



**Lifebuilder Ezine – March, 2011**

## **QUOTE OF THE MONTH**

**“Resistance to tyrants is obedience to God.”**

*– Thomas Jefferson, author of the American Declaration of Independence and 3<sup>rd</sup> President of the United States of America*

Hello and welcome to the first edition of the Lifebuilder ezine for 2011, and congratulations for choosing to open this attachment!

The subject of this edition's feature article is perhaps the most enduring and elusive quest of the human experience and very topical issue in the world at the moment what with the uprisings in Egypt and Libya and the rumblings of discontent amongst the citizens of many other nations in the world: **freedom**. If you see worrying signs of increasing State control in your country, are feeling the burden of debt and taxes that are making it increasingly difficult to maintain your standard of living and are wondering what to do about your personal situation that will also contribute to the development of a more enlightened and conscious society and way of living in that society, you will enjoy this **thought provoking and inspiring article entitled 'Freedom – The Eternal Call of Our Hearts'**.

Also see below for a schedule of the events happening in the next 3 months that include the launch of the **new Lifebuild community** on the **2<sup>nd</sup> of May** at the **Shanthi Sanctuary in Bedfordview** in Johannesburg and the launch via Webinar on the same day in the evening, a community that will inspire and support you in your personal journey of freeing yourself from fear and acting in a fearless way at all times, in all places through all circumstances, without exception. If you feel you need some intervention to help you to break through the mist of fear that covers your mind and your life, you may also be interested in coming to one of the **'Freedom From Fear'** experiences I am facilitating at the end of April and beginning of June in Gauteng or the **Dolphin Alchemy retreat** happening in June in Ponta d'Ouro in **Mozambique** that will feature swimming with dolphins as one of the transformational processes we will be doing during the retreat designed to help you to **transmute the 'lead'** of guilt, fear, stress and anger and the corresponding negative conditions, such as poor health, financial stress and unloving relationships, that you may be experiencing in your life into the **'gold'** of **love, peace, happiness and joy** and the **abundant results** these sublime inner states can create in every aspect of life – **radiant good health and vitality, financial wealth and loving, trusting relationships**. Please see the Events section below the main article for more

information about both these workshops and the other upcoming events in the next two months.

There is also a new section of the e-zine featuring useful tools and techniques you can use to improve your life significantly and a table of contents that details everything contained in the e-zine and on what page you can find it. Enjoy reading this edition and have an inspired month until you hear from me again!

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

Jono

P.S. You are welcome to connect with me on [Facebook](#) or follow me on [Twitter](#) – just click the preceding links to be taken to my pages on Facebook and Twitter.

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## FEATURE ARTICLE: 'Freedom – The Eternal Call of Our Hearts'

**“You can't separate peace from freedom because no one can be at peace unless he has his freedom,”** said Malcolm X, a leader in the civil rights movement in the US half a century ago, and how right he was. Freedom and peace are inextricably tied together because when someone knows at a deep level they are not free, it violates the freedom of the Soul that lies at very core of their being, a state which inevitably causes them distress and dis-ease in their minds and leads equally inevitably to the stress and disease that are so prevalent in society today.

In the Western world, we supposedly live in 'free' societies, but if you scratch the surface of this appearance a bit, the truth of the matter starts to reveal itself. This can be done by simply asking yourself a few simple but penetrating questions and doing an honest enquiry into the answers, questions such as:

- “If I didn’t work for 3 months, how would my life be affected?”
- “What value do I get for the taxes, tolls and levies I pay to the government and various authorities and why am I paying them at all?”
- “Why is there currently a worldwide economic recession and why have there been repeated cycles of boom and recession in local economies and now the global economy over the last 100 years?”
- “Who really runs my country and the world, and what is their agenda?”

Try answering these questions for yourself as an exercise before continuing to read this article... So, how did that go? Did you find you had some difficulty in answering these questions honestly, or at all for that matter? Did you discover that you are not really free at all, but controlled by powers and authorities that are beyond your full understanding and control. The truth is that there are seemingly powerful forces in the world whose agenda is anything but the freedom of those whom they seek to control. I will attempt to answer the questions I have posed above in more detail below to help you to understand more fully what is really going on in the world and why freedom is really just an illusion for most people living in a Westernised society.

- **“If I didn’t work for 3 months, how would my life be affected?”**

For most people working in a job, the answer is: dramatically. The simple equation for most employees is: **No job = No salary = No money to pay bills and debts = Loss of house and car = Loss of ability to earn a living = Destitution**

And it is this **fear of loss and ultimate destitution that controls the majority of employees**, causing them to keep working in jobs they don’t enjoy doing work they find fairly meaningless in order to earn a salary and avoid the occurrence of the above mentioned sequence of events, which is unfortunately still a distinct possibility due to the prevalence of **retrenchment** in companies struggling to stay in business in the current economic recession. This fear permeates the entire organisation, creating a negative environment to work in and negatively affecting performance and profit, which in turn creates more fear and a greater likelihood of retrenchment in the average employee’s mind, so feeding a **vicious and destructive circle** of events that inevitably leads to the destitution of individuals and sometimes even the whole business.

