



Lifebuilder Monthly Ezine – October, 2007

QUOTE OF THE MONTH

“The stream of knowledge is heading towards a non-mechanical reality; the universe begins to look more like a great thought than a great machine.” - Sir James Jeans

In this edition, we offer you a **glimpse into the workings of a fully awakened mind** and how to re-awaken to the **truth** of who you really are. If you know deep within yourself that this world and all that is so seemingly important in it are somehow not real and are seeking this timeless Truth within the depths of your soul, and live in or around Johannesburg, the author of this week's featured article will be exploring this Truth and the path to realise it in more detail on **Monday the 15th of October from 6 to 8 p.m. in Sandton, every Sunday evening from 7 to 9 p.m. in Melville** and on the **27th of October** in a special one-day transformational workshop that will include a **fire walk** – more details about these and other events follow in the Events section below the featured article. Also see the Events section below for more information about a **mini-seminar on wealth creation** we run every Wednesday evening in Sandton, or [click here](#) for more information about it.

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

Featured Article: Busting out of the Illusion

Who and what are we? Why are we here? What is the purpose and meaning of life? These are questions that people have been asking themselves since the birth of humanity, and despite all of our technological progress and the glut of information in this 'Information Age', most people seem to be no closer to answering (let alone asking!) these questions. As a result, the society we live in and the environment have become increasingly sick and dysfunctional, threatening the ability of the human race to continue to live on this planet. However, before you dissolve into an apoplexy of guilt, judgement and fear or hit the 'Delete' key to escape this unpleasant reality temporarily, **ask yourself for just a moment if perhaps this drama of life on earth and the universe itself are in fact real?**

We know that **nothing in this world is permanent** and lasts forever, as everything in the universe is in a **constant process of change and transformation**. String theory, quantum physics and the theory of relativity tell us very clearly that everything in the universe is made up of energy that behaves in strange and mysterious ways they are still trying to understand, and that there is no reality in the absence of an observer to observe it and give it 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 all points to, 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! It is a mind-created illusion that looks and seems to be so real that it deceives almost every sentient being living in it completely. These beings, including human beings, then play their roles in this illusory dream, believing it is real and giving it a reality in their minds it really does not have. **Only their collective minds believing in the illusion and dreaming the dream give it any 'reality'**, so when every being realises the truth and wakes up from the dream, the **dream of the 'real' universe**

will no longer be there, in much the same way you may dream at night and wake up in the morning realising it was only an unreal dream that never really existed.

Fortunately, spiritual masters have come into the dream throughout the course of human history to tell people that they are dreaming a mad dream of separation from the Divine source that is really all there is and to show them how to wake up permanently from the dream. All the greatest teachers of humanity have said the same thing: **the world is an illusion, suffering inevitably occurs when you believe in the illusion** of duality, and **waking up from the dream is the only way to free yourself from suffering** and return to the perfect peace of oneness with all that really is.

So both science and the great spiritual teachings of masters like Jesus and Buddha tell the same truth: life is nothing but **'a tale told by an idiot, full of sound and fury, signifying nothing'**, as Shakespeare so eloquently put it, and therefore the only purpose of a human life should be to wake up from the particular dream or nightmare people thought they were experiencing and return to the awareness of their true infinite and eternal nature as **ONE**, which some teachers have called 'God', but which could more descriptively be called 'Being', 'Oneness', 'Love' or the 'Unmanifested'.

If you think that this theory is all my particular delusion, ask yourself the following question: if I believe the world is real and everything that happens to me is real, can I ever find true happiness and inner peace? The answer is obvious, is it not? We live in a world of duality where the 'good' and the 'bad' are constantly playing off against each other in your mind, ensuring that you never experience inner peace for very long if you believe in the reality of 'good' and 'bad' things outside of yourself that can really affect you. **If you want true inner peace and the constant bliss that comes with it, the only way to experience this is to believe that nothing that happens to you in the world, including the seemingly 'good' things, is real, so whatever happens can be instantly forgiven because it is recognised that it never really happened at all** and therefore no pain or pleasure is possible because of it. If a belief like this works to make you happy, then surely it is worth adopting, even if you are not sure that it is any more real than any other beliefs that do not make you happy that you may presently have?

