



## Lifebuilder Monthly Ezine – December, 2007

### QUOTE OF THE MONTH

**"In the midst of our holiday 'madness', we often forget that what most people want, more than anything else, is to be truly appreciated by us. The best gift we can give to the people in our lives is the gift of our true appreciation and love." - Mike Robbins, author and speaker**

The end of the year is nearly upon us and a new year is about to begin, so it's fitting that we talk about a much longer cycle than a year, the cycle of birth and death, also known as reincarnation, in this issue. This week's featured article on **Reincarnation Revisited** by Jonathan Quail discusses the overwhelming evidence for reincarnation, why it happens and how to stop doing it. If you would like to explore this topic or any other burning question in your mind about life, the universe and everything, and you live in or around Johannesburg, Jonathan will be speaking more about reincarnation and other spiritual truths on **Sunday the 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> of January from 4 to 7 p.m. at the Theosophical Society in Auckland Park** - see the **Events** section below for more information about this talk.

Thanks you for your interest and support of all that Lifebuild has been involved in during 2007. We will be involved in a project that will seriously change the world for the better and give anyone who wants to help us the opportunity to do so and earn all the money they need to live a truly abundant life in the process... but more about this next year. Enjoy this week's edition and have the most fabulous festive season in the mean time!

### Featured Article: Reincarnation Revisited

I'd like to start this month's article where I ended last month's. I wrote that, "When you leave your body in this state of consciousness (*i.e. where you have forgiven everything and everyone completely*) permanently, i.e. you die, you are free of the need to have a body and can abide in this perfect Oneness, also known as heaven, forever." If we look at the opposite of this happy state, which is the state most people find themselves in when they die, we can begin to understand why reincarnation occurs. **Someone who has not completely forgiven herself, others and God or Life itself for all her life experiences**, both 'positive' and 'negative', has **judged herself to be separate from God / Life / Spirit / Oneness / Being** (or whatever else we choose to call what is really not able to be named) by judging herself as separate from anyone or anything in the illusion that is the universe. In so doing, she has been deceived into believing in the apparent reality of her body, the world, the universe and all its seemingly endless separations and divisions, rather than the Truth of eternal Oneness that is all there really is.

The stronger this belief, the stronger the need to perpetuate it by incarnating into another body that reinforces this erroneous belief. **"As you believe is it done unto you"**, said Jesus, and we can see clearly how this **universal law of karma** causes the cycle of birth and death to repeat until eventually the seemingly separated soul / mind realises that it is not a separate entity at all and dissolves itself to merge with the true Spirit or Oneness that was always its true identity. And how does it make this realisation? By practising **radical**

**forgiveness ruthlessly and relentlessly** until all mind-created dividing judgments have been forgiven away, (which was the subject of last month's article - to download and read the article now, [click here](#)). Forgiveness dissolves the karma that is the product of a seemingly separated mind when it dissolves this mind. So **total forgiveness**, which results in a completely **surrendered and unconditionally loving state** of consciousness, is the way to stop experiencing different human lives with all their inevitable pains and pleasures and realise your perfect Oneness with God, which is beyond all duality.

If the above 'theory' does not convince you and you want hard evidence that reincarnation really does happen and is not just some esoteric New Age or Eastern concept designed to lead the faithful astray (although I doubt you would have read this far if this were your belief!), there are literally thousands of case studies where people have recalled in detail their past life experiences, details that have then been independently verified by other means, including their relatives from their previous lifetimes that were still alive to verify them.

For example, **at the age of only one**, before any concept of reincarnation could have been grasped by his conscious mind in that lifetime, **Imad Elawar\* started recalling his former life** as a man named **Jamileh Mahmoud**, who lived in a village 25 miles away. His first spoken words were not the usual infant monosyllabic ones, but his name in his previous lifetime. He stopped a total stranger to in the street at the age of two, having recognised him as a neighbour of his in his previous incarnation as Jamileh Mahmoud. He made 57 statements about his previous life to Professor Ian Stevenson, a scientist who dedicated much of his life to investigating claims about reincarnation. Of these, 51 were proven to be irrefutably true by Professor Stevenson, while the others were not disproven, but simply could not be independently verified. Amongst these 51 verified statements Imad made were the location of his rifle, a secret he had shared only with his mother, and the experiences he shared with a friend in the army. He recognised a person who should have been a total stranger to him walking in the street in the village in which he used to live as this friend and began conversing with him about these experiences.

