



**Lifebuilder Ezine – December, 2010**

## **QUOTE OF THE MONTH**

"It is easy to love those you love. There is no virtue, no saintliness in that. But to love those you do not love, that is the attribute of an evolved soul."

*– Sign outside the Salty Surf Shack in Ponta d'Ouro, Mozambique*

Hi!

Welcome to the final edition of the Lifebuilder ezine for 2010 and congratulations for choosing to open this attachment!

The featured content of this edition is a beautiful story about a little soul taken from the book '**The Little Soul and the Sun: A Children's Parable Adapted from Conversations With God**' by Neale Donald Walsch that will help you to see everyone and yourself in a different light that leads to the compassion and forgiveness necessary to forgive and love those you feel anything other than love for and live according to the injunction of the quote above.

If you are looking for a last-minute Christmas gift for someone special in your life who is more spiritually inclined, consider giving them a gift of the series of **7 Integral Interviews** I have recorded that will show you how to live in integrity to this ideal of **being loving and compassionate** at all times, in all places through all circumstances, without exception and to creating a life of **balanced success** through this unconditionally loving approach to life. For more information about this series of interviews and to listen to the first interview in the series on how to overcome fear at no charge with my compliments, see [www.wiseviews.co.za](http://www.wiseviews.co.za).

I have also recorded a **forgiveness and chakra balancing meditation** that by practising regularly will help you to let go of past baggage that may be weighing you down and free you to allow the most miraculous year to unfold for you next year. See [www.blissout.co.za](http://www.blissout.co.za) for more information about this life-changing meditation that will deepen your practice of meditation if you already meditate or allow you to meditate far more deeply and effectively than you would otherwise be able to if you are a '**newbie**' to meditation at the moment.

If you live in or close to Gauteng, you may be interested in coming to the **Personal Alchemy retreat** I will be facilitating in Broederstroom in **February** next year that will help you to make 2011 the best year of your life and **transform the lead in your life into gold**. I am also starting a study group that I will be guiding through an in-depth study of the book '**A Course in Miracles**' at the **Shanthi Sanctuary** in Bedfordview on **Sunday the 9th of January** that may interest you and a regular **guided meditation session** every Sunday afternoon from 2 p.m. at the Shanthi Sanctuary or at the Johannesburg Botanic Gardens in Emmarentia. Please see the Events section below the main article for more information about both these events.

The Roman poet Ovid once wrote '**A field that has rested yields a good crop**'. Take his advice this festive season and allow yourself to rest and relax properly so next year yields a rich crop of blessings for you. Keep reading to read the beautiful and insightful story of '**The Little Soul**' and more about the events I have mentioned above. Enjoy the festive season and have a beautiful Christmas and New Year!

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

Jono

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## FEATURE STORY: 'The Little Soul'

Once upon no time, there was a little Soul who said to God, "I know who I am."

And God said, "That's wonderful! Who are you?"

And the Little Soul shouted, "I'm the Light!"

God smiled a big smile. "That's right!" God exclaimed. "You are the Light."

The Little Soul was so happy, for it had figured out what all the souls in the Kingdom were there to figure out.

"Wow," said the Little Soul, "this is really cool!"

But soon, knowing who it was was not enough. The Little Soul felt stirrings inside, and now wanted to be who it was. And so the Little Soul went back to God (which is not a bad idea for all souls who want to be Who They Really Are) and said,

"Hi, God! Now that I know Who I am, is it okay for me to be it?"

And God said, "You mean you want to be Who You Already Are?"

"Well," replied the Little Soul, "it's one thing to know Who I Am, and another thing altogether to actually be it. I want to feel what it's like to be the Light!"

"But you already are the Light," God repeated, smiling again.

"Yes, but I want to see what that feels like!" cried the Little Soul.

"Well," said God with a chuckle, "I suppose I should have known. You always were the adventuresome one."

Then God's expression changed. "There's only one thing..."

