



Lifebuilder Ezine – April, 2009

QUOTE OF THE MONTH

"A profound introspection is needed to examine the state of our psyche; we need to ask, are we meeting our need or indulging our greed? Are we healing or wounding the Earth?" - Satish Kumar, ex-Jain monk, nuclear disarmament advocate and environmental activist

Hi [name]

Just in case you have been living on another planet over the last couple of years and haven't noticed, it's clear the world and life as we know it in the world is changing radically at the moment. The old ways of thinking and doing things are simply no longer working, which is clearly shown by the crumbling systems that we have come to assume are permanent and 'just the way things are'. In this issue, we take a **long, hard look at the reasons why the current dominant system for organising society that we call 'capitalism' is failing and how we can create a system for society that is sustainable** and works to create the highest good for the most people. This is the theme of the feature article of this ezine by [Jonathan Quail](#), the editor of this ezine and founder of Lifebuild, entitled '**Spirituality and Sustainability: The Integral Connection**'.

If you enjoy the article and live or work in or around Johannesburg, come tonight (**Monday the 20th**) to the **Cottages at 30 Gill Street in Observatory** from **6.30 to 9 p.m.** to hear a talk of the same title given by Jonathan and participate in an interactive discussion session about this topic. You can also find out more about the '**Spirituality and Sustainability**' retreat being held in Empangeni at the end of this month and the beginning of May by attending the talk. We are also holding a talk about **wealth creation and property investment** this **Wednesday evening (the 22nd of April)** in Bryanston, Johannesburg - click [here](#) for more information about it while you are online and see the **Events** section below for more information about this and the other events mentioned above being held this week. Also see the **Events** section below for more information about the next **Personal Alchemy transformational weekend workshop** at the end of May in Johannesburg.

If you live in South Africa, you will (I hope) be voting on Wednesday. Sadly, almost all of the politicians and political parties continue to trot out their tired old rhetoric and promises that have no real integrity or substance. The only party vaguely close to the mark, in my humble opinion, is the Democratic Alliance, with COPE deserving some kudos for at least having the courage to break away from the ANC and present an alternative voice from the largely black community. But there is no party out there that truly has the answers to the tremendous challenges that now lie ahead of us, as none of them has made the shift into what philosopher Ken Wilber calls '**integral consciousness**', a consciousness at which the problems created at lower levels of consciousness that currently beset society can be solved. Einstein expressed this well when he said, "**The significant problems we face cannot be solved at the same level of thinking we were at when we created them**".

So what I propose is this: **starting a new South African political party that gives voice and expression to this integral consciousness**, a consciousness that respects all people and all life equally based on

universal, unconditional love, open-mindedness, creativity and an old-fashioned determination to make a difference in the world rather than simply enrich oneself. The name that came to me for this party is the **Aware Life Movement (ALM)**, which would place the party close the top on the ballot list and also have a second and deeper meaning: this would be a party that really gave alms, in the form of empowering education, health care and opportunities, to the poor by uplifting every aspect of society. But a one-man party is absolutely no good to anyone, so what this proposed new party needs is some members, which is where you come in. If this idea resonates with you and **you would like to be one of the founding members of this party**, click [here](#) and send the email that pops up, including your suggestion for a name. If your suggested name for the party is finally adopted as the name of the party, you will become the first honorary lifetime member and never have to pay any membership fees. I will also include a complimentary copy of my 7 interviews on how to live a fearless life and the Lifesync Meditation Power Pack that will help you to meditate very effectively and find that total inner peace we are all searching for (by the way, if you are interested in finding out more about these, click [here](#) and send the email that pops up).

Keep reading for this edition's featured article, more information about our upcoming events and some more goodies. I hope to meet you soon at one of our events, or if you can't make it to one of these, you can connect with me on [Facebook](#) – just search for 'Jonathan David Quail' and add me as a friend.

