



## **Lifebuilder Monthly Ezine – January, 2008**

### **QUOTE OF THE MONTH**

**"The only way to win The Money Game is to bust loose from it altogether, discard the rules and regulations you convinced yourself were real and true - and start playing a new game with a new set of rules that you choose."** - *Bob Scheinfeld, author of the book, ['Busting Loose from the Money Game'](#)*

It's the beginning of a brand new year, and you may be feeling financially stressed by the debt accumulated over the festive season or by the return to the 'reality' of the daily grind of earning a living and paying your bills, so in this issue, our feature article is on **how to stop playing the insane money game** the world is caught up in and shift your perception of money radically so you **transform your relationship with it completely** and learn how to **attract as much money as you truly need in life to you effortlessly**.

On a very practical note related to money, if you live anywhere in South Africa and **have a bond on a property and any other short-term debt**, such as vehicle finance or outstanding credit card debt, the **Lifebuild Property Investment Network** offers a **unique debt restructuring process that can help you to save a great deal of money in debt repayments and shorten the term required to pay off your bond** dramatically. If you live in or around Johannesburg, you can hear more about the debt restructuring process at the **Lifebuild Property Investment Network** mini-seminar that will be held on **Wednesday the 13<sup>th</sup> and 27<sup>th</sup> of February** at the **FNB Conference Centre in Sandton**. If you can't come to one of these seminars, but are interested in finding out more about how the debt restructuring solution can help you to save money on your debt repayments, [click here](#) and send the email that pops up.

Jonathan Quail will also be giving a talk this **Sunday the 3<sup>rd</sup> of February at the Theosophical Society in Auckland Park** on '**Escaping the Psychic Trap**' that is guaranteed to make you think again about life and what 'reality' is, and will be facilitating regular interactive discussion sessions about life and how to raise one's consciousness **every Sunday in February from 4 to 7 p.m.** at the Theosophical Society. See the **Events** section below for more information about all these events.

Just a quick update on that project I mentioned in last month's edition: it involves a **revolutionary new energy technology that will give the world a cheap, clean, sustainable energy source** and allow humanity to break our reliance on fossil fuels that is slowly killing life on this planet. We aim to launch the device and a marketing plan that will give anyone who wants to be involved in spreading this revolutionary technology around the world the opportunity to do so and earn all the money they need to live a truly abundant life in the process within the next 3 months. My advice if you are living in SA and planning to buy a diesel generator to give you electricity when the power gets cut is to wait a few months for this new device to become available, as it will replace Eskom's erratic power supply and cost you less than R1,000 per year to run - but more about this revolutionary device in our next edition. Enjoy this week's article in the mean time!

## Featured Article: Busting Loose from the Money Game

Are you tired of all the seemingly endless tasks and hassles that you are faced with every day to get and keep money? Have you truly had enough of playing the insane and never-ending money game that almost everyone in the world is playing and losing, no matter how much money they appear to have? If so, or even if you think you are winning the game, you have to realise that you can never win the 'Money Game' the world has created. You also need to understand how to bust loose from it forever and have all the money you truly need when you need it.

To understand how to escape the money game, we first need to understand what money and the money game is. [Robert Kiyosaki](#), one of the world's leading financial gurus and author of [Rich Dad, Poor Dad](#) and a number of other books on wealth creation and investment, has said that **money is just an idea**, and he is quite correct. Money is just a **collective idea of value** that is used as a **means to facilitate the exchange of goods and services**. If everyone stopped believing that money has value, then it would cease to have value and could not be used as a way to facilitate exchanges of goods and services. We only need to look at a country like Zimbabwe, where their currency has become almost worthless because people have completely lost confidence in the government that issued the money, to see how this can happen.

The numbers in your bank account and the notes that you carry around with you are nothing more than symbols reflecting an underlying idea of value that everyone buys into (if you'll pardon the pun). If money is just an insubstantial idea, the value of which changes over time, to give it the power to influence your emotional state and run your life is not wise at all, which is why the wise throughout the ages have always stressed that **money cannot buy you love, happiness or even lasting satisfaction**. As Lao Tzu, the Chinese sage who wrote the Tao Te Ching, wrote, "**This everyone knows, yet no one acts accordingly.**" We all intuitively know this on a deeper level, yet almost everyone disregards this deeper knowing and **buys into the illusion of money and the delusional idea that it can buy you the inner peace and fulfillment** that everyone is really seeking.