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 from the cycle of birth and death, come to one of the talks or seminars I am doing this month (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 I have briefly touched on here - [click here](#) to find out more about this mind-blowing book. I look forward to helping you 'bust out of the illusion' through future articles and I hope to meet you personally at one of our events soon!

- 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 events where you can hear Jonathan speak in person.

Lifebuild Events

Lifebuilder Talk and Discussion Session – Busting Out of the Illusion

Date: **Sunday, 7 / 14 / 28 October**

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

Venue: **76 3rd Avenue, Melville**

Investment: **R50 (includes tea, coffee and snacks)**

Jonathan Quail, founder of Lifebuild, will be talking about how to bust out of the illusion of the world and awaken to the shocking truth of who and what you really are and what the world as you perceive it really is. 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 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. Jonathan will be sharing the real secret to inner peace and enlightenment that you can practise every single moment of your life, a secret your ego really wants you to overlook because it knows it is the beginning of the end for it.

The session will be a more of an **interactive discussion** where you can pose your questions and have them answered, and will be followed by a **guided meditation** that will show you how to find '**the peace of God that passes all understanding**' within you every time you do it, a state that will slowly become your predominant state of being over time with practice.

If you are skeptical about all these claims, come and listen and decide for yourself whether this is really the 'Truth' or just another counterfeit, popularised version of it. Your reward could be the end of the world of suffering you have come to regard as real and the beginning of your journey back to true freedom and inner peace. 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](#) and send the email that pops up to book your seat for one of these sessions now.

Lifebuilder Talk – “The Secret Beyond ‘The Secret’ ”

Date: **Monday, 8 October**

Time: **6 - 8 p.m.**

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

Investment: **R50 (includes tea, coffee and sandwiches)**

Jonathan Quail, founder of Lifebuild, will be talking about how to go beyond the seemingly ultimate 'truths' presented in popular movies and books like '**The Secret**' and awaken to the shocking truth of who and what you really are and what the world as you perceive it really is. 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 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. If you are skeptical, come and listen and decide for yourself whether this is really the 'Truth' or just another counterfeit, twisted version of it. Your reward could be the end of the world of suffering you have come to regard as real and the beginning of your journey back to true freedom and inner peace. Here's what a few people have said about Jonathan's talks in the past:

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[Click here](#) and send the email that pops up to book your seat for this talk on Monday the 8th now.

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

Date: **Wednesday, 10 / 17 / 24 / 31 October**

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 you can make money through property without investing any of your own money!** If this sounds impossible to you, suspend your scepticism and come and learn how this system, which is unique to the **Lifebuild PIN**, works. You will also learn about advanced wealth creation and business system principles, including how to save money on your current debt repayments, that you can begin applying to your new property business (and any other business in which you are involved) to generate a **large monthly passive income**, helping you to find that **elusive life balance** so few people manage to attain. To book your seat now, [click here](#) and send the email that pops up. If you want more information about this event and the **Lifebuild Property Investment Network**, [click here](#).

Lifebuilder Talk – Using the Enneagram to Gain Insight Into Yourself and Others

Date: **Monday, 15 October**

Time: **6 - 8 p.m.**

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

Investment: **R50** (includes tea, coffee and sandwiches at the break)

The talk will be about the [enneagram](#), a revolutionary tool that gives people extraordinarily accurate **insights into their own personality and the personalities of others**, helping them to **understand themselves and others better** and **operate far more effectively in the world**. The talk will be given by **Dr. Frederic Motz**, an expert on the enneagram, who is also a doctor of natural healing. Frederic will also show you how to make the connection between the mind and all healing using the enneagram as a tool in his talk. [Click here](#) and send the email that pops up to book your seat for this event now.

Lifebuilder Talk – The Healing Powers of Ozone Therapy

Date: **Monday, 22 October**

Time: **6 - 8 p.m.**

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

Investment: **R50** (includes tea, coffee and sandwiches at the break)

Ozone therapy is a revolutionary medical treatment that introduces ozone into the human body. Ozone is **O₃**, whereas the oxygen we breathe is **O₂**. Ozone has been **used successfully around the world for over 80 years to treat over 150 diseases**, including cancer, AIDS, diabetes, stroke, depression, chronic fatigue, lupus and fibromyalgia. In some clinics around the world, ozone is the first agent given to each and every patient that enters the clinic regardless of their ailments. Ozone addresses the key issues in almost all disease conditions, which is why it is so effective. These are: **oxygen delivery, circulation and immune system function**. Ozone Therapy's proven beneficial effects include:

- * **Increasing oxygen supply** to cells, tissues and organs
- * **Increasing blood circulation** throughout the body

- * **Detoxification**
- * **Boosting of the immune system**

and many more.

