



Lifebuilder Ezine – March, 2010

QUOTE OF THE MONTH

"We must become the change we want to see in the world."

– Mohandas Gandhi, Indian spiritual leader of the passive resistance movement

Welcome to the March edition of the Lifebuilder ezine and congratulations for choosing to open this attachment! The featured article of this edition written by me on the '**The Power of the Positive Principle**' about the **miraculous power of seeing only the positive and the good** in everyone and everything, which is the best way to **undo the negative forces** of guilt, fear and all their pernicious derivatives that beset our minds and therefore our individual lives and collective society and change the world for the better in the process. The quote by Gandhi above is a wonderfully succinct expression of the power of the positive principle and simultaneously, an explanation of **the only way that positive change can ever happen** in the world.

It really is time for people who want to **make a positive difference in the world** to stand and work together to create a **more loving, peaceful, joyful** and therefore **sustainable** world. If you are someone who is committed to making a positive difference in the world, you are invited to participate in a **Webinar** (web seminar) to find out more about this new community and how you can be involved in and benefit from it, as well as discuss some of the finer details of how it will function. Click [here](#) and send the email that pops up if you would like more information about the Positive community and would like to participate in the webinar, being sure to **let us know in your email what days and times in the next week it would best suit you for the webinar to be held**. We will try and accommodate everyone who wants to participate and set a time and date that suit the most number of people, after which we will reply to you to let you know when the webinar will be held. The overall intention of this initiative is to create a community that will give anyone interested in improving their lives **access to the widest range of tools, techniques, processes, information and interventions** available in South Africa and Africa designed to help them to create positive change in their lives through a web site, email and off-line events, amongst other channels, and simultaneously help speakers, teachers, healers and other '**positive practitioners**' to connect with people who need their services and interventions

I am involved in some really exciting transformational **events and retreats being held in Muldersdrift, Hartbeespoort, St. Lucia and Mozambique** in April, all designed to help you to **shift your perception and radically transform the world you perceive you live in and your experience of life** – please see the Events section below the article for more information about these events and if you live in Gauteng, you can come to a '**raw food**' dinner and talks about **permaculture** (short for 'permanent culture'), which underpins everything I teach in the retreats I facilitate, and a talk on **spiritual nutrition** and the **benefits of eating raw food** given by Ingrid Litman, who has trained with some of the world's leading gurus on raw food, on Monday next week (the 29th of March) at Ingrid's house in Melville in Johannesburg. Click [here](#) and send the email that pops up to book your place/s for what promises to be an evening of **enlightening education, stimulating company and delicious and highly nutritious food**.

Enjoy reading this newsletter, which I trust will give you much food for thought. I hope to meet you soon!

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

Jono

FEATURE ARTICLE: 'The Power of the Positive Principle'

"Letting go of the belief in the negative forces of guilt and fear, which is true forgiveness, is the most powerful way to transform your life, because all that is then left in your mind and heart is the wholly positive force of unconditional love from which miracles automatically flow into your life." – [Jonathan Quail](#), spiritual teacher, speaker, life coach and founder of [Lifebuild](#)

In a world where guilt, fear and the other negative emotions and tangible effects stemming from these twin demons are so rife, it may seem somewhat trite and clichéd to say that we **just need to think positively to nullify these negative thoughts and emotions**, undo their observed negative effects and replace these with positive effects that are truly empowering and life building. However, when we take the trouble to examine **quantum physics**, the science that has investigated the nature of reality and the relationship our minds have to it, one finds that there is a **solid scientific basis** for making this claim about the power of positive thinking.

The most widely accepted interpretation of quantum physics in the scientific community, known as the **Copenhagen interpretation**, is that **there is no reality in the absence of observation**, which implies that reality as we perceive it is really not 'out there' but within our minds and that **our perception of something as real is what gives it its reality**. This means that we are the creators of our reality and are in fact projecting everything that appears to us to be out there from a higher level of our minds, called the **universal mind**, and then perceiving and judging it as real to create a seemingly real experience of living the lives we apparently live in the illusion we have collectively created. So quantum physics is really pointing to the truth that it is **our thoughts that create our perceived reality and our life experiences** while apparently living in the 'reality' of the physical world and universe, which is in fact a **mind-created matrix of projected thought**.

