



Lifebuilder Monthly Ezine – November, 2007

QUOTE OF THE MONTH

“Learn your lessons quickly and move on.” – Eileen Caddy

As we near the end of another year, it is time for all of us to reflect on the lessons we have learned this year and in the past, forgive ourselves and all others for what we think we and they have done, and move on without carrying any emotional baggage from the past with us. This is the theme of this week's featured article on **Radical Forgiveness**, where Jonathan Quail discusses life's forgiveness lessons and how to practise radical forgiveness on them, something that will help you to grow as a person, raise your consciousness and free yourself from the negative emotions that plague you some or all of the time. If you would like to explore this simple and highly effective way to become enlightened, and you live in or around Johannesburg, [Jonathan Quail](#), the author of this week's featured article, will be facilitating an interactive discussion session on the next two **Sunday evenings from 4 to 7 p.m. at the Theosophical Society in Auckland Park**. Also see the **Events** section below for more information about an **end-of-year dinner and talk** by a lady who had a near-death experience on **Wednesday the 28th of November** that will give you an opportunity to meet and connect with like-minded people in the Lifebuild community while enjoying an inspiring talk and delicious dinner.

We hope to see you at one of our events soon! Enjoy this week's edition in the mean time...

Featured Article: Radical Forgiveness

Deep down, we all know that to **forgive is divine and to judge others is really to judge ourselves**, something that has been clearly stated by many spiritual masters who have walked this earth. However, most of us continuously judge others and the world completely unconsciously, not realising that in doing this, we are judging ourselves as separate individuals in a threatening and imperfect world and limiting ourselves and our experience to this seemingly frightening reality.

This really struck me when I was having a hair cut the other day and listened to the conversation of the hair dresser and her next customer sitting and waiting her turn. The hair dresser was complaining that she had to wait for half an hour at the taxi rank that morning for her assistant, who she fetches there every day, because she was late. Her client then told her own stories of an encounter with the receptionist at her interior decorators she had visited the day before, who told her that the business was not a library when she had asked if they had any interior design magazines, causing her to respond angrily, and her kid's bad behaviour and subsequent disciplining by her husband. They both seemingly relished the inconvenience and offence they had suffered while telling the stories. Needless to say, my hair cut was really not great. How could it be, when the **hair dresser's mind was on her past experience and not present to what she was doing** in the moment?

This conversation between these two women and the incidents they were talking about are probably fairly representative of billions of ordinary interactions between people that happen around the world every day. Why do the majority of people think and behave in this way, when the present moment is all there really is and the past and future really only exist in their minds? The answer lies in their minds: their self-concept, how they see themselves, is intrinsically linked to their belief in the illusion of time. The **illusory past and future are the**

domain of the mind and the ego, where the mind can endlessly re-live its past experiences and anticipate the future in fear or in hope, both of which are equally delusional. **The ego mind creates time to perpetuate its illusory identity**, even if that is of a person who is a 'victim' of the world, and deny the true reality of who the person really is, their **immortal presence**, which can only be **accessed in the present moment**.

You may be asking yourself by now how time and the ego relate to forgiveness, the theme of this article? When you practise true forgiveness, you do so knowing that **time and space are really two different perspectives of the same illusion** created by your mind, and in a universal sense, by the One Mind that created the universe. If time and space are an illusion, logic dictates that **everything appearing to happen within the illusion of time and space must also be an illusion**.

The latest scientific theories about life and the universe - string theory, quantum physics and the theory of relativity being most prominent among them - confirm that **everything in the universe is made up of energy**, which is continuously moving and changing form, and that **there is no reality in the absence of something else to interact with it** and give it that form. However, when you ask any scientist what energy, the foundation of this seemingly real universe, is, they cannot give you an answer. What this confirms, although the notion is too radical for any respected scientist to write down and publish, is that the universe and everything in it really does not exist at all, something great spiritual teachers have said throughout the course of history. It is a mind-created illusion that seems to be so real that it deceives almost every sentient being seemingly living in it completely.

Only when you truly realise that if nothing that has ever happened, is happening or will ever happen is real, and it's all a dream dreamt by your mind, which is part of the One Mind that is dreaming the dream of the universe of time and space, can you truly forgive it, because you realise whatever has happened in your dream is only a dream and has never really happened. When you practise this advanced or **radical forgiveness**, you see yourself, others and the whole world as **deluded but innocent dreamers of a collective dream we call life**, and **release all the pain and suffering** you have stored in your mind from all past and future experiences (remember, because there is no time, forgiving the future is not only possible but necessary if you are practising true forgiveness), leaving you free to experience who you really are - your divine essence, God, All that Is - in the timeless present moment.