"What?" asked the Little Soul.

"Well, there is nothing else but the Light. You see, I created nothing but what you are; and so, there is no easy way for you to experience yourself as Who You Are, since there is nothing that you are not."

"Huh?" said the Little Soul, who was now a little confused.

"Think of it this way," said God. "You are like a candle in the Sun. Oh, you're there all right. Along with a million, gazillion other candles who make up the Sun. And the sun would not be the Sun without you. Nay, it would be a sun without one of its candles...and that would not be the Sun at all; for it would not shine as brightly. Yet, how to know yourself as the Light when you are amidst the Light -that is the question."

"Well," the Little Soul perked up, "you're God. Think of something!"

Once more God smiled. "I already have," God said. "Since you cannot see yourself as the Light when you are in the Light, we'll surround you with darkness."

"What's darkness?" the Little Soul asked.

God replied, "It is that which you are not."

"Will I be afraid of the dark?" cried the Little Soul.

"Only if you choose to be," God answered. "There is nothing, really, to be afraid of, unless you decide that

there is. You see, we are making it all up. We are pretending."

"Oh," said the Little Soul, and felt better already.

Then God explained that, in order to experience anything at all, the exact opposite of it will appear. "It is a great gift," God said, "because without it, you could not know what anything is like. You could not know Warm without Cold, Up without Down, Fast without Slow. You could not know Left without Right, Here without There, Now without Then."

"And so," God concluded, "when you are surrounded with darkness, do not shake your fist and raise your voice and curse the darkness. Rather be a Light unto the darkness, and don't be mad about it. Then you will know Who You Really Are, and all others will know, too. Let your Light shine so that everyone will know how special you are!"

"You mean it's okay to let others see how special I am?" asked the Little Soul.

"Of course!" God chuckled. "It's very okay! But remember, 'special' does not mean 'better.' Everybody is special, each in their own way! Yet many others have forgotten that. They will see that it is okay for them to be special only when you see that it is okay for you to be special."

"Wow," said the Little Soul, dancing and skipping and laughing and jumping with joy. "I can be as special as I want to be!"

"Yes, and you can start right now," said God, who was dancing and skipping and laughing right along with the Little Soul.

"What part of special do you want to be?"

"What part of special?" the Little Soul repeated. "I don't understand."

"Well," God explained, "being the Light is being special, and being special has a lot of parts to it. It is special to be kind. It is special to be gentle. It is special to be creative. It is special to be patient. Can you think of any other ways it is special to be?"

The Little Soul sat quietly for a moment. "I can think of lots of ways to be special!" the Little Soul then exclaimed. "It is special to be helpful. It is special to be sharing. It is special to be friendly. It is special to be considerate of others!"

"Yes!" God agreed, "and you can be all of those things, or any part of special you wish to be, at any

moment. That's what it means to be the Light."

"I know what I want to be, I know what I want to be!" the Little Soul announced with great excitement. "I want to be the part of special called 'forgiving'. Isn't it special to be forgiving?"

"Oh, yes," God assured the Little Soul. "That is very special."

"Okay," said the Little Soul. "That's what I want to be. I want to be forgiving. I want to experience myself as that."

"Good," said God, "but there's one thing you should know."

The Little Soul was becoming a bit impatient now. It always seemed as though there were some complication.

"What is it?" the Little Soul sighed.

"There is no one to forgive."

"No one?" The Little Soul could hardly believe what had been said.

"No one!" God repeated. "Everything I have made is perfect. There is not a single soul in all creation less perfect than you. Look around you."

It was then that the Little Soul realized a large crowd had gathered. Souls had come from far and wide ~ from all over the Kingdom ~ for the word had gone forth that the Little Soul was having this extraordinary conversation with God, and everyone wanted to hear what they were saying. Looking at the countless other souls gathered there, the Little Soul had to agree. None appeared less wonderful, less magnificent, or less perfect than the Little Soul itself. Such was the wonder of the souls gathered around, and so bright was their Light, that the Little Soul could scarcely gaze upon them.