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

Jono

FEATURE ARTICLE - 'SPIRITUALITY AND SUSTAINABILITY: THE INTEGRAL CONNECTION'

In one of Ovid's tales drawn from Greek mythology, there is a wealthy timber merchant named Erisycthon (pronounced 'Eris-ya-thon'). Erisycthon is a greedy man who thinks only of profit. Nothing is sacred to him. But in Erisycthon's land there is a special tree beloved of the gods. Prayers of the faithful are tied to its prodigious branches and nature spirits dance around its magnificent trunk. Erisycthon cares nothing for any of this. He looks at the tree and assesses the volume of timber it will produce, then instructs his men to chop it down and sell the timber. The divine life that inhabited the tree leaves forever, but one of the gods puts a curse on Erisycthon for his greed. From that day onward, Erisycthon is consumed by an insatiable hunger for food. He begins by eating all his stores, then he turns all his wealth into food and eats all this as well. Still not satisfied, he eats his wife and children. Finally, Erisycthon is left with nothing to consume but his own flesh. He eats himself. As Ovid so eloquently put it:

**"Of a monster no longer a man. And so,
At last, the inevitable.
He began to savage his own limbs.
And there, at a final feast, devoured himself."**

Erisycthon is a symbol of a **man driven by purely economic motives**, and indeed, of the whole capitalist system that spawns such men (and women). The story is a powerful warning for our society and culture that has come to be driven primarily by the motive for profit and self-enrichment rather than any deeper meaning or purpose, and is currently in the process of consuming itself in its insatiable hunger for more, just as Erisycthon did. However, unlike in the story of Erisycthon, our fate is not sealed by the gods, for we have free will and the ability to choose a different path that sees our society reborn into a higher consciousness driven by deeper meaning, higher values and a purpose in alignment with truth. In fact, it is perhaps only now, at the 11th hour of our society's self-inflicted demise, that we will collectively start to listen to the voices of sanity that have been calling on us for many decades to mend our ways or pay the price.

So what then are we to do as a society to stop the downward spiral of consuming ourselves? In order to create a society that is truly sustainable, it should be obvious to all that we must go back to the principles that operate in a system that has been sustaining itself for millions and millions of years before human beings came along and started imposing our own narrowly self-interested will on it, causing it to become unsustainable. That system is nature itself. The primary principle that governs nature is one of **co-operative competition in the service of the highest good**, which is the sustenance of life itself in all its richness and

diversity.

Individual species may come and go and feed off each other, which is the ‘**survival of the fittest**’ principle Darwin saw operating in nature that became the underlying tenet of his theory of evolution. Unfortunately, Darwin made a critical oversight – he failed to see that as a whole, the intention of nature was always to **preserve and sustain life** on this planet by maintaining balance and harmony between the individual species and systems within the eco-system as a whole, even if this means the total eradication or drastic reduction in the population of one or more of those species if it is threatening the overall survival of life on the planet. Man is the one species that is and has been doing this consistently and relentlessly out of the same short-term, profit-driven mindset as Erisychthon for the last few hundred years since the advent of the industrial age in the 1700’s. The Earth (Gaia) as a whole, as an intelligent and living organism with a ninth-dimensional consciousness that far transcends the average human consciousness on this planet, is showing signs that she is **taking action to correct the balance and significantly reduce the offending human population** on this planet through a combination of natural ‘disasters’ (as we like to call them) – floods, droughts, tsunamis, hurricanes, tornadoes, earthquakes, rising sea levels and any other natural occurrences that threaten human life.

