



**Lifebuilder Monthly Ezine – June, 2008**

## **QUOTE OF THE MONTH**

### **“I AM THE I”**

**"I" come forth from the void into light,  
"I" am the breath that nurtures life,  
"I" am that emptiness, that hollowness beyond all consciousness,  
The "I", the I, the All.  
"I" draw my bow of rainbows across the waters,  
The continuum of minds with matters.  
"I" am the incoming and outgoing of breath,  
The invisible, untouchable breeze,  
The undefinable atom of creation.  
"I" am the "I".**

*– Hawaiian Poem*

Welcome to the June edition of **Lifebuilder**! In our feature article in this issue entitled “**The Disappearance of the Universe**”, **Jonathan Quail** discusses how our minds created, and can therefore uncreate, the illusory universe in which we seem to live. He explores the ancient Hawaiian healing process called Ho’oponopono, how this agrees with the teachings of the greatest masters who have graced the world with their presence, and finally, how you can apply these concepts to your own life to free yourself from all problems forever.

In terms of events, we will be running the **Lifebuild Property Investment Network** mini-seminar at the **Sports Science Institute** next to the **Newlands rugby stadium** in **Cape Town** on **Wednesday the 2<sup>nd</sup> of July** and at the **FNB Conference Centre in Sandton** on **Wednesday the 16<sup>th</sup> and 30<sup>th</sup> of July** from **6 to 9 p.m.**

Jonathan Quail will also be giving talks in **Cape Town** on **Thursday the 3<sup>rd</sup> of July** and in **Sandton** on the **Monday the 21<sup>st</sup> of July** at the same venues from 6.30 to 9 p.m. on ‘**How to Overcome Fear and Ride the Wild Tiger of Life**’ where he will talk about how to overcome the fear that disturbs our inner peace and stops us from living extraordinary, inspired lives, and how to re-connect to and live through the love that is our true reality, no matter what the outer circumstances of your life happen to be.

Jonathan will also be running a **weekend workshop** in **Cape Town** on the **5<sup>th</sup> and 6<sup>th</sup> of July**, in Johannesburg on the **2<sup>nd</sup> and 3<sup>rd</sup> of August** and in Durban on the **13<sup>th</sup> and 14<sup>th</sup> of September** designed to help you to **discover the missing truth within you**, a **limitless power** that will allow you to **create true wealth in every aspect of your life** as a by-product of this total love you feel for yourself and everyone and everything else. If you are tired of living a life filled with constant guilt, stress, fear and conflict and are looking for the way to transform, this weekend will give you the knowledge and the practices that will help you to answer your prayers, even if you have read many different so-called ‘personal development’ books, attended many courses and tried many different techniques that have not really worked in the past – and that’s guaranteed, or you get your money back! See the **Events** section below for more information about all of the above events.

Enjoy this month's edition!

## Featured Article: The Disappearance of the Universe

The universe simply disappear? Impossible, you might be thinking with a mind that believes in the universe's and your reality as a separate being within this universe. But what if the whole universe actually lies within our own minds, a proposition most entertainingly (and violently!) made in the hit movie, [‘The Matrix’](#), a few years ago. How many of the millions of people who have undoubtedly watched that movie really understood the deeper message the film makers were conveying in the movie, a message based on the timeless wisdom of the ancient Indian sages, who knew that the universe was an **illusion**, or **‘maya’** as they called it in their language, created by the mind to distract one from the awareness of one's true divine, infinite and eternal nature. Allow me now to take you on a brief journey into the depths of your own mind and beyond to show you why and how everything you perceive as being outside of you is in fact within your own mind ...

Let's start at the beginning of time, as we call it, the so-called **‘Big Bang’** explosion that began our universe about 15 billion years ago, a theory that has now been almost universally accepted as the theory that best fits the observations they have made of the universe. Although the scientists may be able to tell us what happened, no scientist can tell us why it happened, or appeared to happen, and that is the critical question one has to answer to if one wants to make the universe, along with all the pain and suffering life in it entails, disappear.

At some point, a part of the infinite, eternal nothingness or Oneness - That which is beyond the ability of the mind to conceive and hence to describe in words – seemed to have a **thought of apparent separation** from this Oneness, a thought that can best be captured in the following (again, sadly limiting) words: **“What if I went off and played on my own?”** Just bear in mind at this point that it is actually impossible to separate from something that is really All There Is and so such a separation must be only a mad thought and nothing has really happened at all – but we will return to this self-evident truth later.