This interpretation of quantum physics is supported by the accounts of many **sages and mystics** who have graced the planet with their presence through the ages and have had personal experiences of knowing they are **one with the universal mind** that created the universe (e.g. Buddha) and the **Spirit that pervades and unites everything in the universe** (e.g. Jesus Christ), as well as the testimony of literally millions of other more average people throughout history who have had experiences of unexplainable synchronicities, serendipitous and miraculous events occurring in their lives.

If it is true that we really do create our reality and are not victims, but makers, of the world and universe in which we apparently live through our thoughts, then our thoughts and beliefs are clearly of paramount importance, as they create our whole perceived reality and all our life experiences with it. Most people are unconscious of the fact that they are in fact creating their own reality through the mostly **unconscious paradigms or beliefs** they hold about themselves and life and so continue creating the same often painful reality over and over again without realising they are actually **projecting their deep unconscious negative beliefs of guilt, unworthiness and shame** about themselves out of their minds into the illusory world in which they apparently live, then **judging their experiences as real** and **creating pain and suffering** in the process.

Why would so many people cause themselves to suffer in this way, you may well ask? Simply to have **an illusion or dream of a special and unique identity**, which is called the **ego**, that in our perception separates us from others, from other life forms on this planet, from the universe and ultimately, from God. In fact, it is their **guilt** at this apparent separation from All That Truly Is, which we commonly refer to as 'God', that keeps the whole illusion of a separate identity and existence going in their own minds, causing a **continuous cycle of birth into and death of physical bodies** with various painful and sometimes pleasurable experiences in between, which is known as **reincarnation**, until the mind having these repeated dream experiences **wakes up** and **realises that the dream is not real** and it is in fact one with All That Truly Is, which is the eternal and unchanging Positive principle that dwells in all of our minds. It is through this At-onement that the seemingly split mind that **created the duality of positive and negative** and all the consequent opposites stemming from this primal duality finally **lets go of the**

guilt at its apparent separation from its true Source, the **fear of punishment** this seems to require and the erroneous and vicious defences, including the projection of thought into an apparently externalised form we call matter constituting the universe, required to perpetuate this hellish state of suffering, the sole purpose of which is to continue the mind's dream of being separate from All That Is.

Having been through this very quick metaphysical explanation of the origin and purpose of the universe in which we apparently live, I hope that both the tremendous power of positive thought and the way to think only positive thoughts is now self-evident to you if it wasn't before. Positive thoughts while we are apparently living in the universe, which is the domain of perception, **affirm the Positive principle**, which is All That Truly Is beyond this universe where guilt, fear and all their pernicious negative effects appear to be real, and so **automatically deny the reality of the negative principle**. The At-onement or Atonement is simply the awareness of our oneness with All That Truly Is, including everyone and everything that appears to be separate from us in the illusion of separation created by the split mind, which is commonly referred to as **universal love**. So the ultimate and eternal Positive principle is **universal, unconditional love** for all sentient beings, which **automatically undoes guilt, fear and all other negative thoughts** stemming from the apparently separated mind. Once a mind has returned to a state where all it is **aware of is its true oneness** with all apparently separated things and beings in the universe, we say that it has become '**enlightened**', as it no longer carries a heavy burden of guilt and fear with it and it has **seen the light of truth**, enabling it to see only **the Good, the Beautiful and the True** (as Plato called the perception of the Positive principle) in everything and to abide in a state of continual inner peace, joy and even bliss, which is the true happiness that we all seek.

Because we are creating our own experience of reality while our minds are apparently inhabiting physical bodies in the universe, a law which is referred to as '**karma**' in the eastern philosophies and religions and the '**Law of Attraction**' in the modern personal growth movement, an enlightened person who has released all guilt and fear from his or her mind and only thinks thoughts and feels emotions of **love, peace and joy** will create circumstances and experiences of loving and being loved by others and abundance in every aspect of his or her life that reflects this joyous inner state. **Joy** is the **most powerful emotion for manifesting** anything and so an enlightened person becomes a **miracle worker** able to **channel the unlimited power of the Positive principle to transmute the 'lead' of negative circumstances and events** in this world and universe created by the negative principle of separation into the **metaphorical 'gold'** of the Good, the Beautiful and the True that reflects the golden state of enlightenment or At-onement with the Positive principle.

