



Lifebuilder Monthly Ezine – January, 2010

QUOTE OF THE MONTH

"A vision without a task is but a dream, a task without a vision is a drudgery; a vision and a task together are the hope of the world." – *Mission Statement of [Dolphin Care](#) organisation*

Hi [name]

Thank you and congratulations for choosing to further your personal and spiritual growth by opening this attachment! The featured article of this edition on the **'How to Find and Live your Divine Purpose'** follows immediately below, and below that, you can find out more information about the **Lifebuilder events** scheduled for January. Enjoy, and I hope to meet you at one of our events soon!

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

Jono

FEATURE ARTICLE: 'How to Find and Live your Divine Purpose'

If you ask the average person what they feel their purpose in life is, you may be met with responses ranging from a blank stare to an uncomfortable laugh to a frank admission from the person that they do not have a clue what their purpose in life is, but very seldom a simple answer that in a sentence or two clearly states what that person's life purpose is. Why is this so? Because people who have truly found and are living their life purpose are as rare as hen's teeth in a society dominated by materialism in which the **desperate quest to be 'successful' as defined in materialistic terms usurps all other considerations and motivations** for most people.

Fortunately, this world and its materialistic values, which are not based on truth and therefore bring no lasting

happiness or inner peace to anyone who subscribes to them, is rapidly drawing to a close around the world – witness the teetering in the last couple of years of the western financial and economic systems that have come to dominate the world – and is being replaced by a far **more compassionate and caring society** based on true values of **forgiveness, unconditional love, peace and joy**, a movement that is still in its infancy, but that will miraculously transform individuals and whole societies throughout the world in the coming decade.

In this brave new world that is rapidly dawning around us, more and more people will find their divinely inspired purpose and live this purpose every day and we will create a society that encourages people to seek for and find their unique life purpose because people who have found their purpose and are living on purpose are inevitably **happy and very creative and productive members of society**. “So what exactly is a divine life purpose and how do I find mine?” you may be asking yourself now, which is a very good question that most people never ask in their lives, and so they never find the answer. Jesus said, “**Ask and ye shall receive, seek and ye shall find, knock and the door will be opened unto you,**” and he was referring to exactly this sort of question when he said this rather than material things, which is how many people choose to interpret his words to suit their own materialistic value system.

Not that I am against material things per se, but when they become the focus of one’s life and drown out the voice of Spirit, which is our connection to the divine Essence that is everyone’s true Identity, they become nothing more than false idols that lead us on a path of suffering towards ultimate disillusionment and despair. In contrast, our divine purpose is the path that our Spirit calls us to follow that leads us back to a state of **union with our true Selves**, the **God within us**, and naturally inspires us to feel more **love, peace and joy** every day as we live and act in congruency with it. So it is not the vision or goal itself that is important, it is the **state of love, peace and joy** that pursuing our vision helps us to find and **progressively experience more and more that is truly important**. The vision or goal that is revealed to us by Spirit is **unique to each person** and following this **divinely inspired purpose** is the **quickest way for each person to find their way back to a state of complete and unconditional love**, which is when in their own awareness, they are once again one with God and they have become **enlightened**.

Therefore, every person’s special function, which you could also call their life’s vision, purpose or destiny, is an integral part of their spiritual journey and unless you start listening to and honouring your Spirit, it will remain forever hidden from you. This brings us to the second part of the question you were probably asking yourself earlier: “**How does one go about finding one’s life purpose?**” The answer is amazingly simple, yet very difficult for most people to do. We must **quieten and clear our minds** that are normally so cluttered with thoughts of guilt, fear, desire, anger and other related negative thoughts and emotions that we cannot hear the subtle whispering of Spirit in our minds.

“So how do I quieten and clear my mind?” is no doubt your next question. Through practices such as **meditation, prayer and forgiveness**, to name only three of the most powerful spiritual practices (and believe me, there are many more). **Meditation** in its broadest definition is **anything that helps to still the mind**, so the particular form of meditation that works for you could be anything from **listening to music to walking in the park** to sitting and doing some form of more **formal meditation practice**, such as Transcendental Meditation™ or any of the other thousands of forms of meditation that have been devised throughout history. I would encourage you to experiment with a few of these methods of meditation and see what works best for you. (For more information about meditation and its tremendous benefits, as well as **three different meditation techniques** you can practise on your own to help you to find the inner peace and even bliss we all long for and hear your inner Voice that will guide you along the path to finding your life purpose, see www.blissout.co.za).

