



Lifebuilder Monthly Ezine – December, 2008

QUOTE OF THE MONTH

"I believe the key to happiness is freedom, and the key to freedom is courage - that is, to do what has to be done and keep doing it until it is accomplished." – *Buddy Cianci, ex-mayor of Providence, a town in the U.S., convicted of racketeering in 2001*

It's the end of another year, a year that many people have found to be tough financially and in other ways, as the South African and world economy have tipped into recession and teetered precariously on the edge of depression. The year may have been a tough one for you, or maybe you found yourself thriving in these seemingly adverse conditions. So what is the difference between the person who struggles and the person who thrives when the society and economy in which they live and work and the resources they have access to are much the same? Read Jonathan Quail's feature article on **'The Key to Happiness'** below to find out. (Note: there is a **gift waiting for you if you read the whole article.**)

On a more practical note, if you live in South Africa and are looking for a way to generate a **significant extra passive income** for yourself and your family and have a **positive impact on the lives of many other people and society** in general, **Lifebuild** will be launching a community and network of people that will give you an opportunity to do this. Click [here](#) and send the email that pops up if you are interested in being invited to our VIP pre-launch event early in 2009. If you are looking to generate extra income in 2009, I would also strongly suggest coming to the first **Lifebuild Property Investment Network** seminar for 2009 to be held on **Wednesday the 21st of January in Sandton** – see the **Events** section below and click [here](#) for more information about it while you are online.

Also see the **Events** section below for more information about the next **'Freedom From Fear' weekend workshop** being run by Jonathan Quail in January. If you want to start 2009 off with a bang and make it the year you transform your life completely, this is the right workshop for you!

We have a special end-of-year **Christmas Goodie Bag** for you to browse through to help you find that special Christmas gift for your family and friends that you may have been searching for. We have sourced a **range of cutting-edge products and services** to help you to improve your life – from speaking, training and life coaching to energy healing and healing water to meditation techniques and audio books to debt relief, you are sure to find something you can give to someone else you love or yourself to improve your lives dramatically. We will also give you a 10% discount on all the products and services listed below until the 15th of January as our way of saying thank you for being a loyal Lifebuild subscriber. Keep reading to get the goodies!

Your Christmas 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.

Find Freedom From Fear

Come to the **'Freedom from Fear'** weekend workshop on the **weekend of the 24th and 25th of January, 2009**, in **Auckland Park, Johannesburg**, facilitated by [Jonathan Quail](#) to learn how to free yourself from all fear and find inner peace no matter what seems to be happening around you. The workshop will include a number of **transformative practices**, including **meditation, radical forgiveness, exercise, diet and how to find and do work that feeds your soul** as well as your bank balance. [Click here](#) and send the email that pops up to get more information about the workshop. If you can't attend this or future sessions, but would like to learn how to free yourself from fear completely and live an integral, balanced life by listening to recordings of Jonathan Quail being interviewed, click [here](#) and send the email that pops up.

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.

Get out of Debt

If you have a **bond** on a property and any **other short-term debt** and would like a debt restructuring analysis that will tell how much you could save on your debt repayments done for you at no charge, click [here](#) and send the email that pops up. If you or people you know are **unable to meet debt repayment obligations and need to get relief** and be rehabilitated without losing assets bought on credit such as homes and cars, click [here](#) and send the email that pops up to be contacted by a trained debt counselor and get relief!

Featured Article: The Key to Happiness

What is the difference between the person who struggles and the person who thrives when the society and economy in which they live and work is the same and the resources they have access to are much the same? It all comes down to everyone's unique perception of **'reality'**. The person who perceives the conditions 'out there' as difficult and a cause for fear is interpreting what is happening through their own selective filters and seeing what their mind tells them to see. The person who sees opportunity where others see only risk is also seeing what they have programmed their minds to see. The Chinese understand this **'duality of perception possibility'** so well that it is even embedded in their language – the Chinese word for **'crisis'** is made up of two characters – the one means **'danger'**, the other **'hidden opportunity'**.