- **“What value do I get for the taxes, tolls and levies I pay to the government and various authorities, and why am I paying them at all?”**

If you live in South Africa, the answer is ‘**very little**’. You must still pay for your medical aid, children’s education, pension contributions and much else while watching the roads and other infrastructure in the country deteriorate through the neglect of government authorities who are supposed to use your tax money to maintain and upgrade the country’s road infrastructure. The new tolls on the highways in Gauteng supposedly to pay for their recent upgrading will in reality have paid for the entire capital cost

of the upgrading, which is what we supposedly pay our taxes for, and start yielding huge profits within 4 months of their becoming operational. Hardly a week goes by without another instance of corruption and graft in government at some level or another being exposed and this is just the **tip of a very rotten iceberg of corruption**.

In South Africa, a significant part of your tax money is also used for paying **social welfare grants** to the poorest people in the country, which on the face of it may seem to be humanitarian, but in fact keeps them in a poverty stricken situation forever dependent on the State for the small amount of income they receive, which in turn buys their loyalty to a corrupt government in the next election, so keeping the current ANC government in power. Another large portion of every Rand of tax you pay goes to service the loans to various international institutions like the World Bank and International Monetary Fund – see below for more about these thoroughly corrupt institutions below.

If you are living in another country, the situation will be somewhat different, but probably not dissimilar. You may receive some benefits for your taxes, such as free medical services and education, but your hard-earned money paid in taxes may also have been used to pay for a **billion-dollar bailout of a bank, a war, government corruption** and **various other misuses** of the money you have entrusted to your government in the last few years and, if you are honest, you will have to admit that you are almost certainly not aware of other areas where your money has been misused. And given the size of some countries' national debts, a large proportion of your tax money has probably been paid to the World Bank and International Monetary Fund as interest on loans made to your government. Ask yourself if you are really receiving value for your taxes

- **“Why is there currently a worldwide economic recession and why have there been repeated cycles of boom and recession in local economies and now the global economy over the last 100 years?”**

The current recession is symptomatic of a **systemic flaw** in the world economic system that is based on **debt and interest** that must be paid on that debt, which has caused inflation and a massive increase in the money supply over decades that has not been matched by an equivalent growth in the Gross Domestic Product (GDP) of countries and the world as a whole. This **disparity between money supply and real goods and services** that can be exchanged, the facilitation of which exchange is the reason money was originally invented, means that there is far more money in circulation than is necessary to facilitate the exchange of these goods and services. This **‘monopoly’ money** is used for paying interest on an ever-increasing debt and for trading various **‘derivatives’** – paper assets such as shares, options and bonds that derive their value from so-called ‘real’ assets and commodities that often don’t really exist at all (hence the term ‘junk’ bonds).

As the debt and interest give rise to the rest of the systemic problems outlined above, understanding

how these originate is evidently critical to understanding the root cause of these systemic problems and solving them. So how does debt first arise? Through the **World Bank, International Monetary Fund and central banks** in various countries issuing currency that must be repaid with interest by the **government and retail banks**, who in turn collect that interest in the form of **taxes** paid by taxpayers and **interest** on loans. This currency is called '**fiat**' currency because it has nothing of any value backing it and is merely brought into being by the decree of these self-appointed authorities ('**fiat**' means '**an arbitrary order or decree**' and is derived from the Latin word 'fiat' which means '**let it be done**').

'And who gave these institutions the right to issue this currency?' you may well ask. Various governments did by passing legislation that granted these **privately owned and controlled central banks the power to print and issue the money of their countries** at the instigation of a few powerful families, who (surprise, surprise!) happen to own and control these central banks, as well as the World Bank, International Monetary Fund and all other major international financial institutions. So these central banks and the families that control them literally have a licence to print money that has nothing of any real value backing it and then to earn interest from this 'monopoly' money, which means that they have been accumulating extraordinary amounts of this monopoly money over the last hundred years or so - don't believe the 'official' lists of the world's richest people for a minute, as these families have trillions and trillions of dollars of accumulated wealth at their disposal.

The power to control the money supply of countries and the world also gives these families the power to control the lives of individuals and organisations and the destiny of countries and the whole world, unfortunately not a power that they use for the greater good of humanity, but rather to pursue **evil goals of controlling, manipulating, starving, killing and stealing from millions of people**, which is one of the main reasons there is so much poverty, death, disaster and human suffering in the world today. This power to issue money gives them the power to flood the economy with money by deliberately giving easy credit terms and then to deliberately contract the money supply so there is not enough money in the economy to repay the capital and interest on loans people have taken out, causing them to default on the loans and allow the banks to repossess the assets of people have bought on credit after they have paid off much or all of the capital amount of the original loans.