Deborah du Randt, the founder of the Ozone Clinic in Randburg, will be talking about the seemingly miraculous **powers of Ozone to heal the body of almost all diseases**. If you are sick or just less than perfectly healthy, or know anyone who is, you cannot afford to miss this talk. [Click here](#) and send the email that pops up to book your seat for this event now. If you cannot come to the talk but would like to find out more about ozone therapy, [click here](#) and send the email that pops up.

Lifebuilder Talk – Consciously Creating Your Reality

Date: **Sunday, 21 October**

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

Venue: **Theosophical Society, 31 Streatley Avenue, Auckland Park (Corner Streatley Road and Lothbury Avenue)**

Investment: **Free, but a R20 donation is recommended**

Jonathan Quail, founder of Lifebuild, will be talking about how to consciously create your reality in a world that is seemingly real but actually illusory. The talk will go way beyond the material presented in popular movies and books like **'The Secret'** and awaken you to the shocking truth of who and what you really are and what the world as you perceive it really is. 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 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. Jonathan will show you the way to end of the world of suffering you have created and come to regard as real and how to become truly free and deeply peaceful. 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*

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[Click here](#) and send the email that pops up to book your seat for this talk now.

Lifebuilder Seminar / Workshop & Fire Walk – How to Free yourself from Guilt and Fear (and Become Financially Free as a Side Effect)

Date: **Saturday, 27 October**

Time: **9 a.m. - 10 p.m.**

Venue: **Zulu Nyala Conference Centre, 3rd Street, Broadacres, Fourways**

Investment: **R1,500.00 (Full Day)**

R450 (Morning Only)

R350 (Afternoon Only)

R750 (Evening Firewalk Only)

This transformational seminar and workshop session facilitated by **Jonathan Quail**, founder of Lifebuild, will clearly reveal to you the origin of all fear and how to move out of fear into the true unlimited freedom that comes with the awareness of who you truly are. The talk will go way beyond the material presented in popular movies and books like **'The Secret'** and awaken you to the shocking truth of who and what you really are and what the world as you perceive it really is. 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 guilt and fear and all their nasty spin-offs like anger, resentment, greed, jealousy, loneliness 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.

Jonathan will show you the way to end the pain of the world of guilt and fear you have created and come to regard as real and how to become truly free and deeply peaceful. This will include showing you **practical exercises** you can do on your own to make this journey towards enlightenment and guarantee you will experience the bliss of full enlightenment some day. Here's what a few people have said about Jonathan's talks in the past:

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The afternoon session will show you how to **free yourself from forces that seek to control you in the world** as a natural extension of the freedom and abundance in your mind by showing you how to **become financially free in the next 5 years** through **property investment** and an **innovative debt restructuring process** that could help you to save thousands of Rand per month and hundreds of thousands in total in debt repayments.

In the evening session, Oran Cohen and Daniel Solomon will help you to conquer your fear of the illusion and **walk over 10 metres of hot coals** without fear or feeling any pain! For thousands of years, people have played with fire and there is evidence that people have been walking on fire for thousands of years. Today, in a world of busy-ness and seeming chaos, walking over fire allows us to learn to enter a state of stillness where we can overcome the inner chaos and fear of our minds and realise the true power of our minds and the illusory nature of the things our minds fear. Learn to transform your life through the right use of your mind in 'Techniqueless Technique'.

[Click here](#) and send the email that pops up to book your seat for this seminar or ask for more information about it now. There are **only 20 seats available** that will be allocated on a first-come, first-served basis, so don't delay in contacting us if you want to come.

That's all for this month. In next month's edition, we will be talking about forgiveness, the path to enlightenment, in more detail. Until then, remember that no matter what happens, **it's not real and hasn't really happened, therefore you can forgive it and not let it affect your inner peace.**