My favourite book, *A Course in Miracles*, a book based on the material a lady called Helen Schucman channeled in the 1960's and 70's, the source of which is purportedly Jesus, states this principle very eloquently: **"I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me, I ask for, and receive as I have asked."**

This is essentially saying that reality is not 'out there' but is created within our minds and then played out in the dream of the supposedly 'real' world we are all having. It's **not just that we perceive what the mind is programmed for and therefore wants to perceive**, it's that we actually attract people and events into our lives that perfectly match our inner beliefs, then **perceive them through the filters of these beliefs and judge this as 'just the way of the world'** when in fact, it's the way of our own dream world projected out and made seemingly real to us in the so-called 'real' material world.

This explains why different people have such different experiences of life – they are all having their own dream that is unfolding exactly the way they want it to. The illusion is that the dream is somehow out of our control; the truth is that it is everyone's individual dream and so we are at liberty to change it any time we truly want to. That this liberty may seem elusive and even impossible is another delusion created by the dreaming mind to keep it stuck in the nightmarish dream of duality and the suffering that always comes with dualistic dreams.

Only when you take total responsibility for everything that has happened and is happening in your life will you realise you have the **total freedom to control your mind, its thoughts and the circumstances** of your outer life that naturally flow from your inner thoughts. So **total responsibility leads to total freedom**, taking **partial responsibility** for your life **leads to only partial freedom** and taking no responsibility for your life means you are a total slave to outer events and people in the dream world.

It is self-evident that true freedom is necessary and essential for someone to be happy when one considers what lack of freedom entails: not having the free will to live the life of one's choice and pursue whatever it is that makes one happy, which is the essence of unhappiness. This principle was so important to the founding fathers of the United States of America that it was enshrined in the Declaration of Independence:

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness.”

If the key to finding happiness, which is what everyone is ultimately seeking, whether they know it or not, is freedom, then what is the key to freedom? If one is to start taking total responsibility for one's life, which leads to total freedom of the mind from attachment to the illusion of the material world and the happiness this automatically brings, a great deal of **courage** is required: the courage to **accept** that the good, the bad and the ugly parts of your life are entirely your own creation; the courage to **face the demons of negative thoughts** and emotions that haunt you and **exorcise them through forgiveness**; the courage to **release yourself from addictive, programmed patterns of thought and behaviour** that lead to suffering for you and others.

So important is courage that it sits at the threshold between negative and positive consciousness on the [scale of consciousness](#), a log scale that maps levels of consciousness on a scale of 0 to 1,000 created by **Dr. David Hawkins** using **applied kinesiology**, the science of muscle testing that can be used to determine whether anything is inherently positive and life-supporting or negative and destructive of life. Dr. Hawkins' research revealed that the two greatest barriers to spiritual growth are at the level of 200 and 500 on his scale. **Two hundred, the level of courage**, represents a **profound shift from destructive and harmful behavior to life-promoting behaviour and a more harmonious and integrated lifestyle**; all states of consciousness that calibrate below 200 make everyone go weak using the standard kinesiology test and are life-threatening and destructive by nature.

Currently, approximately 78% of the world's population calibrates below the level of 200. In other words, the **majority of people on this planet do not take responsibility for their actions and their lives**, preferring to remain the **'victims of life'** subject to enslavement by the darker passions and emotions that human beings are capable of: shame, guilt, despair, grief, fear, desire, anger and pride, all the negative states of consciousness that lie below the level of 200. The destructive capacity of this majority below the level of 200 would annihilate mankind without the counterbalancing effect of the 22% above 200. Because the scale of consciousness is logarithmic, each incremental point represents a giant leap in power. As an illustration of this, one person calibrating at 600 on the scale, the level of total inner peace, counterbalances the negativity of 10 million people below the level of 200.