Even worse, the banks never give any valuable consideration for these loans – the **capital amount of the loan is brought into existence** through the **signature of the person taking out the loan on a promissory note** that person signs promising to pay the bank the capital amount of the loan plus interest. So the bank never has anything to lose on a loan because it never risked anything of value in the first place and the security they demand in the form of an asset is there to give them a way to steal that asset from someone by deliberately contracting the money supply to deprive people of the money they need to make their repayments on these fictitious loans, as explained above. The whole loan agreement is clearly **fraudulent** and therefore **null and void** in common law because **no valuable**

**consideration was ever offered by the bank**, which **deliberately misled the person taking out the loan** into believing that there was valuable consideration given by the bank with the intent of defrauding that person of their hard-earned money and stealing the asset for which the loan was purportedly given.

So, to give the real answer to the question of why there is such a severe recession and there have been repeated cycles of boom and bust over the last hundred years in local economies and the world economy, it's the fact that the whole financial system through that underlies the economy is **fraudulent** and **motivated by fear and greed**, which are both negative and destructive energies that can only lead to death, chaos and the eventual collapse of whatever system they have brought into existence. The world is in the **throes of the chaos caused by the collapse of the fraudulent global financial system**, and yet most people, even so-called **financial 'experts'**, do not want to admit that the system is collapsing and prefer to see it as just another cycle that will right itself in the course of time, rather like the people in the time of Noah who would not listen to his warnings of the coming catastrophe, even when it started raining.

Of course, neither can they see that the so-called '**catastrophe**' offers us as a species the unique opportunity to **create a new financial system that serves the principles of love, peace, fairness and equality** rather than fear, greed, war and inequality that is an integral part of creating a **brave new world** where the **Spirit of love** that lies dormant in the majority of the people living on this planet can be **liberated from the fetters of the economic control system** that currently keeps it hidden in their minds under layers of fear and all its associated negative emotions and people of all nations and races can live harmoniously together in a **healthy, symbiotic relationship** with nature.

- **"Who really runs my country and the world, and what is their agenda?"**

Having read the answers to the questions above, it is obvious that whoever controls the issuing of currency is really in control of countries and the world. In fact, Mayer Amschel Rothschild of the infamous Rothschild family, one of the key families mentioned above who control the world's central banks, said the following **"Give me control of a nation's money supply, and I care not who makes its laws."** Their agenda is fairly obvious: **total control of people's lives** and hence the world through the financial, economic and legal systems they have created, and ultimately, one world government to create a **'New World Order'** that enslaves humanity and wipes out billions (yes, billions!) of so-called 'undesirable' people to reduce the number of people on this planet to a more manageable and controllable level.

This is hardly a new agenda, as megalomaniacs have been trying to conquer the world and build empires since the beginning of recorded human history, but what makes this attempt by the current bunch of psychopaths particularly diabolical and more likely to succeed than ever before is that it is conquest not by force, but by much more **subtle mechanisms of control**, such as society's **legal and**



**financial systems** that are held up in the **mass media** and so in mass consciousness to be **‘the law’** and **‘the right thing to do’**. Even more insidious, the plan that is being put into operation now was conceived a hundred years ago in the United States of America, from which it spread to most other Westernised countries in the world. In 1912, Edward Mandell, one of the architects of the plan, said this:

“[Very] soon, every American will be required to register their biological property in a national system designed to keep track of the people and that will operate under the ancient system of pledging. By such methodology, we can compel people to submit to our agenda, which will effect our security as a chargeback for our fiat paper currency. Every American will be forced to register or suffer being unable to work and earn a living. They will be our chattel, and we will hold the security interest over them forever, by operation of the law merchant under the scheme of secured transactions.

Americans, by unknowingly or unwittingly delivering the bills of lading to us, will be rendered bankrupt and insolvent, forever to remain economic slaves through taxation, secured by their pledges. They will be stripped of their rights and given a commercial value designed to make us a profit and they will be none the wiser, for not one man in a million could ever figure our plans and, if by accident one or two should figure it out, we have in our arsenal plausible deniability. After all, this is the only logical way to fund government, by floating liens and debt to the registrants in the form of benefits and privileges. This will inevitably reap to us huge profits beyond our wildest expectations and leave every American a contributor to this fraud which we will call “Social Insurance”. Without realising it, every American will insure us for any loss we may incur and in this manner, every American will unknowingly be our servant, however begrudgingly. The people will become helpless and without any hope for their redemption and, we will employ the high office of the President of our dummy corporation to foment this plot against America.”

The system foreseen above by Edward Mandell has been operating in most Westernised countries, including South Africa, for the best part of the last hundred years and will culminate in the **‘New World Order’** that will effectively enslave almost every person on earth to the will of these megalomaniac psychopaths who conceived this Machiavellian scheme for totalitarian world government that relies on the Luciferic inversion of truth and the belief of the masses in the truth of this lie to succeed. That Luciferic inversion is the belief that the laws of the land as created by the government of the time are true and just and it is ethical and moral to follow these laws, which, if you look at history, is clearly a ridiculous belief. Was **‘apartheid’** in South Africa ethical? Were the laws in Nazi Germany in terms of which millions of Jews were murdered moral? Were any laws passed and upheld by any of the megalomaniacs who have run despotic regimes in the past just? I rest my case.