This is the 'Money Game' that so many people in modern Western society play, and so the society has built itself on the illusion of money. With such an insubstantial foundation, it is little wonder that we are seeing the veneer of glamour and success cracking all around the world, as all the mind-made societal structures that rely on the illusory power of the idea of money disintegrate into the nothingness they always were. A very radical example of this accelerating process of disintegration is the **impact of global warming** caused by so society's pursuit of money at any cost, even the loss of the favourable environmental conditions that allow humans and all life on Earth to live on the planet. If global warming melts the base of the ice sheets that cover Greenland and Antarctica and the land-bound glaciers around the world, causing them to slide into the ocean, the sea level will rise by a dramatic 39 feet or nearly 12 metres, quite fittingly **submerging many of the coastal cities that are products of the Money Game** which has produced the global warming in the first place. (Don't believe me? Click [here](#) and [here](#) to read articles about the impact the melting of these ice sheets will have).

The Money Game's **destructive effects** in your own life and the lives of almost everyone else on the planet are clearly **being mirrored at a planetary level**. When you can see the truth of this, you are already half-way out of the insane money game that is making your life a misery and that will make many of the species living on Earth, possibly including homo sapiens extinct within the next few hundred years if it continues unabated (on current evidence, the 'sapiens' part of the term we have used to describe our species is completely self-delusionary). Busting loose from the money game is not just about restoring your own sanity and inner peace, but is critical to the long-term survival of our species and the survival of many other species of plants and animals on our planet.

Is the human race really almost run? The answer is that **it's up to all of us to decide**, but the only person's decision you can be wholly responsible for is yours. The other half of the process of busting loose from the Money Game alluded to above is to be aware that you have to **power to choose in every moment how you view money and everything else, and to choose not to treat money** (and anything else, for that matter) **as real**, because if it has no reality other than the reality you give it in your own mind, then **it has no real power to affect your thoughts and emotions and disturb your inner peace**.

Can it really be this simple, you ask? Yes, it is this simple, but not that easy to apply consistently, particularly if

your financial position is 'not good' according to your mind's judgment and you appear to be struggling to pay your bills. The seeming reality of the money game is so overwhelming for most people that it triggers all sorts of limiting, negative and destructive emotional responses that wreak havoc in their own lives, the lives of others and on the planet as a whole.

So how does one retain the awareness that stops one regressing into the madness of the money game when it all becomes a little overwhelming? The answer is to **forgive or surrender your belief that money is real and has the power to affect your inner peace in any way**. How do you do this? The way to forgive or surrender anything is by realising the illusory nature of it and that it is ultimately part of the unreal dream we call 'life'. Try running through the **10-step forgiveness process** outlined below whenever you are thinking thoughts about money that cause you anxiety or to want it desperately. In fact, you can use this same process when anything stresses you or disturbs your inner peace in any way.

## **Forgiveness / Surrender Process**

### **1. Acknowledge the Thoughts**

Bring up the thoughts about the situation that are disturbing your inner peace.

### **2. Be Aware**

Be fully present and aware of these thoughts, remaining somewhat detached and not letting yourself react emotionally to the thoughts so you don't sabotage this process. Breathing deeply through your nose and raising your eyes to look up will help you to keep a clear mind and remain aware.

### **3. Have Compassion**

Be compassionate towards yourself and all others involved in the situation, knowing that you and they are doing the best they can in their current state of consciousness and all unconscious behaviour happens because people do not feel loved and is in fact a cry for help, so you and any other people involved in the situation need your love, not your judgment.

### **4. Remember it's an Illusion**

Remind yourself that the world and your changing perception of it is an illusion, a dream created by your egoic mind to enslave you that is not real and that has never really happened.

### **5. It's your Illusion or Projection**

Moreover, it's all your projection, even if it appears to be outside and independent of you. Whatever someone appears to be doing to you, you are in fact doing to yourself out of your own unconscious guilt that you have projected out into the illusion and manifested in the form of the situation or person who appears to be causing you pain.

### **6. Feel the Emotion**

Feel the emotion the thoughts you brought up in step 1 evoke fully, experiencing the full pain and unpleasantness of the emotion briefly while remaining very aware and not allowing the emotion to trigger more negative thoughts.

### **7. Surrender the Pain**

Decide that you do not want this painful negative feeling inside of you to disturb your inner peace and cloud the awareness of your true Self ever again, and just let it go by letting go of all the effort it takes to hold on to the thought and emotion. Breathe in deeply and then exhale fully as you do this, visualising light flowing into you as you breathe in and all the dark energy of the thought / emotion leaving you as you exhale.

### **8. Realise the Perfection**

See the divine perfection in the situation in that it has brought your own unconscious guilt that may have remained buried in your subconscious mind to the surface so that it can be released and you can be healed and become aware again of the peace and love within you that are your true nature.