"Who, then, to forgive?" asked God.

"Boy, this is going to be no fun at all!" grumbled the Little Soul. "I wanted to experience myself as One Who Forgives. I wanted to know what that part of special felt like."

And the Little Soul learned what it must feel like to be sad. But just then a Friendly Soul stepped forward from the crowd.

"Not to worry, Little Soul," the Friendly Soul said, "I will help you."

"You will?" the Little Soul brightened. "But what can you do?"

"Why, I can give you someone to forgive!"

"You can?"

"Certainly!" chirped the Friendly Soul. "I can come into your next lifetime and do something for you to forgive."

"But why? Why would you do that?" the Little Soul asked. "You, who are a Being of such utter perfection! You, who vibrate with such a speed that it creates a Light so bright that I can hardly gaze upon you! What could cause you to want to slow down your vibration to such a speed that your bright Light would become dark and dense? What could cause you ~ who are so light that you dance upon the stars and move through the Kingdom with the speed of your thought--to come into my life and make yourself so heavy that you could do this bad thing?"

"Simple," the Friendly Soul said. "I would do it because I love you."

The Little Soul seemed surprised at the answer.

"Don't be so amazed," said the Friendly Soul, "you have done the same thing for me. Don't you remember? Oh, we have danced together, you and I, many times. Through the eons and across all the ages have we danced. Across all time and in many places have we played together. You just don't remember."

"We have both been All Of It. We have been the Up and the Down of it, the Left and the Right of it. We have been the Here and the There of it, the Now and the Then of it. We have been the male and the female, the good and the bad; we have both been the victim and the villain of it."

"Thus have we come together, you and I, many times before; each bringing to the other the exact and perfect opportunity to Express and to Experience Who We Really Are. And so," the Friendly Soul explained further, "I will come into your next lifetime and be the 'bad one' this time. I will do something really terrible, and then you can experience yourself as the One Who Forgives."

"But what will you do?" the Little Soul asked, just a little nervously, "that will be so terrible?"

"Oh," replied the Friendly Soul with a twinkle, "we'll think of something."

Then the Friendly Soul seemed to turn serious, and said in a quiet voice, "You are right about one thing, you know."

"What is that?" the Little Soul wanted to know.

"I will have to slow down my vibration and become very heavy to do this not-so-nice thing. I will have to pretend to be something very unlike myself. And so, I have but one favour to ask of you in return."

"Oh, anything, anything!" cried the Little Soul, and began to dance and sing, "I get to be forgiving, I get to be forgiving!"

Then the Little Soul saw that the Friendly Soul was remaining very quiet.

"What is it?" the Little Soul asked. "What can I do for you? You are such an angel to be willing to do this for me!"

"Of course this Friendly Soul is an angel!" God interrupted. "Everyone is! Always remember: I have sent you nothing but angels."

And so the Little Soul wanted more than ever to grant the Friendly Soul's request. "What can I do for you?" the Little Soul asked again.

"In the moment that I strike you and smite you," the Friendly Soul replied, "in the moment that I do the worst to you that you could possible imagine ~ in that very moment..."

"Yes?" the Little Soul interrupted, "yes...?" "Remember Who I Really Am."

"Oh, I will!" cried the Little Soul, "I promise! I will always remember you as I see you right here, right now!"

"Good," said the Friendly Soul, "because, you see, I will have been pretending so hard, I will have forgotten myself. And if you do not remember me as I really am, I may not be able to remember for a very long time. And if I forget Who I Am, you may even forget Who You Are, and we will both be lost. Then we will need another soul to come along and remind us both of Who We Are."

"No, we won't!" the Little Soul promised again. "I will remember you! And I will thank you for bringing me this gift ~ the chance to experience myself as Who I Am."

"And so, the agreement was made. And the Little Soul went forth into a new lifetime, excited to be the Light, which was very special, and excited to be that part of special called Forgiveness."