So why then do most people obey these laws that were conceived by the same kind of Satanic psychopaths as Hitler and other similar despots and tyrants who have wanted only to control, kill, maim and torture millions upon millions of people? The simple answer to that is **‘fear’ – fear of acknowledging the truth** because of what that recognition calls one to do. Because once you know the truth, you can no

longer pretend that everything is OK and live your life in a comfortably numb state of ignorance, focussing only on the detailed business of **avoiding pain** by paying your taxes, mortgage and debts and **craving the temporary pleasures** money can buy at the price of the **deeper meaning and purpose that only a life dedicated to the truth can bring**. And it is only by letting go of all false ideas and beliefs and **living in unwavering awareness of truth** at all times, in all places, through all circumstances, without exception, that we find the **true freedom** that lies buried within our own minds and hearts. This freedom is liberation from the lies our sense of separate identity, known as our ego, tell us about who we are and why we are in the world, the only real freedom that comes when we **unite with our true, divinely created Self** and **live through this Self in a state of unconditional love, inner peace and boundless joy**.

When you start to live from this true Self rather than your ego, you can see through and are **no longer able to tolerate and co-operate with the lies and deceit that are so prevalent in the world**. This is why spiritual masters can always see through the lies and deceit of the authorities of their time and are fearless in exposing them to the people – Jesus repeatedly highlighting the lies and hypocrisy of the Pharisees and Sadducees, the Jewish priesthood that controlled Jewish society in his day being a case in point. Jesus understood that **in order to see the truth** of who you are, you must first **see and acknowledge the lies about yourself and the world that you have believed in and let them go**, which is the **process of forgiveness** that he was so vociferous about.

Jesus understood perfectly that it is only by first **acknowledging the illusions of guilt, sin and fear** in our own minds by recognising their apparent effects projected out into the seemingly external world, such as the Machiavellian schemes of psychopathic megalomaniacs discussed above, and then letting them go by **forgiving the external effects or projections** of these sick thoughts away as the **unreal illusions** they really are. In practical terms, this means that we need to **deny the reality of anything in this world that does not originate from unconditional love**, such as the rules, laws and practices the people behind the banking system have created to enslave the majority of people. As Jesus says in my favourite book, *A Course in Miracles*, “To know Reality is not to see the ego and its thoughts, its works, its acts, its laws and its beliefs, its dreams, its hopes, its plans for its salvation, and the cost belief in it entails.”

Such denial might take the form of simply ignoring them, passively resisting them or taking action to undo their effects, something which is beyond the scope of this article to address. If this article resonates with what you know to be true and you are fed up with being extorted through paying interest on fraudulent debt and taxes to a corrupt government, the good news is that there is something you can do about it - see below for more information about what action you can take right now.

The words of **Thomas Jefferson**, one of the founding fathers of the United States of America who wrote the **American Declaration of Independence** to declare the independence of the United States from Britain because they did not want to accept Britain's currency that would need to be repaid to the Bank of England with interest, thereby enslaving the citizens of the country to the bankers, and to state the principles of **life, liberty and the pursuit of happiness** on which the USA was founded and which made it a great country



before the corrupt bankers started running the country after the Federal Reserve Act establishing the control of the US's money supply by the privately owned Federal Reserve Bank was passed in 1913, words which are included in this ezine as the 'Quote of the Month', are relevant to this situation: **"Resistance to tyrants is obedience to God."**

These words echo the words of Jesus in the New Testament, who said that it is impossible to honour both God and mammon, as he called the ego and its creations; we must choose which we serve and serve only that master. If you are tempted by your ego to dismiss everything you have read as mere '**conspiracy theory**', remember what Edward Mandell had to say about **plausible deniability** of the plot they were fomenting against the American people and bear in mind Jesus' warning, also from *A Course in Miracles*, about the price for faith in the ego and its creations: **"In suffering, the price for faith in it is so immense that crucifixion of the Son of God is offered daily at its darkened shrine and blood must flow before the altar where its sickly followers prepare for death."**

Whatever, you believe about what you have just read, I **challenge you to do your own research** and ascertain the truth or falsity of what I have said yourself by visiting some of the web sites given below and doing some searching on the Internet (because you will not find the truth in the mainstream media controlled by the same psychopaths who created the current dysfunctional financial and legal system). Then ask yourself what reality you want to believe in and what kind of world this belief would create, and make your choice wisely, because by it do you **either crucify yourself or honour the call of your heart to be happy and free**, and thereby make your contribution **either to the enslavement and suffering of humankind** under the oppressive authority of a 'New World Order' or its **transformation and liberation** that will create a **Brave New World** you will be happy to leave as a gift to your children, their children and all future generations yet to come.