### **9. Be Grateful**

Thank the person or people involved and the entire situation for being your teacher and for giving you the gift of bringing your own negative thoughts and emotions to your attention so you can release them and be healed.

### **10. Forgive**

Say to yourself that you have totally forgiven the people involved in the situation and yourself for all your thoughts, actions and words related to the situation, that it has been dissolved into the nothingness it always was and you and everyone else involved has been healed through your forgiveness.

This process is profoundly effective in releasing every negative thought and emotion that could ever disturb your inner peace, including those about money, and will help you bust loose from the Money Game and every other mad game your ego likes to play, until one day you will realise that **all of life is just a game and nothing that seemingly happens in the game is real or has the slightest power to affect your true reality**, which is the **unconditional Love that arises from your perfect Oneness with All That Truly Is**. When you reach this eternal state, you will have bust loose from the Money Game that is part of the limiting game of human life we play, and entered into the **unlimited and timeless state of Being that is who and what you truly are**.

*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 discussion sessions Jonathan facilitates every Sunday afternoon in Johannesburg and a talk he is doing this Sunday evening on '**Escaping the Psychic Trap**' where he will be talking about the same principles he has touched on in this article.*

*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 the books '[Busting Loose from the Money Game](#)' and '[The Disappearance of the Universe](#)' that go into far more detail about the ideas briefly touched on in this article. To find out how to create an unlimited stream of passive income flowing into your life and make money a non-issue in your life, visit [www.wealthsystem.co.za](http://www.wealthsystem.co.za), and see the Events section below for more information on a mini-seminar on wealth creation that you can attend in Johannesburg. If you have a bond on a property and any other short-term debt, you are almost certainly paying much more than you have to in debt repayments - [click here](#) and send the email that pops up to request more information about how you can save money on your debt repayments.*

## **Lifebuilder Events**

### **Lifebuilder Mini-seminar - How to Become Financially Free in 5 Years or Less**

Date: **Wednesday, 30 January, 13 & 27 February**

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

Venue: **FNB Conference Centre, 114 Grayston Drive, Sandton**

Investment: **R50 per person**

In this session, we will show you **how to change your attitude towards money** completely so that you never stress about money again (yes, it is possible, no matter what your current financial position is!), how you can **save potentially a great deal of money on your debt repayments** and **how to generate a significant passive income through property** and **become financially free within 5 years without having to invest much of your own money!**

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 to help you find the **elusive life balance** that so few people manage to attain.

To book your seat now, [click here](#) and send the email that pops up. For more information about this event and the **Lifebuild Property Investment Network**, [click here](#).

### **Lifebuilder Talk – 'Escaping the Psychic Trap'**

Date: **Sunday, 3 February**

Time: **7.30 - 9 p.m.**

Venue: **The Theosophical Society Headquarters**

Investment: **A donation of R20 to the Theosophical Society is recommended**

**Jonathan Quail**, founder of Lifebuild, will be talking about how to break out of the **'psychic trap'** that so many spiritual seekers fall into to awaken to the truth of who and what you really are and what the world really is. If you have been on a personal growth path and spiritual journey for a while, 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 talk to hear the truth you have been missing all along, the ignorance of which accounts for all the pain and suffering you have ever experienced or ever will experience. Your reward if you apply the truths I will talk about in your life will be the **end of the world of suffering** you have come to regard as real and the **inner peace** that automatically comes with this freedom.

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*

There is no need to book for the talk – just arrive a few minutes before 7.30 p.m. on Sunday the 3<sup>rd</sup> with R20 cash and an open mind! The directions to get to the Theosophical Society headquarters follow below:

- **From Empire Road, turn right into Kingsway Avenue** at the robot below the SABC building and go about 100 metres along Kingsway, then turn right into Lothbury at the second robot you get to
- **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
- Come through one robot about 50 m down the road and drive into the open gate of the house on the **corner of the next intersection** you come to (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 see a map showing the whole surrounding area in more detail.

## **Lifebuilder** Interactive Discussion Sessions – 'The Secret Beyond the Secret'

Dates: **Sunday, 3 / 10 / 17 / 24 February**

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 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.

[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 any of these sessions, 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 these sessions, have already been given above.

That's all for this edition of **Lifebuilder** - we hope you enjoyed it and found it stimulating! Next month, we will talk about how to eliminate the disappointment of failing to keep New Year's resolutions and to achieve goals you have set for yourself, and yet achieve things you would not have believed were even vaguely realistic goals. In the mean time, go with the flow, surrender to what is (power cuts and all!) and enjoy everything about the journey – it's the only sane way to live!

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