And the Little Soul waited anxiously to be able to experience itself as Forgiveness, and to thank whatever other soul made it possible. And at all the moments in that new lifetime, whenever a new soul appeared on the scene, whether that new soul brought joy or sadness--and especially if it brought sadness -- the Little Soul thought of what God had said.

"Always remember," God had smiled, "I have sent you nothing but angels."

*This story is taken from the book 'The Little Soul and the Sun: A Children's Parable Adapted from Conversations With God' by Neale Donald Walsch.*

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## **LIFEBUILDER EVENTS SCHEDULE (JANUARY - FEBRUARY, 2011)**

### **A Course in Miracles Study Group Introductory Session**

Date: **9 January, 2011**

Venue: **Shanthi Sanctuary, Bedfordview**

Time: **9 a.m. – 1 p.m.**

Investment: **R100** (includes tea, coffee and biscuits)

**'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 much of 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 the Holy 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 or third 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. This session is an introductory session where Jonathan



will give an overview of the Course and the way the study group will work. 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 5 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.

For more information about Jonathan Quail and his work, visit his web site at [www.successcoach.co.za](http://www.successcoach.co.za). 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**.

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

Date and Venue: **Sunday the 9<sup>th</sup> of January at Shanthi Sanctuary in Bedfordview**

**Sunday the 16<sup>th</sup> of January at Johannesburg Botanic Gardens in Emmarentia**

Time: **2 p.m. – 3.30 p.m.**

Investment: **R50 per person**

If you've heard about meditation and all it's amazing benefits before - **calmness, better health, increased concentration and productivity and even bliss** - and always wanted to start meditating to enjoy these benefits but haven't got around to it yet, or you have tried meditation and want to try another meditation technique and **deepen your meditation practice**, attending one of these sessions is your opportunity to do that. Come one Sunday and experience a profoundly **relaxing, re-energising and healing** meditation guided by **Jonathan Quail** that will help you to experience the **stillness and peace** deep within you that **dissolves all anxiety and stress**.

**"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 – and will include a '**Power Breathing**' technique you can practise regularly to improve your **lung capacity and athletic endurance** while **rejuvenating and re-energising** your body, mind and

soul. For more information about meditation and its profound benefits, go to [www.blissout.co.za](http://www.blissout.co.za).

To book your place/s for this session now, please send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com), being sure to let us know on which Sunday you would like to attend the session in the email, or if you want more information about these sessions, you can call Jonathan on **071-853-2368**.

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## **Lifebuilder Personal Alchemy Weekend Retreat**

Dates: **Thursday the 3<sup>rd</sup> of February – Sunday the 6<sup>th</sup> of February, 2011**

Times: **7 p.m. on Thursday the 3<sup>rd</sup> of February to 5 p.m. on Sunday the 6<sup>th</sup> of February**

Venue: **Clearview Lodge, Hartbeespoort**

Investment: **R3,950 per person**

By coming to this life-changing retreat **Jonathan Quail** will be facilitating, you will learn what the ancient art of **alchemy** was really concerned with and how to apply its profound principles and message in your life to **transmute the lead in your life to the gold of wealth** in all its forms – **good health, loving and trust-filled relationships, financial wealth** and a **balanced lifestyle**. You will learn 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 ‘entertainment’** in the beautiful, tranquil setting of **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** to detoxify the body and for maximum health and vitality;
- How to **love exercise** by breathing properly while you do it, which will include a hike
- How to **create financial wealth** by finding your true calling or higher Purpose and being in a state of **‘flow’** with it

Click [here](#) for more information about this life-changing retreat and to book your place/s for them now. You can also listen to a talk entitled **‘The Art of Alchemy – How to Transmute the Lead in your Life into Gold’** that will give you a taste of what you can expect at the retreats visiting [www.lifeshops.co.za](http://www.lifeshops.co.za).