To continue our metaphysical saga, now there appears to be a choice for this newly created consciousness that thought the thought of separation – **the choice between the Oneness, which is its true Identity, and the seemingly separate consciousness itself**. If it had chosen the Oneness, that would have been the end of the saga and nothing would have continued not to happen eternally; but the promise of a unique and individual identity apart from the Oneness was too great a temptation for this newly created mind, which I will call ‘the ego’, and so it chose to be special and unique rather than to simply forget the whole deluded idea and dissolve itself into the Oneness.

However, this choice had a very nasty side-effect in the ego: a terrific sense of **guilt** at separating from its Source arose in this seemingly separated mind, causing it to **fear** the punishment that must be coming to it for this greatest of sins (and so arose the concepts of sin, guilt and fear that continue to plague most people's minds today). This terrible feeling of guilt and fear were too much for the ego mind to bear, and so it had to find a way to relieve these feelings, even if this relief was only temporary, and so it projected the guilt and the fear into a place where they appeared to be outside of itself by creating a universe where time and space, and the myriad separate objects and beings that seem to exist within the universe of time and space, appear to be real, although in fact they still are only thoughts in the mind that created them in the first place.

This **projection of low-frequency thought**, which our scientists call **‘energy’**, is the original energy that has subsequently expanded to create the entire enormous universe that appears to be outside of the mind that created it, an elaborate self-deception that continues to fool the ego into believing that true reality is outside of it in order to try and escape the guilt and the fear it thinks it feels by being able to blame it all on someone or something else that appears to be separate from it. This strategy of the ego for dealing with the guilt and fear it thinks are real will never free the mind from the guilt and fear it thinks it feels because they are now apparently caused by things that are outside of it, so it sees itself as a victim stuck in a perpetually unhappy state for as long as it believes it is really in the universe, a delusion now strengthened by its apparently separate identity as billions of separate bodies. And so the seemingly separated mind continues as long as time appears to continue,

because the consciousness of separation and the time-space continuum it created are inextricably linked.

And so here we all are appearing as human beings some 15 billion years later as apparently separate minds in apparently separate bodies living on a tiny planet somewhere in the vastness of the universe blaming each other and the world for our own collective guilt at the apparent separation from our Source, which **now manifests in an almost endless number of situations in the world of form in which we apparently live**, from which there is apparently no escape other than the death of the body (that is really no escape at all, because the ego mind simply projects itself into a physical body and reincarnates again). I hope by now you are beginning to see the true picture of what really appeared, and continues to appear, to happen in the dream that is the universe and life in a physical body, and what a complete illusion, and delusion believing this illusion is real, really is.

Fortunately, there is a way out of this self-created nightmare: to make a choice other than the one that led to the apparent creation of the universe apparently so long ago by **choosing to accept the Oneness** as one's true and eternal Identity that is not affected in the slightest by the illusion of the time, space and all the other illusory events that appear to happen within this universe. The difficulty one encounters in doing this is that now you appear to be in a body with 5 senses that tell you that the world and the universe with all its separate people, creatures and things is very real and very scary, but can one believe the body and its senses when it was created by the ego mind precisely to perpetuate the illusion of a separate identity?

Despite this apparent difficulty, many people throughout history, people whom the average people not at that level of awareness have called shamans, masters, mystics, gods and madmen, **have made this choice once and for all and have surrendered their seemingly separate identity completely to become fully aware once and for all that they are one with their true Source of All That Is**. How did they do this, you may ask? Through practising **radical forgiveness**, the kind of forgiveness that recognises that everything you thought has happened in the world has not really happened other than in your own mind's dream, meaning that it is within your mind and within your power to release simply by letting any awareness of it go. In that complete surrender, the illusory universe ceases to exist for them, and in time, everything apparently living in the universe will make the same choice, because there really is no other choice to make, and the universe will simply disappear because there is no seemingly separated ego to dream it, leaving only the Nothingness or Oneness.