The second great barrier to spiritual growth occurs at the level of 500, which is **Love**. Love in this context is **universal and unconditional love for all life without exception**, a connected way of being in the world rather than an emotional attachment to one or more individual beings in the world, as most of us perceive love to be. According to Dr. Hawkins, the reason the level of Love is so difficult to achieve is because our egos are so rooted in the physical and mental, as opposed to the spiritual, domain, which only truly emerges at the level of 500. The 400's represent the level of reason, guided by the linear, mechanistic world of form that so dominates our modern high-tech society. Interestingly, the world's greatest intellectual geniuses, including Einstein, Freud, Newton and Aristotle, all calibrated at 499 on Dr Hawkins' scale. The level of 500 represents a very significant shift in thinking and perception, as it denotes a shift from linear thinking and scientifically provable facts, the domain of classic or Newtonian physics, to the non-linear, formless, spiritual realm, the domain of quantum physics and mysticism.

So, knowing all this, how can you apply it to improve your life? Simply resolve to start taking full responsibility for your actions and everything that comes into your life with immediate effect. That will automatically shift you to the level of 200 or above on the scale and allow you to progress up the scale of consciousness next year and in the years to come. To help you do this, and as a reward for reading this far, I am going to give you **four profound Christmas gifts** to help you make the shift into courage before next year, as well as the chance to win one free seat at the **'Freedom From Fear'** workshop I am running in Johannesburg on the **24th and 25th of January** next year.

My first gift to you is a **10-step Radical Forgiveness process** that I have mentioned before in my newsletters, which is enormously powerful in releasing the ego and transforming one's perception of the world, equipping one to handle correctly the many challenges disguised as forgiveness opportunities that life in the illusion of duality gives one. One of my [coaching](#) clients had this to say about the power of forgiveness: **“Forgiveness is beautiful. The forgiveness process and the journey is AMAZING – THANK YOU!”**

My second gift to you this festive season is some very powerful information about the **benefits of meditation** and **instructions for doing three meditation techniques** you can use daily to **directly experience the states of love, joy and inner peace** that lie between 500 and 600 on Dr. Hawkins' scale of consciousness.

My third gift to you is a **half-hour interview with me that will show you how to eliminate fear in all its forms** completely from your life. I think you will find listening to the interview a transformational experience that will help you to leap to a much higher level of understanding and consciousness.

To claim these three gifts and stand a chance of winning a place on the '**Freedom From Fear**' weekend workshop on the 24th and 25th of January, simply click [here](#) and send the email that pops up and we will send you all three of these gifts for you to read or listen to and start applying to your life while you have some time out over the festive season, as well as **enter you in the draw to win a place on the 'Freedom From Fear' workshop**. The workshop will give you an in-depth understanding of some of the principles I have briefly touched on in this article, as well as in-depth explanation and practical coaching in the Radical Forgiveness process, the three meditation techniques and the principles I discuss in my interview that you will receive in my Gift Pack.

*This article was written by **Jonathan Quail**, a spiritual teacher, inspirational 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 '**Freedom From Fear**' weekend workshop he will be running in January where he will be talking in depth about the principles he has touched on in this article.*

Lifebuilder Events

Brave New World Community Cinema Circle Event – '2012 – The Odyssey'

Date: **Friday, 16 January, 2009**

Time: **6.30 – 9 p.m.**

Venue: **Bar 77, 77 Grayston Drive, Sandton**

Investment: **R50 per person**

At the beginning of a new year, we always like to ask ourselves what the year ahead and the future holds. Join Sharron Rose as she travels across the USA speaking to respected researchers about **2012**, the fast approaching '**end date**' in the **Mayan calendar**, and what changes are likely to happen in the next four years leading up to **21 December, 2012**, the day on which a 5,300-year cycle in the Mayan calendar comes to an end. Importantly, this film shows us that the coming world is ours to reshape and to remake in any way that we can imagine and believe is possible. It reminds us that we need not be victims of events beyond our control and is a very informative and thought-provoking movie! Click [here](#) to visit the web site for the movie and find out more information about it, and [here](#) and send the email that pops up to book your place for the movie.