*This article was written by **Jonathan Quail**, a spiritual teacher, inspirational speaker, life coach, transformational facilitator and the founder of Lifebuild - click [here](#) to find out more information about him now. If you want to find out what you can do to stop paying homage to a sick system that is extorting money from you, draining your life energy and that of other people and slowly destroying the natural environment on this planet, click [here](#) to sign up to receive a series of emails and get access to information and resources that will help you to learn what you can do to free yourself from fraudulent debt and taxes. Also click here and send the email that pops up for information about a talk on this subject happening over a dinner on Monday the 11<sup>th</sup> of April in Fourways that you will enjoy if you resonated with the above article.*

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## SOLUTIONS FOR LIFE

### Discover How to Live a Life of True Integrity

Discover how to live a life of true integrity by listening to **7 Integral Interviews** Jonathan Quail has recorded that will show you how to live in integrity to the 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).

### Find Inner Peace Through Meditation

Jonathan has also recorded a **Forgiveness and Chakra Balancing guided meditation** that you can listen to regularly to help you to let go of past baggage that may be weighing you down and free you to allow **miraculous things** to manifest in your life. 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.

### Heal Yourself From the Traumas of the Past

Jonathan and his co-healer Janice have started doing a **powerful rebirthing process** that has healed people of cancer and helped to **free many people from deep-seated negative energies** in their subtle energy bodies rooted in **unforgiveness of past issues** still sitting in their subconscious minds that cause them emotional pain and physical suffering. Click [here](#) and send the email that pops up to find out more information, or call **071-853-2368**.

### Use Life Coaching to Be Truly Successful

Need some **life coaching** to overcome inner blocks and attain authentic success, which is happiness based on understanding who you truly are and what your real purpose in life is? For information on life coaching based on this '**missing truth**' so many other coaches and teachers overlook, which is the only thing that really works in the long term, see [www.successcoach.co.za](http://www.successcoach.co.za).

### Inspire Your Employees to Greater Levels of Productivity and Innovation

If your employees need some inspirational training to change their mindset to a more positive one to boost the productivity and innovation levels in your business, visit [www.jonoquail.com](http://www.jonoquail.com) or call **071-853-2368**.

## **Lifebuilder Meditation & Rebirthing Lifeshop™**

Date: **Saturday the 9<sup>th</sup> of April, 2011**

Time: **10 a.m. - 4 p.m.**

Venue: **Prana Studio, 11 4<sup>th</sup> Avenue, Highlands North (opposite Highlands North Boys High)**

Your Investment: **R600 per person** (includes yoga, refreshments, light lunch and a guided meditation CD)

In today's frenetic and rapidly changing world, it's all too easy to become **fearful and highly stressed**, a state of inner dis-ease that will lead inevitably to disease if not corrected. **If you are feeling stressed out and overwhelmed** by the pace of modern life and the challenges you are experiencing in your life, you are invited to **take some time out on Saturday the 9<sup>th</sup> of April between 10 am until 4 p.m.** to find the **stillness and peace** deep within you that **dissolves anxiety and stress** by doing a **guided meditation and power breathing session** facilitated by **Jonathan Quail**, a teacher of meditation.

The workshop, or **Lifeshop™** as Jonathan prefers calling it, will start with a short introductory **talk on the importance and benefits of meditation and breathing**, which will be followed by a tea break and a one-hour yoga session led by a qualified yoga instructor. After a break for a light lunch, you will be guided through a **Forgiveness and Chakra balancing meditation** Jonathan has developed that will help you to **release negative emotional blockages** in your chakras and subtle energy body and experience **'the peace that passes all understanding'**.

**"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 the 'Forgiveness and Chakra Balancing' meditation technique taught in the Power Meditation Lifeshop™*

**"I felt connected, inner peace, bliss and safe. Meditation is my gift and life. Namaste!"**  
– *Thabiso Kewagamang, Botswana, practitioner of the 'Forgiveness and Chakra Balancing' meditation*

Jonathan will then guide you through some **'Power' breathing techniques** that will help you to **super-oxygenate and energise** your mind and body and **improve your performance** in any sport or athletic endeavours in which you participate by **improving your lung capacity** and **VO<sub>2</sub> Max** (maximal oxygen uptake) if you do them regularly.

The session will finish with an extremely powerful **rebirthing breathing** process that will help you release **deep-seated emotional and energetic blockages** and open yourself up to experience **love's presence** and the profound sense of **peace and joy** that automatically come with it. This healing process will help to free you of your emotional and physical pain ailments. Jonathan and Janice have healed someone of advanced colon cancer before working together using this rebirthing technique and have

helped other people to profoundly transform their lives through this truly **life-changing process** – see below for some testimonials from people who have experienced the rebirthing process.