This is the truth spoken of by Jesus that will set you free from all the pain and suffering that identifying with the world, and yourself as a separate body and mind operating in the world, will inevitably and always bring you. When you have realised this, you become **One with this essence** and live in this timeless state of Oneness, which can be experienced as peace, joy, bliss, grace (or whatever other word you want to use to describe what is really indescribable) while you still appear to be in your body. When you leave your body in this state of consciousness permanently, i.e. you die, you are free of the need to have a body and can abide in this perfect Oneness, also known as heaven, forever. But that's the topic for next month's article ...

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

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

Lifebuilder Events

Lifebuilder Talk and Discussion Session

“Busting Out of Illusion” with Jonathan Quail

Date: **Sunday, 25 November & 2 December**

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 who and what you really are and the illusory nature of the world and the universe. He will show you the only way to bust out of this illusion and experience true inner peace. He will also facilitate an **interactive discussion session**, where you can pose your questions and have them answered, and a **guided meditation** that will show you how to find **‘the peace of God that passes all understanding’** within you.

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

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

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

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

- *Gordon Mackay, Property Investor and Speaker on Property Investment*

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

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

If you would like to stay for the regular Sunday evening talk the Theosophical Society hosts every week starting at 7.30, you are welcome to do that. This week Sunday (the 25th of November), the talk is on **Spirit Guides and Channeling** by Bishop Goudriaan, and the following week Sunday (the 2nd of December), it is on **‘The Doctrine of the Eye’** by his brother, Roel Goudriaan. Both talks promise to be fascinating if you are at all interested in spirituality.

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

- From **Empire Road**, turn right into Kingsway Avenue at the robot and go about 100 m along Kingsway, then turn right into Lothbury at the first robot you get to
- **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 about 100 m down the road and drive into the open gate of the house on the **corner of Streatley and Lothbury** on your left hand side (there is a sign that says ‘The Theosophical Society’ next to the gate)
- [Click here](#) to link to a map showing the whole surrounding area in more detail

Lifebuilder Soul Mates Talk and Dinner

“I Died on Life Support and Chose to Come Back” by Janee Dewart

Date: **Wednesday, 28 November**

Time: **7 p.m. - 9 p.m.**

Venue: **Modjadji House, 23 Oosthuizen Drive, Floracliff**

Investment: **R150 per person**

This is a dinner and talk that Lifebuild is co-promoting with **Most Innermost**, a [web site](#) with information on natural healing and wellness, which will give you the opportunity to hear an inspiring talk and chat to interesting, like-minded people over a delicious 3-course meal.

Janee Dewart, a truly remarkable woman who died 14 years ago and chose to come back to life, will be sharing her experience and what she has learnt since this incident changed her life forever. She will talk about how much of your life is real and how much is merely an illusion, and how to distinguish between the mirages and reality.

Janee is the author of the book ‘**Take up the Challenge**’, an **inspirational speaker, spiritual teacher and qualified hypnotherapist** who helps people with the reclamation of their truth and power. It is her sincerest belief that each person has a Spirit within them that is their true essence, and this is what she helps people to get in touch with. She believes in the greater good, the power of suggestion and our ability to create our lives. She takes responsibility for her role in the accident she had and the journey that has resulted, and is grateful for all the good that has come out of it.

The dinner will be a 3-course buffet, and there will be a cash bar available. There are only 15 places left, so book and pay now if you would like to come. Please let us know if you and anyone else you know would like to come by clicking [here](#) and sending the email that pops up (please advise if anyone coming has special dietary requirements). Upfront payment is required to confirm your booking, which can be made into the following bank account:

Account Name: MOSTINNERMOST CC
Account: 62024428436 (Current/Cheque)
Bank: First National Bank
Branch: Northcliff
Branch code: 253705

Remember, the cost of the event is **R150 per person**. Please **reference the deposit with ‘SMP’ followed by your full name** so we can trace it to you, and fax the deposit slip or proof of payment to **086-617-0029** or email it to info@mostinnermost.com.

That's all for this month. In next month's edition, we will be talking about reincarnation and how to stop yourself doing it! Until then, remember that no matter what seems to happen in your life and the world at large, **it's not real and hasn't really happened**, so you can forgive it away and not let it affect your inner peace.