Lifebuilder Interactive Discussion Session – 'The Secret Beyond the Secret'

Date: **Sunday, 18 January, 2009**

Time: **4 – 6.30 p.m.**

Venue: **The Theosophical Society**

Corner Lothbury Road and Streatley Avenue, Auckland Park

Investment: **Any donation you would like to make**

During these sessions, **Jonathan Quail**, the founder of Lifebuild, will be speaking about how to break free of the illusion of the world and **find the deeper secret beyond the Law of Attraction** featured in the movie '**The**

Secret’ and many popular personal development books. These sessions are **interactive discussion sessions** where you can pose your questions and have them answered and share your views, with an occasional **guided meditation** that will show you how to find **‘the peace 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 personal development or ‘spiritual’ courses, 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 and most spiritual paths do not work to help you experience the truth you have been missing all along, the ignorance of which accounts for all the pain and suffering you have ever experienced.

If you are thinking of coming to the Freedom From Fear workshop that will be held the following weekend, do not miss this talk, as it will give you a taste of the workshop at no charge (although a small donation is requested to pay the Theosophical Society something for the use of their facilities). [Click here](#) and send the email that pops up to book your seat for this session.

Lifebuilder Mini-seminar – Learn How to Create a Passive Income Through Property Investment

Date: **Wednesday, 21 January & 18 February, 2009**

Time: **6 p.m. - 9 p.m.**

Venue: **Bar 77, 77 Grayston Drive, Sandton**

Investment: **R250 per person**

The **Lifebuild Property Investment Network** will be holding a mini-seminar on property investment and wealth creation on **Wednesday the 21st of January** from **6 to 9 p.m.**, also at **Bar 77 at 77 Grayston Drive** in Sandton.

In this session, 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**. To book your seat for the mini-seminar on the 21st of January 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.

Lifebuilder Freedom From Fear Weekend Workshop

Date: **Saturday & Sunday, 24 - 25 January, 2009**

Time: **9 a.m. - 6 p.m. daily**

Venue: **The Green Powerhouse, 43 2nd Avenue, Linden, Johannesburg**

Investment: **R950**

This '**Freedom from Fear**' weekend workshop facilitated by [Jonathan Quail](#) will teach you how to free yourself from all fear and find inner peace no matter what seems to be happening around you. The workshop will include a number of **transformative practices**, including **meditation, radical forgiveness, exercise, diet and how to find and do work that feeds your soul** as well as your bank balance. Here's what a few people have said about Jonathan's talks, workshops and coaching 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*

"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*

"I would like to thank you for this wonderful and totally mind shifting course." - *Sarita Heerman*

"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*

"Everything is starting to fall into place and with a purpose. I will find my purpose. Forever thankful (*for*) helping me to find myself again." - *Len C, coaching client*

"Things are much better (*since our coaching session*). I can't believe it's the same person!" – *Karen M, coaching client*

[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.

That's all for this month and year! Thanks for being a part of the Lifebuild community and for your support throughout the year. Please see attached for a card expressing my personal wishes to you for a blessed and peaceful festive season (you will need Microsoft PowerPoint or PowerPoint viewer installed on your machine to read it). We will be launching a very exciting community and network that will help people to live a far more intelligent and sustainable life and live a life of freedom in every way early next year, so watch this space in January!

In the mean time, have a restful and relaxing break, remembering the words of Leonardo Da Vinci, "Every now and then, go away, have a little relaxation, for when you come back to your work, your judgement will be surer; since to remain constantly at work will cause you to lose power of judgement.... Go some distance away, because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen."

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

Jono

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This edition of Lifebuilder was sent to over 6,270 people. Help us spread this life-changing information to more people by forwarding this email on to your friends - click [FORWARD].

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.