



Lifebuilder Monthly Ezine – May, 2008

QUOTE OF THE MONTH

“In Chinese, the word for crisis is *wei ji*, composed of the character *wei*, which means danger, and *ji*, which means opportunity.” – Jan Wong

Welcome to the latest edition of Lifebuilder!

In our feature article in this issue, we talk about the extraordinary opportunity for transformation that arises when you adopt the **right attitude in any situation where challenging circumstances or a ‘crisis’** seem to exist, and how to do this.

Related to this theme, do you know that **now is the best time to be buying property in South Africa**? What many see as a bad property market, astute investors see as a great opportunity to invest in a buyer’s market and buy properties at less than their true market value to earn much higher returns in the long term. **Dolf de Roos**, the world’s leading property investment guru, who is a member of **Robert Kiyosaki’s ‘Rich Dad’** team of advisors and also provides all the education material on property investment for **Donald Trump’s Real Estate University**, will be **in South Africa for 2 weeks** this month to do a number of breakfast talks around the country and two one-day seminars in Midrand and Cape Town that are guaranteed to **give you a new perspective on property investment, wealth creation and your whole life**. Dolf will show you how to see and profit from the opportunities that always exist when others see only doom and gloom (which is precisely why there is opportunity for those who are able to see it differently!). If you are at all interested in property investment, wealth creation or personal growth and live anywhere in South Africa, do not miss out on hearing this inspirational man speak – see our **Events** section below for more information and to book your place for one of these events.

There are three **Lifebuild Property Investment Network** talks on **Wednesday the 21st of May and the 4th of June** at the **FNB Conference Centre in Sandton** and on the **2nd of June in Centurion**. This session will show you exactly how to build a large property portfolio without using any of your own money using a proven methodology and a system that supports you, so is an ideal follow-up to one of Dolf de Roos’s events. **Jonathan Quail** will also be giving a talk on **Sunday the 18th of May at the Theosophical Society in Auckland Park** on **‘How to Ride the Wild Tiger of Life’** where he will talk about how to overcome the fear of change and live in a state of inner peace no matter what the circumstances of your life are at any given moment. Again, see the **Events** section below for more information about all these events.

Remember, you create your life through your thoughts, so think there is opportunity everywhere and sooner rather than later, opportunity will knock. Enjoy this week’s edition!

Featured Article: Seeing the Hidden Opportunity in Crisis

Many people see only gloom and doom in the current situation in the world and South Africa – after all, what with rising fuel prices, global warming, power cuts and worldwide economic recession looming, apart from all the

standard ills of the world like hunger, disease, poverty, crime, corruption (I could go on, but you get the idea!), what else can any reasonable person think, they reason?

The truth is that in every crisis lies enormous opportunity for transformation and positive change – if you can see it that way despite the apparent danger you will see when you are interpreting everything with the ego mind, which almost everyone in the world does most or all of the time. The ego loves to feel fearful because that strengthens its illusory sense of identity and so it sees threatening situations everywhere, which produces more circumstances that appear to be dangerous, a mad self-fulfilling prophecy that will spiral out of control over time, something that is very clearly happening right now in the world.

But what if there were another way of looking at things that dissolved the fear and all the madness it creates in the world? The good news is that there is another way to see the world and yourself, and that is with **Spirit** or **Soul**, which is just the right part of your mind that remembers who you really are, **Unlimited Love**. Instead of seeing the madness and suffering in the world, Spirit overlooks the whole illusion appearing to be ‘out there’ that has been created by the ego and sees only itself, which is **Love** or **Oneness**, in everyone and everything.

If you choose to take this perspective on life, you will find your attitude to everything and the circumstances of your life will transform radically. (Notice that I used the word ‘choose’ because reality is not ‘out there’ but all in your mind and you must make the choice in every moment to interpret it with the ego or Spirit). You will be able to see opportunity everywhere because your awareness of Unlimited Love gives you the Abundance mindset that is essential in order to see opportunity and attract abundance in every aspect of your life. So if you want more money, better health, a better relationship and happiness (who doesn’t?), **the way to have it all is to let go of the desire for it all and concentrate on finding the Infinite Abundance of Love** that lies buried in your mind underneath the layers of guilt and fear created by the ego mind. Everything that you truly need on the journey back to this awareness of perfect Love will then be given to you, including excellent health, loving relationships and more than enough money and material wealth to provide for you and your dependents on the journey. Jesus said, “**Seek ye first the Kingdom of heaven and all things will be added unto you**”, which expresses exactly the same timeless truth.