“It is difficult for me to share my thoughts/feelings with you as it was so out of my world, that I am lost for words to express my feelings and emotions that I experienced. Your singing, trance state and the shaman sounds that you vocalised had a profound impact on me together with the rebirth breathing that we did, (*which*) brought me into a deep state of alpha where I had the experience of deep gratitude and love when I said the ho’oponopono forgiveness mantra. It was a moment in my life of such beauty and peace as I have never before experienced and gave me an inside of the true beauty for us to tap into if we surrender to the truth that is out there, of true peace and love.

I thank you for being in my life and bringing me into state of sheer bliss and healing of my pains, in that moment. May you be instrumental in healing many souls of their pain on this planet. We need it NOW, more than ever before in this fast changing scary world in which we live.”

- *Frits Waldeck, attendee at the rebirthing breathing process*

“I experienced an overwhelming wave of emotion and burst into tears right at the end of the process. I felt like I had released deep sadness and then I experienced great love. I hugged Janice for 10 minutes in gratitude at this amazing experience and was blown away when she told me I was totally healed of cancer and a mutated virus. The sister who dresses my wound was astonished at the healing that had happened since the last dressing of the wound. Thank you so much for this beautiful experience that has made me feel so much better and relieved my pain.”

- *Heather Murton, attendee at 2 rebirthing sessions*

“Janice and Jono helped me through the rebirthing process to heal from advanced colon cancer. I was very sick and probably days away from death and now 3 months later I am fully recovered from the cancer.” - *Robin Crozier, about his healing through the rebirthing process*

## BOOKING AND MORE INFORMATION

Your investment for this truly life-changing workshop is only **R600 per person**, which includes **refreshments, a snack lunch, a yoga session** with a qualified yoga instructor and my ‘**Forgiveness and Chakra Balancing**’ meditation on CD. To book your place/s for this **Power Meditation Lifeshop™**, click [here](#) and send the email that pops up, or call **Jonathan** on **071-853-2368** for more information about it. If you can’t come to this workshop, see below for information about the next one in Muldersdrift in May. If you are interested in arranging a private rebirthing session or want more information about the rebirthing process, call Jonathan on the number above or click [here](#) and send the email that pops up.

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

Dates: **Sunday the 10<sup>th</sup> of April, 2011, and every second Sunday after that in Emmarentia**  
**Sunday the 17th of April, 2011, and every second Sunday after that in Bedfordview**

Times: **2 – 3.30 p.m.**

Venues: **Johannesburg Botanic Gardens, Olifants Road, Emmarentia**  
**Shanthi Sanctuary, 2 Eddy Street (corner van der Linde Road), Bedfordview**

Investments: **R50 at the Johannesburg Botanic Gardens and R100 at Shanthi Sanctuary**

**‘A Course in Miracles’** is a book that was transmitted in the 1960’s and 70’s to an American professor of psychology 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, click [here](#) and send the email that pops up, or if you want more information about these sessions, you can call Jonathan on **071-853-2368**.

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

Dates: **Sunday the 10<sup>th</sup> of April, 2011, and every second Sunday after that in Emmarentia**  
**Sunday the 17th of April, 2011, and every second Sunday after that in Bedfordview**

Times: **2 – 3.30 p.m.**

Venues: **Johannesburg Botanic Gardens, Olifants Road, Emmarentia**

**Shanthi Sanctuary, 2 Eddy Street (corner van der Linde Road), Bedfordview**

Investments: **R50 at the Johannesburg Botanic Gardens and R100 at Shanthi Sanctuary**

If you've heard about meditation and all its 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 'Forgiveness and Chakra Balancing' 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 the 'Forgiveness and Chakra Balancing' meditation technique taught in the Power Meditation Lifeshop™*

**"I felt connected, inner peace, bliss and safe. Meditation is my gift and life. Namaste!"**  
– *Thabiso Kewagamang, Botswana, practitioner of the 'Forgiveness and Chakra Balancing' meditation*

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. 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;
- **Create more abundance** in every area of your life by being in a state of **'flow'** more often.

To book your place/s for this session now, click [here](#) and send the email that pops up, being sure to let us know on which Sunday you would like to attend the session in the email, or call Jonathan on **071-853-2368**. If you want more information about meditation and its profound benefits, go to [www.blissout.co.za](http://www.blissout.co.za).



## **Spiritual Supper Club – 'The True Meaning of the 2012 End Date in the Mayan Calendar'**

Date: **Thursday the 14<sup>th</sup> of April, 2011**

Time: **6.30 p.m. – 9.30 p.m.**

Venue: **The Greenside Café, 36 Gleneagles Road, Greenside**

Investment: **R250 including a 3-course vegetarian dinner**

In this revealing talk, [Jonathan Quail](#) will discuss the **true significance of the year 2012**, which is **when the ancient Mayan calendar stops**, and what he believes will happen in 2011 and 2012 to profoundly **shift consciousness around the world** to a higher level that lays the foundation for 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 fearful of or curious about what the next few years holds, listening to this talk 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 many people in the world now worship cease to be the principal forces driving the majority of people and society as a whole.