Not convinced by what I have written above? Consider what the **theory of relativity** and **quantum physics**, the two major scientific theories about the nature of the universe that were formulated in the last century, have to say. The general theory of relativity postulated by Einstein to explain gravity in essence says that there is no absolute reality, only a relative reality that is inextricably linked to and affected by other parts of this seeming reality, hence the force of gravity that we apparently observe. Stated another way, the theory of general relativity says that **matter tells space how to curve**, and **space tells matter where to go**, i.e. neither space nor matter is permanent and fixed, but rather, they each depend for their apparent reality on the apparent existence of the other.

**Quantum mechanics** says the same thing by looking at the universe from the different end of the spectrum, the smallest apparent particles that make up the universe. **Wave-particle duality**, a directly observable consequence of the theory, says that when two waves of energy, which remember is just projected thought, interact with each other, they behave as apparent particles that have a fixed location in space in relation to each other. In other words, **each wave of energy gives another wave of energy an apparent reality as a particle by interacting with it**, and so the world of form arises as particles appear to interact and form what we call electrons, protons, atoms, molecule and everything they apparently form. The **Copenhagen Interpretation of Quantum Mechanics**, the most universally accepted scientific interpretation of what quantum physics is really saying, states that **'There is no reality in the absence of observation'**, which is as close as the scientists can dare come to telling the truth about the illusory nature of the universe that mystics throughout the ages have known intuitively through their connection with their Divine Source.

Still not convinced? Try seeing how you can explain what happened at the Hawaii State Hospital a few years ago in any other way. **Dr. Ihaleakala Hew Len**, a psychotherapist and practitioner of the ancient Hawaiian healing practice of **ho'oponopono**, which means **'to make right'**, worked at the hospital for 4 years. At the start of his tenure there, the ward where they kept criminally insane people was a dangerous place to be. People would walk through that ward with their backs against the wall, afraid of being attacked by patients.

Psychologists who worked with these insane people quit on a monthly basis. The other staff called in sick a great deal or simply quit. It was not a pleasant place to live, work or visit.

The hospital administrators asked Dr. Len if he would treat these patients when he first arrived at the hospital, desperately hoping that he would be able to improve the situation where every other therapist had failed. Dr. Len agreed to have an office and to review the files of the patients, but not to see the patients physically. As he reviewed their files, he would look within himself to see how he created that person's illness. **As he healed himself, the patients began to heal.**

After a few months, patients that previously had to be shackled were being allowed to walk freely. Others who previously had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed. The staff began to enjoy coming to work. Absenteeism and turnover disappeared and the hospital ended up with more staff than it needed because patients were being released and all the staff were coming to work every day. The ward for the criminally insane was eventually closed because there were no more patients for it to house.

When asked the question, "What were you doing within yourself that caused those people to change?", Dr. Len responded by saying, "**I was simply healing the part of me that created them. Total responsibility for your life means that everything in your life - simply because it is in your life - is your responsibility. In a literal sense, the entire world is your creation.**" When pressed on what exactly he did to heal himself and the patients while he was reviewing their files, he said "I just kept saying, '**I'm sorry**' and '**I love you**' over and over again."

"That's it?" you're probably thinking to yourself. That's it. You see, loving yourself is the greatest way to heal yourself, and as you heal yourself and return your mind to the original awareness of Oneness, which is what love is, you heal the other seemingly separated minds caught up in the world of illusion of their illusory guilt and fear. As you improve your life, so will you improve everyone's lives. There is really nothing out there; everything and everyone out there is still in your mind, which is really one with the mind that seemingly created the universe.

When you fully realise this, you can make the universe disappear out of your awareness through radical forgiveness, in much the same way as Dr. Len closed the insane asylum by loving and forgiving himself, and you will be once again be aware that you are one with the Oneness that is who and what really are.

"But where do I start such an enormous task as making the universe disappear?" you may be asking yourself already. That is the topic of my next article, where I will be re-visiting forgiveness and how to do it properly, but whenever you want to improve anything in your life or apparently 'out there' in the world, there's only one place you can look to make that improvement: inside you. **And when you look, make sure you do it with love only.**

*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 and workshops Jonathan will be running in the next few months.*

*If this article has intrigued you and you want to know more about the concepts and start practising the radical forgiveness mentioned above, read the book '[The Disappearance of the Universe](#)' by Gary Renard and subscribe to the [Lifebuild Members' Club](#) to get access to a **10-step radical forgiveness process**, as well as a number of other inspirational e-books and resources to help you build your life.*