"So how do I restore my mind to this state of unconditional love and joy and start living a miraculous life while I apparently am living here in the world?" you may well ask. It is only by **forgiving the symbols of your apparent separation as they arise** in your (dream) life experiences away by simply letting them go from your awareness and not giving them any reality in your mind, so preventing any thoughts that will inevitably cause you stress, pain and suffering and confirm your apparent separation from All That Is Good, Beautiful and True. So the key to experiencing **unconditional love, peace and joy** in your life and **living permanently in the domain of the miraculous** is **true or radical forgiveness** that simply denies **that the particular event being forgiven and anything else that has appeared to happen** in the dream of time, space and energy that we call the universe **has ever really happened**, which is very simple in concept, but rather more difficult to put into practice (a statement I have made just in case you were born as a perfectly enlightened avatar and have never experienced difficulty in forgiving someone or something that appears to have hurt or wronged you).

To help you to forgive away all that is negative from your life and therefore, your mind, and live in an enthralling state of awareness of only the Positive principle that only creates positive results, I invite you to download a **10-step radical forgiveness process** I have compiled from my web site with my compliments – click [here](#) to sign up to the Lifebuild Member's Club and gain free access to this powerful process now. You may also want to come to one of the [Personal Alchemy retreats](#) I am running towards the **end of April** during which I will personally be able to guide you through the forgiveness process and the philosophy I have briefly outlined in this article that underlies it, as well as teaching you some powerful practices for training your mind to see only the Positive that will lead you to the **ultimate attainment of any human being** – to realise that you are in fact, not a human body at all, but **pure Being or Spirit**.

This article was written by [Jonathan Quail](#), a speaker, trainer, life coach, entrepreneur and co-founder of Lifebuild. To **download a 10-step radical forgiveness process** created by Jonathan that will help you to make forgiveness a habit in your life, click [here](#). For more information about Jonathan and the work he does, click [here](#) to visit his web site or [here](#) and send the email that pops up. Also see the Events schedule immediately below for more information about **two transformational weekend retreats** Jonathan is facilitating in Hartbeespoort and Ponta D'Ouro in April that will that will help you to learn radical forgiveness and a number of other transformative practices and through these, show you how to turn the lead in your life into gold, as well as other events Jonathan is involved in. To listen to a free half-hour interview with Jonathan on how to overcome fear, click [here](#).

LIFEBUILDER EVENTS SCHEDULE – MARCH - APRIL, 2010

Lifebuilder Permaculture and Raw Food Talks and Dinner

Date: **Monday the 29th of March**

Time: **6.30 – 9 p.m.**

Venue: **11 Main Road East, Melville, Johannesburg**

Investment: **R200 per person**

This evening will feature a **dinner of raw food** and talks about **permaculture** and **spiritual nutrition** given by **Jonathan Quail** and **Ingrid Litman**, who has trained with some of the world's leading gurus on the subject and will be preparing the dinner. This is an excellent way to get a taste of the **Permaculture and Raw Food retreat** that will be held in **St. Lucia** from the **26th to the 28th of April** – see below for more information about this retreat. Your investment for the evening is **R200**, which includes a delicious and highly nutritious **3-course raw food dinner** (desert included!) prepared by Ingrid. Click [here](#) and send the email that pops up to book your place/s for this evening now. We require payment upfront in order to confirm the number of people attending for catering purposes.

Lifebuilder Guided Meditation and Power Breathing Sessions

Date: **Every Sunday except Sunday the 25th of April and 2nd of May**

Time: **3 – 4.30 p.m.**

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

Investment: **R90 per person**

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 from 3 to 4.30 p.m.** 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](#), 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. Your investment for each session is **only R80**. Click [here](#) and send the email that pops up to book your place/s for one of the sessions now. You may pay for the session in cash on the day. Please bring a cushion with you for your comfort. For more information about Jonathan Quail and meditation, go to www.blissout.co.za and click [here](#) or see below for more information about a **one-day Power Meditation workshop** he is facilitating on **Saturday the 10th of April**.