If what I have said resonates with you, but you are unsure of how to start this journey, here are a few suggestions:

- If you live in Johannesburg, come to my talk on **Sunday the 18th of May from 7.30 to 9 p.m. at the Theosophical Society in Auckland Park** – see the ‘**Events**’ section below for more information about these events;
- **If you live in one of the major centres in South Africa, go to one of Dolf de Roos’s events** to get a breath of fresh air amidst all the pessimism that pervades the country now and be inspired by this extraordinary man – see the ‘**Events**’ section below for more information about these events;
- Read a book called [*The Disappearance of the Universe*](#) to help you to understand the truth of what I have touched on above fully;
- Practise **true forgiveness** in your life.

So how does one truly forgive, you are probably asking yourself? The answer is to **forgive or surrender your belief that the world is real and has the power to affect your inner peace in any way**. And how do you do this, you may well ask? The way to forgive or surrender anything is by realising the illusory nature of it and that it is ultimately part of the surreal dream most people call ‘real life’. The **10-step forgiveness process** outlined below will help you to see this ‘real’ world with forgiveness, which is through the Spirit or Soul within you, rather than with judgment, which is the ego’s interpretation of the world, especially when the madness of the ‘real’ world becomes a little overwhelming:

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. **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.

4. **And that it's your Illusion or Projection**

Moreover, it's all your projection, even if it appears to be outside and independent of you, because there is only one mind that is dreaming the dream of life. 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.

5. **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.

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 judgmental, fear-based thoughts and emotions, which frees your mind to see the Good in everything and the boundless opportunities that exist everywhere without the fear of loss that stops most people from seeing these opportunities or acting on them. After all, if life and the world are all an illusory dream, nothing that happens in this dream can be of the slightest consequence and or affect your inner peace and awareness of perfect Love in any way, so there is absolutely nothing to fear, no matter what may appear to be happening in the dream. This freedom from fear allows you to play the game of human life we play while **abiding in the timeless state of Love that is who and what you truly are**, which is being in the world, but not of the world.

*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 talk he is doing on **Sunday the 18th of May** at the **Theosophical Society in Auckland Park** 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 abundance, 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, 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

'Real Estate Power Investing' One-day Seminars with Dolf de Roos

Johannesburg

Date: Tuesday, 20 May 2008

Venue: Gallagher Estate, Midrand

Time: 8 a.m. – 6 p.m.

Investment: R3,999.00

Cape Town

Date: Tuesday, 27 May 2008

Venue: Cape Town International Convention Centre

Time: 8 a.m. – 6 p.m.

Investment: R3,999.00

Seminar Programme

07h00: Registration Begins

08h00: Welcome and Introduction

08h15: Dolf Session 1: Current market trends and how we now invest
Investor Psyche
Determine the next big market shift

10h10: Tea Break

10h30: Property Showcase buying platform – 7 Habits

10h50: Attorney - Structures and laws for residential investing

11h10: Developer – Inner City Investing

11h30: Wealth educator – Investing in new residential and commercial developments

11h50: Millionaire investor – How to go on a 'big game' house hunting experience

12h10: Dolf Session 2: How to grow your portfolio
How to keep your portfolio profitable
Analysing deals

13h00: Lunch

14h00: Buyers Agent – How to find bargain properties and good deals

14h20: Banker/Mortgage Originator – Securing finance and negotiate multiple mortgages

14h40: Property Manager - Managing your portfolio

15h00: Commercial broker - How to transition focus from residential to commercial properties

15h20: Tea Break

15h40: International broker – Where to invest next

16h00: Tax expert – Tax and offshore structures

16h20: Dolf Session 3: Investment strategies
Finding similar investors to form groups
Networking
Building your team
Principles and tools to take you into action

17h45: Questions and Answers from the floor - Dolf

18h00: Conclusion and Networking session

Dolf and the other presenters will show you how to **see the big opportunities that exist right now** in the property market in South Africa for astute and fearless investors, as well as **how to become financially free through property investment within only a few years**. [Click here](#) and send the email that pops up to book your seat/s for the seminar. Payment of **R3,999.00 per person** (including VAT) for the seminar may be made into the following account:

Lifebuild

Bank: **ABSA**

Account no: **9135499167**

Branch code: **632005**

Please reference the deposit with your name so we can trace it to you, and make sure you send us an email by clicking [here](#) to book.