## **Lifebuilder** Events

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

**Date:** Wednesday, 2 July

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

**Venue:** Sports Science Institute, Boundary Road, Newlands, **Cape Town** (next to the Sports Science Institute)

**Investment:** R200 per person

**Date:** Wednesday, 16 and 30 July

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

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

**Investment:** R200 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 or any 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 – How to Overcome Fear and Ride the Wild Tiger of Life**

**Date:** Thursday, 3 July

**Time:** 6.30 - 9 p.m.

**Venue:** Sports Science Institute, Boundary Road, Newlands, Cape Town (next to the Sports Science Institute)

**Investment:** R200 per person

**Date:** Monday, 21 July

**Time:** 6.30 p.m. - 9 p.m.

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

**Investment:** R200 per person

**Date:** Thursday, 11 September

**Time:** 6.30 p.m. - 9 p.m.

**Venue:** KZN Business Training Centre, 23 Jan Hofmeyr Road, Westville

**Investment:** R200 per person

If you are sceptical of any or all of what I have said above, or are just feeling generally stressed and fearful about what is happening in your life and / or the country and the world - in fact, if you have any fear at all - you really need to come to this talk given by **Jonathan Quail**, the founder of **Lifebuild**, to **learn how to overcome all your fear** and **enjoy the ride on the wild tiger we call life**, no matter what appears to be happening around you. This talk will reveal how and why we are totally responsible for creating our own reality through our thoughts, and how to train your mind so that it is completely free from fear and all its negative side-effects, making you aware of the **unlimited abundance** you feel inside, which starts to be reflected in the abundance you experience in every major area of your life, including your **material wealth, your health, your relationships and your career**.

Here's what a few people have said about Jonathan's talks in the past:

"Excellent, mind blowing - helped me to understand company restructure and cope better with change. Empowering - enlightening, definitely an eye-opener, new concepts realising a higher conscience. Informative and motivating." - *Salleha Jamal, Bankserv*

"I would like to Thank You for an outstanding and value for money presentation. It was Incredible!"

- Gordon Mackay, Property Investor and Speaker on Property Investment

"I again reiterate how wonderful your talk was. You are indeed a talented speaker. It was a pleasure having you there. I believe you have a wonderful future ahead of you in public speaking and motivation. You are a special human being." - Candice Goldstein, Sportron Distributor

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

[Click here](#) to read more about Jonathan Quail and his work, and [click here](#) and send the email that pops up to book your place/s for this talk.

## **Lifebuilder Weekend Workshops – How to Find and Live Through the Missing Truth Within You**

**Date:** 5 - 6 July

**Time:** 9 a.m. - 5 p.m. daily

**Venue:** Western Province Cricket Club, Avenue De Mist, Newlands, Cape Town

**Investment:** R950 per person

**Date:** 2 - 3 August

**Time:** 9 a.m. - 5 p.m. daily

**Venue:** The Theosophical Society, 31 Streatley Avenue, Auckland Park, Johannesburg

**Investment:** R950 per person

**Date:** 13 - 14 September

**Time:** 9 a.m. - 5 p.m. daily

**Venue:** KZN Business Training Centre, 23 Jan Hofmeyr Road, Westville

**Investment:** R950 per person

Jonathan Quail will be running this **'Missing Truth' weekend workshop** designed to help you to **discover the missing truth within you**, a **limitless power** that will allow you to **create true wealth in every aspect of your life** as a by-product of this total love you feel for yourself and everyone and everything else. If you are tired of living a life filled with constant guilt, stress, fear and conflict and are **looking for the way to transform**, this weekend will give you **the knowledge and the practices** that will help you to make the transformation and experience mind-blowing results in your life. Even if you have been through the 'personal development' mill of books, courses and techniques that have not really worked in the past, and are wondering if this is just another one of those courses that will not really make much difference in your life, think again! The information and techniques you will learn will help you to see life in a completely different light, and everything will transform as a result of this complete shift of perception and belief – and that's **guaranteed**, or you get your money back!

[Click here](#) to read more about Jonathan Quail and his work, and [click here](#) and send the email that pops up to book your place/s or enquire about this weekend workshop.

That's all for this edition of **Lifebuilder** - we hope you enjoyed it and found it stimulating! Next month, we will talk more about how to apply the ho'oponopono and radical forgiveness processes to your own life. I hope to meet you at one of our events in the mean time!

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