Proper meditation leads us to **true prayer**, which is **communion with our innermost Self**, the God within, and a state in which we can hear the voice of our Spirit speak to us. It is only through emptying our minds of all the false ideas and idols habitually cluttering them up that we can really start to listen to our true Voice that always knows the highest way for us to follow to re-unite in our own perception with God. Therefore, it is **in and through true prayer that you are asking Spirit to reveal your special function or divine purpose** in this lifetime to you, and as Jesus said, all you have to do is to ask and you will receive the answer

But meditation and prayer are both fairly ineffective when we are **harbouring negative thoughts and emotions about the past** because these create **mental and emotional ‘noise’** within us that stops us from hearing our true voice. “So how do I get rid of this inner noise?” you may well ask. True or **radical forgiveness** is the way to do this because **it releases or dissolves all the negative thoughts and emotions** we are holding in our minds and energy systems, freeing us to hear the true voice of Spirit within us. A **10-step Radical Forgiveness process** I have created based on timeless truth principles will help you to change your perception of any past, present or future situation from one of judgment, blame and anger to one of **forgiveness, gratitude and optimism** for the future and will profoundly change your attitude towards yourself and others, freeing you to make 2010 the year when you will finally find your calling and start to experience the **inner peace, happiness and joy** that automatically flow into your life when you do. (You can **download a document outlining the 10-step Radical Forgiveness process**, along with **12 free inspirational e-books**, by visiting www.lifebuild.com/membersclub while you are online and entering your name and contact details).

The genuine happiness that we experience when we are living on purpose is the only **true abundance in life**, but this abundance we feel within will start to be **reflected in the exterior circumstances** of our lives in the **richness and depth of our relationships**, in the **good health** we enjoy, in the **material wealth** that

flows to us and in the **quality of our moment-by-moment experience of life**, all of which are **symbolic of this inner abundance**. Therefore, finding our divine purpose is the key to living a life of happiness and abundance in every respect and should be the number one priority in your life.

How will you know when you have found it? Firstly, you will know that it is your calling by the **absence of guilt, fear and the other negative emotions** that stem from these terrible twins when you think about it and are acting congruently with it and the **happiness and joy** you will experience – it will **lift your Spirit and make your heart sing with delight**. Secondly, **amazing coincidences**, which Carl Jung called ‘**synchronicities**’, will start to show up in your life to **support your vision** – you will be in the right place at the right time to meet the right people and attract the right opportunities and resources to help you on your path to make your vision manifest. Thirdly, it will always be about **helping other people or life** in some way because that is all Spirit wants to do, and you will have a sense of **great satisfaction** in giving this **higher service** to others. Finally, **you will just know** in a way that you have to experience and no words can really describe. **It will just feel right in a very deeply satisfying way** that no short-lived excitement or thrill can match.

Throughout history, there have been **great men and women** who have found and followed their highest calling and they always leave their mark in the sands of time, sometimes in ways that profoundly change the world. The most obvious recent example of such a person is Nelson Mandela; Mahatma Gandhi and Mother Teresa were others in living memory and there are many others, including great masters such as Jesus Christ, Buddha and Krishna. Having a clear vision for your life based on a higher purpose that serves others is the key to living a truly **extraordinary life of inner peace, happiness and true abundance**. If you have not yet found your calling in life, make it your mission to do that in 2010, and you will one day look back on it as the **year that changed your life forever**. And who knows, perhaps one day people will be speaking about you with the same reverence as when they speak about Nelson Mandela and other great people.

*This article was written by **Jonathan Quail**, an **inspirational speaker, trainer, life coach and entrepreneur**. To contact Jonathan to allow him to help you to find your life purpose, visit his web site at www.successcoach.co.za or send an email to jono@lifebuild.com. Also see the Events section immediately below this article for more information about a **weekend retreat** Jonathan is facilitating in **Hartbeespoort** at the **end of January** that will **help you to find your life purpose**, as well as other events Jonathan is involved in.*

LIFEBUILDER EVENTS IN JANUARY

Lifebuilder Guided Meditation and Power Breathing Sessions

Date: **Every Sunday except for Sunday, 25 April and Sunday, 30 April**

Time: **3 – 4.30 p.m.**

Venue: **Bikram Yoga studio**

Thrupps Centre

204 Oxford Road, Illovo

Investment: **R90**

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 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!" – *Shabiso 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 to book your place/s now. You may pay for the session in cash before it starts or take it off your contract if you are a regular practitioner of Bikram yoga. For more information about Jonathan Quail and meditation, go to www.blissout.co.za and see below for more information about a **one-day Power Meditation workshop** he is facilitating on the **24th of January**.