Jonathan will also be talking briefly about some of the events he will be running in the next couple of months, including a **Personal Alchemy retreat in Ponta d'Ouro in Mozambique** in June that includes swimming with dolphins, so if you are interested in coming to any of these events, this evening will give you a taste of the event.

Coming to this **'entertraining' talk** and delicious **3-course dinner** at one of the best vegetarian restaurants in Johannesburg will help you to prepare yourself for your role in the co-creation of the new, more conscious world rapidly unfolding around us and **meet like-minded, positive people** on a similar journey of self-discovery and conscious creation of their lives and the world to you. This is the launch of the **'Spiritual Supper Club'**, which will be a once-a-month talk on a different spiritual subject given by different speakers.

Booking and upfront payment is essential for the evening in order to allow the restaurant to cater for the right numbers. Please click [here](#) and send the email that pops up to book your place/s for it now or call Jonathan on **071-853-2368** for more information about this evening.

**Lifebuilder** – 'One-day Freedom From Fear' Firewalk Experience' Lifeshops

Dates: **Saturday, the 30<sup>th</sup> of April – Shanthi Sanctuary**

**Saturday, the 4<sup>th</sup> of June – Leafy Greens Cafe**

Times: **8 a.m. - 10 p.m.**

Venues: **Shanthi Sanctuary, 2 Eddy Street corner van der Linde Road, Bedfordview**  
**Leafy Greens Café, Plot 328 Rocky Ridge Rd, Muldersdrift (next to Casalinga Restaurant)**  
Your Investment: **R980, including all meals, refreshments, course material, recordings and fire walk**

This transformational process facilitated by spiritual teacher, speaker, trainer and life coach **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 fear that binds you to 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 love** and the **gold of true 'wealth'** it produces, which is **authentic 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;
- little-known knowledge of the legal system that underpins the system of **fraudulently imposed debt and taxes** that will show you how to free yourself from these **debts and taxes** and in the process, letting go of your fear of the authorities and organisations that allows them to impose these burdens on you by your consent;

- as the culmination of the transformation process in evening, a **fire walk** 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 be to you.

## BOOKING AND PAYMENT

To book your place/s for the '**Freedom From Fear**' Firewalk Experience on either **Saturday, the 30<sup>th</sup> of April** or **Saturday, the 4<sup>th</sup> of June** that includes **delicious vegetarian lunch and dinner, two teas and the fire walk**, click [here](#) and send the email that pops up, being sure to include your name, cell number, the number of places you want to book and the name/s of the people on whose behalf you are booking, in the body of the email.

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## **Lifebuilder** Talk – '**How to Overcome Fear and Ride the Wild Tiger of Life and Freedom from Debt**'

Date: **Monday, the 2<sup>nd</sup> of May 2011**

Time: **10 a.m. - 12 p.m.**

Venue: **Shanthi Sanctuary, 2 Eddy Street corner van der Linde Road, Bedfordview**

Investment: **R60**

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 major area of your life, including your **material wealth, your health, your relationships and your work life**.

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*

[Click here](#) to read more about Jonathan Quail and his work, and [here](#) (and send the email that pops up) to book your place/s for this talk. Jonathan normally charges R15,000 for this talk when he does it for companies, but your investment is only a recommended **R60** for the evening. Tea and Coffee will be served and there will be time for him to answer your questions afterwards.

**Lifebuilder** – ‘Half-Day Meditation, Yoga, Power Breathing & Rebirthing Healing’ Lifeshop

Date: **Saturday, the 21<sup>st</sup> of May 2011**

Time: **8 a.m. - 2 p.m.**

Venue: **Woodlands Centre for Wellbeing and Spa, 209 Woodlands, Driefontein, Muldersdrift**

Your Investment: **R600, including yoga, morning tea and snacks, recordings, my meditation CD**  
**(lunch for your own account)**

In today's frenetic and rapidly changing world, it's all too easy to become **fearful and highly stressed**, a state of inner dis-ease that will lead inevitably to disease if not corrected. **If you are feeling stressed out and overwhelmed** by the pace of modern life and the challenges you are experiencing in your life, you are invited to **take some time out** on **Saturday the 9<sup>th</sup> of April** between **10 am until 4 p.m.** to find the **stillness and peace** deep within you that **dissolves anxiety and stress** by doing a **guided meditation and power breathing session** facilitated by **Jonathan Quail**, a teacher of meditation, at the **Prana Studio in Highlands North**.

The workshop, or **Lifeshop™** as Jonathan prefers calling it, will start with a short introductory **talk on the importance and benefits of meditation and breathing**, which will be followed immediately by the **Forgiveness and Chakra balancing meditation** Jonathan has developed that will help you to **release negative emotional blockages** in your chakras and subtle energy body and experience **‘the peace that passes all understanding’**.