Perhaps we need to consider the possibility that these ‘disasters’ - when viewed from a short-term, unenlightened human viewpoint – are in fact the ultimate act of caring and compassion by the Earth for all the life it supports and for the offending species that is threatening the sustainability not only of all life on the planet, but its own survival as a species. Perhaps these are merely warnings or chastisements being given by a loving Mother to help her errant children to stop behaving in ways that threaten their own welfare, in much the same way as a human mother might chastise a child that wanders into a busy road out of love for that child to give him or her a clear sign and attendant emotional experience that this behaviour is not acceptable. Of course, if that child does not see the mother’s higher intention and the love that underlies the act, the child will just be angry with and resent the mother, thinking that the mother is a dragon who has no love for him or her and wanting to rebel against the mother’s authority. However, when that child grows up and matures, he or she will be thankful that the mother did what she did to **protect him or her from his or her own self-destructive tendencies and ensure that he or she survived and evolved into higher consciousness.**

Perhaps it is time that we as a species grew up out of our ignorant childhood and rebellious adolescence into a more **mature, wiser and more compassionate species** that can appreciate the love the Earth really has for us and love and respect her and all life supported by her, including all our fellow human beings, in return. And perhaps it is only in making this shift to a more spiritual way of being and living that honours all life on the planet in equal measure while acknowledging individual’s right to health, happiness and a decent quality of life and that we can save ourselves as a species from the fate of Erisychthon.

It is the 11th hour of our crumbling society and way of life and the only question facing you is this: what will I do about it? To bury your head in the sand and pretend that it is business as usual merely hastens the inevitable decline and destruction; to face up to the challenge and start thinking, feeling and behaving in more loving and compassionate ways towards each other and other life on this planet in the awareness that we are part of and integrally connected to this life is really the only way through and out of the predicament we find ourselves in. Only in and through this state of ‘**integral**’ **consciousness** can we find the creative solutions we need to solve the problems we have created. And perhaps this is the divine lesson about the transcendent purpose of life we are all here to learn through this individual and collective experience: **it is only in and through Love that we can be saved.** When we as individuals and as a species understand and start living this eternal truth, we will have made the integral connection between spirituality and the sustainability of mankind and all life on this planet, and the outcome – a truly sustainable human society that is in harmony with, rather than in competition with or domination of, nature – is assured.

And so the choice you have to make is this: **will I choose to love myself and all other life from this day forward, and be part of creating the solution, or will I choose to remain in the separated, fearful and conflicted state that spawned these problems we face, and be part of the problem?** Choose wisely, because your very survival, and the survival of humanity as a whole, may rest on your decision. And remember that in every moment, you choose again. Every time you think, speak or act you are making the only choice there is to make: **the choice to fear or to love.** Choose wisely, [name], because **on your**

choice rests the salvation of the world.

This article was written by [Jonathan Quail](#), a speaker, trainer, life coach, entrepreneur and business consultant. To contact Jonathan about bringing this kind of integral thinking into your life and / or business, click [here](#) to visit his web site or [here](#) (and send the email that pops up). Also see the Events section immediately below for more information about a talk Jonathan is giving tonight (Monday the 20th) and a retreat from the 25th of April to the 3rd of May in Empangeni on the integral connection between sustainability and spirituality.

Lifebuilder Events

‘SPIRITUALITY AND SUSTAINABILITY – THE INTEGRAL CONNECTION’ TALK AND DISCUSSION SESSION

Dates: **Monday, 20 April @ The Cottages, 30 Gill Street, Observatory**

Time: **6.30 – 9 p.m.**

Investment: **R100 (includes bread and hot soup)**

As people grow in awareness, they become more aware of all life on this planet and start to appreciate its sacredness. But why is this so? [Jonathan Quail](#) will be explaining the **integral connection between spirituality and living in a sustainable way** that does not damage the natural environment during this talk by exploring the **Integral Model of Ken Wilber** and the Spiral Dynamics model of Dr. Clare Graves that shows how human consciousness grows through nine levels or ‘memes’ on the journey towards enlightenment. If you are interested in spirituality and / or sustainability, or just curious about the nature of life and the journey of life we are all on, you will find this talk and the interactive discussion session that follows it both fascinating and empowering. The **‘Spirituality and Sustainability’ retreat** to be held in Empangeni at the end of April will also be discussed briefly at the end of the evening, so come to this evening if you are interested in coming to this.