A Course in Miracles Study Group Session

Date: **Sunday, 21 February (we will be discussing Chapter 2 of the Course)**

Venue: **Johannesburg Botanical Gardens, Emmarentia**

Time: **11 a.m. – 2 p.m.**

Investment: **R100** (includes lunch) or **R 50** if you bring your own lunch

'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 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 on Sunday the 17th of January 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 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.

Your investment of **R100** for the session includes a healthy lunch or you have the option of bringing your own lunch and then the cost for the session is only **R50**. For more information about Jonathan Quail and his work, visit his web site at www.successcoach.co.za. To book your place/s for this session now, please send an email to admin@lifebuild.com, or if you want more information about these sessions, you can call **Jonathan** on **083-964-9065**.

Lifebuilder Personal Alchemy Intro Dinner & Talk as well as a talk about Dolphins and the Tour in April

Date: **Monday, 15 March**

Time: **6.30 p.m. – 9 p.m.**

Venue: **Giovannis, Melrose Arch, Johannesburg**

Investment: **R200** (including dinner)

This talk will be held over a **delicious 3-course dinner at Giovannis restaurant at Melrose Arch** which will be an introduction about the **Personal Alchemy weekend retreat** which has been created and facilitated by Jonathan Quail, who will be giving a talk on the **Integral Model** developed by Ken Wilber that he uses as a framework for the Personal Alchemy transformational process he guides people through and giving a **brief overview of what the Personal Alchemy process entails**. Come to this talk to find out how to make this year the best year of your life and meet and network with like-minded, positive people and enjoy Moyo's legendary live entertainment.

Angie Gullan from **Dolphin Encountours** will also be giving a **talk at 8 p.m. for 30 minutes about the magic of dolphins** and the **trip and tour to Ponta D'ouro in Mozambique in April**.

Your investment for this 'entertraining' evening is **R200**, which includes a delicious **3-course Giovannis dinner** and **possibly live entertainment**. Booking and upfront payment is essential in order to cater for the right numbers. Please email admin@lifebuild.com to book your place/s now or call **083-964-9065** for more

information about this event.

Lifebuilder Power Meditation Lifeshop™

Date: **Saturday, 27 March**

Time: **8 a.m. – 7 p.m.**

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

Investment: **R800** (including lunch and course material)

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 **9/10 different meditation techniques** in this **Power meditation workshop** he will be facilitating on **Saturday, the 27th of March at Woodlands**, a spa and healing centre situated in a beautiful, natural environment next to a river in Muldersdrift 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 mind** and living in that peace permanently.

For more information about this event, see www.lifeshops.co.za or send an email to admin@lifebuild.com to book your place/s for it.

Lifebuilder Personal Alchemy Weekend Retreats

Date: **Thursday, 22 April – Sunday, 25 April, 2010**

Time: **7 p.m. on Thursday through to 5.30 p.m. on Sunday**

Venue: **Sediba Mountain Retreat, Hartbeespoort**

Investment: **R3,500** (includes refreshments, meals, accommodation and course material)

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 ‘enterainment’** in the beautiful, peaceful setting of the **Sediba Mountain Retreat** overlooking Hartbeespoort dam. 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 Lifebuuild. For more information about the retreat and Jonathan, go to 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. There is also an early-bird special offer of a **10% discount on the course fee** if you **book and pay on or before Monday, the 1st of March**. If you are interested in coming to the retreat, make sure you attend the **introductory talk for it on the 15th of March** at the **Giovannis at Melrose Arch** from 6.30 p.m. onwards (see page 7 above for more information about this event).

MORE INFORMATION ABOUT THIS EZINE

This edition of Lifebuuild, an ezine that Lifebuuild sends out once a month, was sent to over 7,500 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, go to www.lifebuild.com/subscribe. To download 12 free e-books and access other great resources and subscribe to the aforementioned mailing list at the same time, go to www.lifebuild.com/membersclub.

You can send an email to admin@lifebuild.com to contact us about anything.