Breakfast Events

At the breakfasts, Dolf will be speaking for 90 minutes on **World Trends in Property Investing**, which will give anyone interested in investing in property insight into the international property market and how and where to make money through property investment in the world today. Dolf will be revealing some powerful secrets for making money through property investment in 2008 in the 7 Habits Showcase. Your investment for the breakfasts with Dolf is **R500** and your investment for the **7 Habits Showcase event** screened at various cinemas throughout South Africa is only **R140**.

Johannesburg

Date: Tuesday, 13 May 2008

Venue: Sandton Sun & Towers, Sandton

Time: 07h30 - 09h30

[Click here](#) and send the email that pops up to book your place/s.

Pretoria

Date: Wednesday, 14 May 2008

Venue: CSIR

Time: 07h30 – 09h30

[Click here](#) and send the email that pops up to book your place/s.

Durban

Date: Wednesday, 21 May 2008

Venue: One-on-one Conference Centre, Gateway

Time: 08h00 – 10h00

[Click here](#) and send the email that pops up to book your place/s.

Port Elizabeth

Date: Thursday, 22 May 2008

Venue: Boardwalk

Time: 08h00 – 10h00

[Click here](#) and send the email that pops up to book your place/s.

Cape Town

Date: Friday, 23 May 2008

Venue: Cape Town International Convention Centre

Time: 08h00 – 10h00

[Click here](#) and send the email that pops up to book your place/s.

7 Habits Property Showcase Event

Date: Thursday, 22 May 2008

Venue: Nationally via satellite into Ster-Kinekor theatres in Sandton City, Cresta and Eastgate in Johannesburg, Brooklyn in Pretoria, Musgrave Centre in Durban, Mimosa in Bloemfontein, and Tygervalley and V & A Waterfront in Cape Town

Topic: Dolf de Roos on Secrets for Making Money in Property in 2008

Time: 07h30 – 09h30

[Click here](#) and send the email that pops up to book your place/s.

More About Dolf De Roos

Dolf de Roos is an **international property investor, author and educator**. He has been investing in property since he was 17 years old and has made many millions of dollars through property investment. He has also been running seminars for more than 20 years on how to make money through property, as well as sharing his successes and property investment strategies throughout North America, Australia, New Zealand, Asia and Europe. He has written **8 best-selling property books**, including New York Times best seller '**Real Estate Riches**', as well as pioneering software to both analyse and manage investment property.

Dolf's views on both residential and commercial property are highly respected, and he has often been asked to address investor conferences, television debates, radio shows and train real estate agents. Dolf was **part of Robert Kiyosaki's 'Rich Dad' team** as the advisor on real estate investment for a number of years and he tutors students for **Donald Trump's Real Estate University**. He is passionate about the psychology of creating wealth, particularly regarding property, and has personally made millions of dollars through property investment, so he talks out of years of practical experience and success as an investor.

For more information about Dolf De Roos, visit www.dolfderoos.com.

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

Date: **Wednesday, 21 May & 4 June**

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

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

Investment: **R100 per person**

Date: **Monday, 2 June**

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

Venue: **Condor House Guest Lodge, Rooihuiskraal North, Centurion**

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 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 – ‘Riding the Wild Tiger of Life’

Date: **Sunday, 18 May**

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 overcome the fear of change and all fear to live in a state of inner peace no matter what appears to be happening ‘out there’. He will help you to see that there is no ‘out there’ out there and that everything that is apparently out there is actually the creation of your mind.

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 you will hear in your life will be the **end of the world of fear and 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*

[Click here](#) to book your seat for this talk. 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.

That's all for this edition of **Lifebuilder** - we hope you enjoyed it and found it stimulating! Next month, we will talk

more about abundance and how to attract it into your life in a way that you would not have believed was even vaguely realistic before your transformation. In the mean time, forgive the madness that appears to be happening out there and live in the Love that you are!

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