Power Meditation Lifeshop™: Learn to Meditate and Find Inner Peace

Dates: **Saturday, 10 April**

Time: **8 a.m. – 6 p.m.**

Venues: **The Woodlands Centre for Wellbeing and Spa, 29 Woodlands, Driefontein, Muldersdrift**

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

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 maybe you've already tried meditating, but find it difficult to do, or meditate regularly already and want to deepen your experience and the benefits you enjoy, then this workshop is your opportunity to **discover the best way for you to meditate or deepen your practice**.

All of us are different and what works brilliantly for one person may not work at all for another. That's why [Jonathan Quail](#) will be teaching **8 different meditation techniques** in this **Power Meditation workshop** he will be facilitating on Saturday the 10th of April at the beautiful Woodlands Spa and Healing Centre. He promises you a mind-blowing 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. Click [here](#) while you are online to find out more information about this life-changing experience or [here](#) and send the email that pops up to book your place/s now.

Lifebuilder Personal and Dolphin Alchemy Weekend Retreats

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

Thursday 29 April – Monday, 3 May

Times: **7 p.m. on Thursday the 22nd to 5.30 p.m. on Sunday the 25th of April**

2 p.m. on Thursday the 29th of April to 2 p.m. on Monday the 3rd of May

Venue: **Sediba Mountain Retreat, Hartbeespoort (22 – 25 April)**

Ponta D'Ouro, Mozambique (29 April – 3 May)

Investment: **R3,500 per person for Hartbeespoort retreat**

R6,500 per person for Mozambique retreat

By coming to this workshop, 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 the **Sediba Mountain Retreat overlooking Hartbeespoort dam** or the equally tranquil and rustic Dolphin Encountour's beach camp at Ponta D'Ouro (which coincidentally means 'Port of Gold') in southern Mozambique. 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

The retreats will be facilitated by [Jonathan Quail](#), a spiritual teacher, life coach, speaker, trainer, entrepreneur and co-founder of Lifebuild. Click [here](#) for more information about these transformational retreats and to book your place/s for them now.

Lifebuilder Permaculture and Raw Food Retreat

Dates: **Monday the 26th of April - Wednesday the 28th of April, 2010**

Times: **6 a.m. – 9 p.m. daily**

Venue: **Veyane Cultural Village, St. Lucia, KwaZulu-Natal**

Investment: **R2,500 per person (includes food and accommodation for 4 nights)**

This retreat held at the **Veyane Zulu cultural village** on the edge of the Dukuduku forest near **St. Lucia** in northern KwaZulu-Natal will show you how to **grow your own organic food** with very high nutritional value by applying the principles of permaculture, i.e. in a **completely sustainable and environmentally friendly way**, as well as **how to prepare delicious, life giving raw food meals** using the food you have grown yourself. Given the tremendous changes society is undergoing at the moment, with far more still to come, **learning how to live sustainably and self-sufficiently in harmony with nature** will become increasingly important, if not essential, in the years to come. The workshop will include many **'hands-on' practical exercises** to give you the opportunity to apply the knowledge you will learn through various practical skills and get started on the path of growing and preparing your own raw food, which is a major part of living sustainably. I will also be guiding everyone attending the retreat through **meditations twice a day** to help them to **let go of their stress** and **emotional toxicity** and find some **inner peace**. For more information about this retreat, click [here](#).

If you are interested in coming to this retreat, you may be interested in coming on **Monday the 29th of March** to a raw food dinner and talks about **permaculture** and its **spiritual foundations** given by **Jonathan Quail** and **Ingrid Litman**, who will be facilitating the raw food workshops that will form part of the retreat and will speak about the principles of **spiritual nutrition** and how eating **raw food** works its **subtle alchemy** to transform our minds, energy systems, and hence, our physical bodies. The event will be held at Ingrid's house in Melville in Johannesburg from **6.30 to about 9 p.m.** Your investment for the evening is **R200**, which includes a **delicious 3-course raw food dinner** (desert included!) prepared by Ingrid. Click [here](#) and send the email that pops up to book your place/s for this evening now.