Click [here](#) to book your place for the talk on **Monday the 20th of April**, then send the email that pops up to be sent directions to get to the venues. Your investment of **R100**, which includes snacks, can be paid in cash at the door. Keep reading for more information about the **‘Spirituality and Sustainability’ retreat**, which promises to be a truly transformational experience.

CREATE A PASSIVE INCOME THROUGH PROPERTY INVESTMENT

Date: **Wednesday, 22 April, 2009**

Time: **6 – 9 p.m.**

Venue: **309 Bryanston Drive**

Investment: **R250 per person**

In this mini-seminar on **property investment and wealth creation** given by the **Lifebuild Property Investment Network**, you will learn **how you can generate a regular, large and growing passive income through property investment without investing any of your own money, why now is the best time to be investing in property in South Africa and exactly where to invest to enjoy capital growth of 30% to 40% per annum and cover your entire bond payment with your rental income** that is 99% guaranteed through the system we can help you to plug into. You will also learn why property is a good store of value no matter how the economy is performing and how to reduce your current debt repayments dramatically.

By attending this seminar, you will also learn about **advanced wealth creation and business system principles** that you can begin applying to your new property business and any other business in which you are involved, including how to find out **what your unique wealth creation profile** is and how to use it to **find**

your flow in life and business to **let wealth flow to you** naturally so **generating more than enough passive income for you to be financially free and live an abundant life**, helping you to find that **elusive life balance** so few people manage to attain.

Your investment for this mini-seminar is **R250**. Some light snacks will be available for you to eat during the presentation, which **starts at 6 p.m.** and **ends by 9:30 pm**. To book your seat now, [click here](#) and send the email that pops up, or if you want more information about what will be covered in this seminar and the **Lifebuild Property Investment Network**, [click here](#). If you can't make it to this mini-seminar, but are interested in finding out **what your unique wealth creation profile is**, click [here](#) while you are online.

'Spirituality and Sustainability: Make the Integral Connection' Retreat

Module 1: Personal Alchemy Workshop

Date: **Saturday, 25 April – Monday, 27 April** (long weekend)

Times: **9 a.m. – 10 p.m. daily**

Venue: **Eco-village near Empangeni, Northern KwaZulu-Natal**

Investment: **R1,800** (includes all food and accommodation for 4 nights)

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 cast the lead of your ego, your sense of a limited, conditional and fearing self, into the eternal fire of Spirit and **awaken to your true reality as immortal, eternal and fearless Spirit** through a combination of **listening, interactive discussion** and **powerful experiential exercises** and **'entertainment'** in the beautiful, tranquil and grounding environment of an eco-village. Amongst other life-transformative practices and techniques, you will learn:

- **How to forgive** any and all situations and people to release their negative effects on your life forever and transform all your relationships;
- **How to meditate** to experience true inner peace for yourself 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, which will include a hike in nature to experience the benefit of breathing properly in fresh air while you exercise
- **How to create financial wealth** by being in a state of 'flow' and doing what you naturally love to do.

The workshop will be facilitated by [Jonathan Quail](#), a spiritual teacher, life coach, speaker, trainer, business consultant, entrepreneur and co-founder of [Lifebuild](#) (click the links to find out more about Jonathan, his work and Lifebuild). This is what a number of attendees at Jonathan's workshops and coaching clients have said about their experience:

"You have got great wisdom and a wealth of knowledge ... I can't express how I feel today, one of the best moments in my life. Thank you for showing me the way to the truth. You are the best teacher I have ever known and a true guru!" - *Thabiso K, coaching client in Botswana*

"The ego comes back with a vengeance – when the latter happens I have to tell you, I use your words 'bring it on'. Forgiveness is beautiful. The forgiveness process and the journey is AMAZING – THANK YOU! You are a significant part of my journey. I have to tell you with all humbleness I am in the flow and have been attracting and manifesting much in the last 2 months and every other day something happens that serves as confirmation that I am on track and that the path of enlightenment is the only way and ultimately what we all seek." - *Alfreda B, FFF workshop attendee and coaching client*

"The workshop was mirific!" – *Patricia Richards, FFF workshop attendee*

Click [here](#) and send the email that pops up to book your place/s for the workshop or [here](#) to get more information about it, and keep reading for more information about the programme for the rest of the retreat.