**“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 the Forgiveness meditation technique taught in the Power Meditation Lifeshop™*

**“I felt connected, inner peace, bliss and safe. Meditation is my gift and life. Namaste!”**

– *Thabiso Kewagamang, Botswana, practitioner of the ‘Forgiveness’ meditation technique taught in the Power Meditation Lifeshop™*

After a short break for some refreshments and muffins, Jonathan will guide you through some **‘Power’ breathing techniques** that will help you to **super-oxygenate and energise** your mind and body and **improve your performance** in any sport or athletic endeavours in which you participate by **improving your lung capacity** and **VO<sub>2</sub> Max** (maximal oxygen uptake) if you do them regularly.

The session will finish with a **rebirthing breathing** process that will help you release **deep-seated emotional and energetic blockages** and open yourself up to experience **love’s presence** and the profound sense of **peace and joy** that automatically come with it. This process will be co-facilitated by a **healer** named **Janice de Bezancon-Ballaigues** who will help with the healing process by **‘taking on’** some of your deep-seated emotional pain and opening your chakras. Jonathan and Janice have healed someone of advanced colon cancer before working together using this rebirthing technique and have helped other people to profoundly transform their lives using this **life-changing process**.

**“It is difficult for me to share my thoughts/feelings with you as it was so out of my world, that I**

am lost for words to express my feelings and emotions that I experienced. Your singing, trance state and the shaman sounds that you vocalised had a profound impact on me together with the rebirth breathing that we did, (*which*) brought me into a deep state of alpha where I had the experience of deep gratitude and love when I said the ho'oponopono forgiveness mantra. It was a moment in my life of such beauty and peace as I have never before experienced and gave me an inside of the true beauty for us to tap into if we surrender to the truth that is out there, of true peace and love.

I thank you for being in my life and bringing me into state of sheer bliss and healing of my pains, in that moment. May you be instrumental in healing many souls of their pain on this planet. We need it NOW, more than ever before in this fast changing scary world in which we live."

- *Frits Waldeck, attendee at the rebirthing breathing process*

**"I experienced an overwhelming wave of emotion and burst into tears right at the end of the process. I felt like I had released deep sadness and then I experienced great love. I hugged Janice for 10 minutes in gratitude at this amazing experience and was blown away when she told me I was totally healed of cancer and a mutated virus. The sister who dresses my wound was astonished at the healing that had happened since the last dressing of the wound. Thank you so much for this beautiful experience that has made me feel so much better and relieved my pain."**

- *Heather Murton, attendee at 2 rebirthing sessions*

**"Janice and Jono helped me through the rebirthing process to heal from advanced colon cancer. I was very sick and probably days away from death and now 3 months later I am fully recovered from the cancer."**

- *Robin Crozier, about his healing through the rebirthing process*

## BOOKING AND MORE INFORMATION

Your investment for this truly life-changing workshop is only R600 includes snacks, yoga session and my meditation CD. To book your place/s for this Power Half-Day Meditation Lifeshop™, click [here](#) and send the email that pops up, or call Jonathan on 071-853-2368 for more information about it.

**Lifebuilder** Personal Alchemy Weekend Retreats

**Date:** Thursday, 22nd of September – Sunday, the 25<sup>th</sup> of September (Johannesburg)

**Time:** 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, DVD and meditation track)

**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 ‘entertainment’ 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 workshops 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. Email us at [admin@lifebuild.com](mailto:admin@lifebuild.com) to enquire or book your place(s) now. **There is also an early-bird special offer of a 5% discount on the course fee if you book and pay on or before the 1<sup>st</sup> of August.**

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**Dolphin Alchemy Retreat**



***Transform the Lead in Your Life into Gold with Jonathan Quail, Angie Gullan and Dolphins - the Master Alchemists***

When: **Wednesday the 15<sup>th</sup> of June – Sunday the 19<sup>th</sup> of June**

Where: **Phambuka & Dolphin Encountours, Ponta D'Ouro, Mozambique**

With Whom: **Angie Gullan, Jonathan Quail, dolphins and other like-minded people**

Your Investment: **R5,950 per person or R11,500 for two people sharing**

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](#), a spiritual teacher and life coach, and **Angie Gullan** will be guiding a **maximum of 9 people** in the beautiful and tranquil surroundings of Ponta D'Ouro 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 transform the outer circumstances of your life in the quickest way.

The retreat will include **daily 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 and Angie 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;
- An **exercise session** that is a 'joyout' rather than a workout.

For more information about this retreat, click [here](#) and send the email that pops up. The number of people who can come on the retreat is **strictly limited to 9** due to space constraints on the boat we will be using, and Angie will be speaking about the retreat, so if you are interested in coming, we suggest you book now to avoid the possibility of being disappointed. **Bookings and payment i.e. a 50% deposit of R1,500 is required by 1 May to secure the accomodation with Phambuka.**

Click [here](#) and send the email that pops up to book your place/s for this life-changing retreat now. We hope you will join us for what promises to be a **magical and completely transformational experience!**

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

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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).