Still sceptical? Perhaps the most convincing of all the thousands of investigated claims of reincarnation is the case of **Jenny Cockell\***. Jenny was haunted by dreams in which she was a woman named Mary Hand who was about to die and constantly agonising over the future of her eight children. The older she became, the more **spontaneous flashbacks to her previous life** as Mary in Ireland she had, especially regarding her eight children, whom she could describe in detail. As a result, she started searching for her children. Under hypnosis, she recalled a cobbled street in the town of Malahide in Ireland where she had lived as Mary. She went to the town and began to reconstruct her life as Mary and trace her children from old records. She managed to find all seven of her surviving children, the youngest of whom was over 60 years old, while Jenny was only 39! They confirmed and further explained all the details she recalled, such as her memory of waiting on a wooden jetty for someone to arrive by boat (her son, who used to caddy for golfers on an island and walk home with his mother when he arrived back).

By tracking down her past-life children, she purged the sense of guilt she felt over abandoning them by dying in her previous lifetime. Her book [\*'Yesterday's Children'\*](#) is a convincing testimony to the truth of reincarnation and the healing effect when experiences in past lives are recalled and truly forgiven, a must-read for any sceptic about the truth of reincarnation, which, having read this article, I trust you are now not if once you were.

Fortunately, past-life regression is not the only way to purge the deep-seated guilt that most people have. That guilt will reflect in the fears and negative emotions you probably experience on a day-to-day basis, so all you need to do is forgive the apparent causes of these emotions outside yourself and acknowledge that they are your projections and you are entirely responsible for creating these negative emotions. In this awareness and the reclaiming of your power is the beginning of forgiveness. A comprehensive process you can follow for forgiving anything and anyone, especially yourself, no matter how impossible you may think it may be to do that now, will be revealed in the first edition of Lifebuilder next year.

*\* These two cases of reincarnation are detailed in the book 'A Brief History of Life' by Abe and Herman Richard*

*If this article has intrigued you and you want to know more about how you truly forgive to experience true inner peace and freedom, come to one of the talks and discussion sessions being held on Sundays (see below for more information about these), or read a book called **'The Disappearance of the Universe'** that goes into far more detail about the ideas briefly touched on in this article - [click here](#) to find out more and buy about this*

mind-blowing book online.

This article was written by **Jonathan Quail**, a spiritual teacher, speaker and life coach. [Click here](#) for more information about Jonathan and his work. Feel free to email him with any comments or questions about this article by [clicking here](#) and sending the email that pops up. Also see the Events section below for details of the talks / discussion sessions Jonathan organises every Sunday afternoon in Johannesburg.

## Lifebuilder Events

### “Radical Forgiveness & Reincarnation Revisited” with Jonathan Quail

Date: **Sunday, 6 / 13 / 20 January**

Time: **4 - 7 p.m.**

Venue: **The Theosophical Society**

**Corner Lothbury Road and Streatley Avenue, Auckland Park**

Investment: **R50 (includes tea and coffee)**

During these sessions, **Jonathan Quail**, the founder of Lifebuild, will be speaking about how to practise radical forgiveness to break free from the cycle of birth and death. He will also facilitate an **interactive discussion session**, where you can pose your questions and have them answered, and a **guided meditation** that will show you how to find ‘**the peace of God that passes all understanding**’ within you.

If you have watched ‘The Secret’, read any of the endless personal development books out there or done any courses by self-styled ‘gurus’, and yet **still experience stress, fear, anger, resentment or any of the other negative emotions** that plague most people, and **have really, really had enough** of suffering, come to this session to find out why conventional personal development does not work and to hear and experience the truth you have been missing all along, the ignorance of which accounts for all the pain and suffering you have ever experienced.

Here's what a few people who have attended Jonathan's talks in the past have said about him and his talks:

"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](#) and send the email that pops up to book your seat for one of these sessions, and see below for directions to get there. If you can't come to these sessions, which will be repeated every Sunday evening, I recommend you read a book called ‘**The Disappearance of the Universe**’ for more about this particular path to enlightenment ([click here](#) to buy it online at Kalahari.net). Directions to get to the Theosophical Society lodge, the venue for Sunday's session, follow below:

- If coming up **Main Road** in Melville (the main road running through Melville from the University of Johannesburg that becomes Beyers Naude), turn **left into Kingsway Avenue** at the robot at the top of Main Road just after the Campus Square shopping centre, then turn **left into Lothbury** at the first robot you get to
- From **Empire Road**, turn **right into Kingsway Avenue** at the robot and go about 100 m along Kingsway, then **turn right into Lothbury** at the first robot you get to

- Come about 100 m down the road and drive into the open gate of the house on the corner of Streatley and Lothbury on your left hand side (there is a sign that says '**The Theosophical Society**' next to the gate)
- [Click here](#) to link to a map showing the whole surrounding area in more detail

That's all for this month. Remember, a field that has rested yields a good crop, so make sure you have a peaceful and relaxing festive season so you may return refreshed in body, mind and Spirit next year.

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