Module 2: Permaculture Course and Workshop

Date: **Tuesday, 28 April – Thursday, 30 April**

Times: **9 a.m. – 6 p.m. daily**

Venue: **Eco-village near Empangeni, Northern KwaZulu-Natal**

Investment: **R1,800** (includes all food and accommodation for 4 nights)

This permaculture course and workshop is designed to teach you **what permaculture is**, what **living sustainably in harmony with nature really means** and **how to live in a completely sustainable and environmentally friendly way** in practice. If you are concerned about the future of the Earth and want to know what you can do to **be part of the solution rather than part of the problem**, do not miss this course. Click [here](#) to book your place/s for the course or [here](#) to get more information about it, and keep reading for more information about the programme for the rest of the retreat.

Module 3: Co-creation of a Model for an Eco-village and Alternative Economy

Date: **Friday, 1 May – Sunday, 3 May** (long weekend)

Times: **9 a.m. – 6 p.m. daily**

Venue: **Eco-village near Empangeni, Northern KwaZulu-Natal**

Investment: **R1,200** (includes all food and accommodation for 4 nights)

This is your opportunity to participate with like-minded people in the **creation of a model or models for an eco-village and an alternative economy** based on all the principles you will have learned in the Personal Alchemy and Permaculture workshops. The three days will be dedicated firstly to brainstorming ideas for an eco-village and an alternative economy, followed by the formulation of a defined strategy and action plan for the actualisation of both the vision for the eco-village and the alternative economy.

You will also have the **opportunity to be one of the founding residents of the first truly sustainable eco-village in South Africa** on very attractive terms at the end of the workshop and to visit a prospective site for an eco-village in the area on the afternoon of Sunday the 3rd of May. Evening 'entertainment' will include the **screening of several movies**, including 'Peak Oil' about Cuba's innovative response to being starved of oil in the early 1990's, ['2012 – The Odyssey'](#) about the Mayan calendar's prophecy of the end of the current age and the start of a new one in 2012, and [Zeitgeist](#), a movie that reveals the true intention and agenda of those who control the current global economic and financial system.

If you are interested in living in an eco-village and in being part of the creation of an alternative economic and financial system that frees rather than enslaves people, as well as in meeting and networking with like-minded people who share a common vision, do not miss this gathering, which promises to give birth to the **new systems and lifestyle that underpin the brave new world** rapidly unfolding around us. [Click here](#) and send the email that pops up to book your place/s for this 3-day Co-creation workshop or [here](#) to get more information about it.

If you would like to come to **all 9 days of the retreat**, which includes this Co-creation session and the Personal Alchemy workshop and Permaculture course detailed above, your investment is only **R4,500** for the entire retreat, which **includes all your food, accommodation for 10 or 11 nights** (to allow for traveling time) and course material, including a souvenir tee-shirt specially designed and printed for retreat attendees. Click [here](#) and send the email that pops up to book your place/s for all 9 days of the retreat. We hope to see you there for what promises to be a magical, once-in-a-lifetime experience!

