an **early-bird special offer of a 5% discount** on the course fee if you **book and pay for it on or before the 1<sup>st</sup> of September**, so don't delay in booking your place/s for this life-changing event now.

---

## **Lifebuilder Power Meditation Lifeshop™**

Date: **Saturday, 23 October**

Time: **8 a.m. – 7 p.m.**

Venue: **Woodlands Centre for Wellbeing and Spa  
Muldersdrift**

Investment: **R950** (including lunch, teas and audio recordings of all the meditation sessions)

If you've heard about meditation and all it's amazing benefits before - **calmness, inner peace, better health, increased concentration and productivity, joy and even bliss** - and always wanted to start meditating to enjoy these benefits, then this **workshop**, or **Lifeshop™**, as **Jonathan Quail**, the creator and facilitator of it prefers calling it, **is your opportunity to discover the best way for you to meditate or**

**deepen your practice** if you have tried meditating or meditate regularly already.

All of us are different and what works brilliantly for one person may not work at all for another. That's why **Jonathan** will be teaching **10 different meditation techniques** in this **Power meditation workshop** he will be facilitating on **Saturday the 23<sup>rd</sup> of October at Woodlands**, a spa and healing centre situated in a beautiful, natural environment next to a river in Muldersdrift that is perfect for meditation - see [www.healingatwoodlands.co.za](http://www.healingatwoodlands.co.za) for more information about this beautiful location. He promises you an **experience that will shift your perception of yourself and the world forever** and give you the **key to accessing the incredible peace that lies beyond the mind** and living in that peace permanently.

For more information about this event, see [www.lifefsync.co.za/lifeshops/index.htm#POWER MEDITATION LIFESHOP](http://www.lifefsync.co.za/lifeshops/index.htm#POWER_MEDITATION_LIFESHOP). To book your place/s for this **Power Meditation Lifeshop™** on **Saturday the 23<sup>rd</sup> of October**, for which your investment will be **R950** that **includes lunch** on the deck overlooking the river at Woodlands, **two teas** and **audio recordings of all the meditations** we will be doing during the day, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Power Meditation Lifeshop at Woodlands'** in the subject line of the email. You can also come to one of the guided meditation sessions one **Sunday** to get a taste of the workshop – see above for more information about this.

---

## **Lifebuilder** Dolphin Alchemy Retreat in Mozambique

Dates: **Thursday the 16<sup>th</sup> of December – Monday the 20<sup>th</sup> of December, 2010**

Venue: **Phambuka Bush Lodge, Ponta d'Ouro, Mozambique**

Times: **2 p.m. on Thursday the 16<sup>th</sup> through to 1 p.m. on Monday the 20<sup>th</sup> of December**

Your Investment: **Between R4,950 and R6,950 per person depending on your accommodation option**

There have been many accounts of dolphins helping human beings to heal and transform their lives throughout history. Now, you have the opportunity to experience the **miraculous healing and transformational power of dolphins** in this 5-day retreat from the crazy urban world in which most of us live. **Jonathan Quail** will be guiding a **maximum of 12 people** in the beautiful and tranquil surroundings of Ponta d'Ouro in southern Mozambique to **transmute the lead of ego** and all its dysfunctional effects in their lives into the **gold of Spirit** and all its beautiful and powerful side-effects – **inner peace and happiness, good health, loving and trusting relationships, a higher purpose or calling in life, abundance** in every



aspect of life, including **financially**, and a **balanced lifestyle** – with the help of the dolphins, the resident **master alchemists** at Ponta d'Ouro.

By coming on this retreat, you will be taken on an experiential journey **to find the real 'You'** beyond the roles and games you play and **transmute the lead of your old, egoic self into Spirit** to set yourself free from guilt, fear and all the other negative emotions that stem from these twin demons and find the **golden truth** within you that you have probably been missing all your life. It is only through living in an awareness of this awesome **MISSING TRUTH** that lies within you that you can experience **inner peace, unconditional love and joy**, states of being that will automatically **transmute the outer circumstances of your life** into golden ones that reflect this sublime inner state. Without this awareness, we are lost in a world of illusion that will only cause us to suffer, no matter how much material wealth or success we may appear to have; with this awareness, **nothing in this world can stop us from living in a state of peace, love and joy** and spreading this state to others in our own unique way.

This is what the ancient art of **alchemy** sought to teach its students – how to **transcend their lower selves** so they became powerful enough to transmute physical lead into gold, a feat that was simply a **reflection of the transformation of the inner consciousness** they would have had to experience through the study and practice of alchemy in order to do this. The aim of the modern student of alchemy is to **transform the material, outer aspects of his or her life** into **metaphorical gold** by transmuting the egoic, separated, fearful self into the Higher Self. One of the primary objectives of the retreat is to help you to discover your **purpose and calling** in this lifetime, which is the **alchemical path** that will reveal your golden inner Self to you and what your higher Self's Purpose for your life is, and transform the outer circumstances of your life radically through living authentically on Purpose.

The retreat will include three **swims with the dolphins** in the bay at Ponta d'Ouro, guided group **meditation** and **exercise sessions**, evening **movies, talks, discussion sessions** and experiential processes facilitated by Jonathan to help you:

- **Uncover the game you have been playing** to sabotage your life;
- **Forgive** other people and yourself for all you perceive you or they have done wrong;
- Tap into your innate **creativity** and the Voice of your higher Self, your **intuition**;
- **Communicate telepathically** with dolphins and other animals;
- Discover **who you really are**;
- Find **your higher purpose** and **calling** in life;
- Let go of the past and future and **live only in the present moment**;

- Live in a state of **inner peace and joy** permanently.

You will also learn some very **practical techniques** on the retreat that you can practise on your own to help you to improve your life radically, such as:

- Different **meditation processes** to help you to quiet your mind and de-stress;
- **Breathing techniques** that increase your awareness, health, vitality, fitness and enjoyment of exercise;
- A **radical forgiveness process** that helps you to let go of the burden of your past;
- **Mindfulness techniques** to increase your present-moment awareness;
- **Eating consciously** to make your meals into a meditation experience;
- **Aerobic laughter** to help you de-stress and activate the 'happy' chemicals in your brain;
- A **joyful way to exercise** that is a 'joyout' rather than a workout.

For more information about this life-changing retreat, go to [www.lifeshops.co.za](http://www.lifeshops.co.za). Booking and **payment of a 50% deposit** is required **on or before the 31<sup>st</sup> of August, 2010**, so we can book your accommodation at Phambuka for you and the number of people who can come on the retreat is **strictly limited to 12** due to space constraints on the boat we will be using, so we suggest you book now to avoid the possibility of being disappointed. To book your place/s for this Dolphin Alchemy workshop in Ponta d'Ouro in December, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with your name, cell number, number of places you want to book and **'Booking for Dolphin Alchemy Lifeshop in Mozambique'** in the subject line of the email.

---

## MORE INFORMATION ABOUT THIS EZINE

This edition of Lifebuilder, an ezine that Lifebuild sends out once every two month, was sent to over 7,200 people.

Help us spread this life-changing information to more people by forwarding this email on to your friends. If this ezine has been forwarded to you and you want to subscribe to it and receive an inspirational quote every day as well, go to [www.lifebuild.com/subscribe](http://www.lifebuild.com/subscribe). To download 12 free e-books and access other great resources and subscribe to our mailing list at the same time, go to [www.lifebuild.com/membersclub](http://www.lifebuild.com/membersclub).

Should you want to contact us about anything, you can send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com)