"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*

"Resonated with my very being ... confirmed what I know ... Fabulous ... Incredible; SA needs this right now!!! Take it out there, this whole beautiful country needs to shift its focus from crime to success, safety and abundance ... I just want to take this moment to express my heartfelt gratitude at the gift(s) you gave me (us) last Wednesday. I loved every moment of your session and look forward to attending another one of your sessions again soon... I hope you don't slow down, but keep growing and spreading the awareness and waking people up... I was amazed at the parallels of messages in some of my own training/facilitation sessions on Emotional Intelligence and Leadership Development ..." - *Dumisani Magadlela, Development Bank of Southern Africa*

"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*

"You have got great wisdom and a wealth of knowledge ... I can't express how I feel today, one of the best moments in my life. Thank you for showing me the way to the truth. You are the best teacher I have ever known and a true guru!" – *Thabiso K, coaching client in Botswana*

[Click here](#) and send the email that pops up to get more information about the workshop, or [here](#) and send the email that pops up if you can't attend this or future sessions, but would like to learn how to free yourself from fear completely.

YOUR GOODIE BAG

Free Inspirational E-books and Other Resources to Help you Build Your Life

To download Napoleon Hill's classic book '**Think and Grow Rich**' and **11 other inspiring and motivational e-books, as well as other resources to help you build your life** at no cost (and subscribe to this mailing list and get a daily inspirational quote sent to you by email at the same time if this message has been forwarded to you), go to www.lifebuild.com/membersclub.

Speaking, Training and Consulting

If you have a conference or other event coming up and need an **entertaining and truly inspirational guest speaker**, if you need **out-of-the-box training** to inspire and motivate people in your organisation to achieve better results or want to **transform your whole business's performance radically**, go to www.successcoach.co.za or click [here](#) and send the email that pops up.

Life Coaching and Healing

Healing follows when we become whole, which happens automatically when we perceive ourselves and the world correctly. **Changing your perception** and simultaneously **unblocking the channels of energy** in your life and body will heal your body and your life and allow health and wealth to flow into every aspect of your life. By combining **spiritual life coaching with energy healing** done by a highly trained energy healer from Tibet, you can heal physically and emotionally and transform into someone who is truly healthy and happy. Click [here](#) and send the email that pops up to start your healing journey now.

Learn to Meditate Deeply

It has been said that meditation opens the gateway to the Infinite, so **learning to meditate properly** and **practising meditation regularly** is one of **the keys to enlightenment and the increasing inner peace and happiness** that automatically come as you progress towards enlightenment. Click [here](#) to download a document that will tell you more about meditation and **how you can meditate effectively** using **revolutionary binaural-beat technology** that will help you to go into deep states of meditation within a few weeks or months, states that it can take meditators meditating without the aid of these powerful sound frequencies years of practising meditation for several hours per day to attain.

Drink the Water of Life

Water is the fuel of life and clean, truly healthy water is becoming a rare commodity, given the pollution of fresh water resources worldwide. Municipal tap water in many countries is not safe to drink, and even in countries like South Africa where it is, it is still **not healthy to drink** in the long term because of all the heavy metals and chemicals, such as chlorine and fluoride, present in the water and the fact that the **water has lost its life energy** in the process of flowing through a network of angular pipes to get to its point of use. Drinking water that has been filtered, purified and re-energised so it contains life energy is essential to good health and vitality.

Lifebuild has sourced a **new water filtration and activation unit** that produces **energised, alkaline water** that has been proven to have **amazing health-giving and curative properties** because it neutralises acidic compounds, such as pathogens and heavy metals, and restores the body to a pH level that is slightly alkaline, which is the right pH level for optimum health. The truth is that disease can only occur in an acidic environment and is virtually impossible when the body has an alkaline pH level, as it should do. To find out more information about this revolutionary and affordable way to ensure you are healthy for life, click [here](#) and send the email that pops up.

Live Sustainably

To find out how to **transform your lifestyle into a totally environmentally friendly, non-toxic and sustainable one** that does not damage the natural environment or you and your loved ones, click [here](#) and send the email that pops up.

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To update your email address or other details, click [PREFERENCES].

Do not reply to this message, as your reply will go nowhere. [Click here](#) and send the email that pops up to contact us.