



Lifebuilder Monthly Ezine – October, 2007 (Edition 2)

QUOTE OF THE MONTH

“Just do it!” – *Nike slogan*

In this edition, our guest author, **Bruce Muzik**, talks about the secret to taking action to co-create the reality you desire with the Universe. Bruce, a highly successful South African entrepreneur and inspirational speaker living in London and currently touring South Africa, will be doing a talk entitled **‘The Science Behind Success’** in **Johannesburg on Wednesday the 24th of October** and **Cape Town on the 31st of October**, as well as the **Designer Life and Wealth Blueprint workshops in Johannesburg and Cape Town** – see the ‘Events’ section below the featured article for more information about these talks and a number of other events **Lifebuild** is involved in, or [click here](#) for more information about the events Bruce will be involved in now.

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

Featured Article: The Secret to Action

Have you ever met someone who seems to have all the blessings of life or seems to have all the luck? Have you ever noticed that the people who work the hardest get paid the least? This is no accident - it is this way by design.

Life is designed to support those who support Life. "What the hell does that mean Bruce? You getting weird on me!" I hear you scream... Well, it means that Life supports those who play the game of Life by the rules. "Rules? What rules?" you ask.

If the Universe really had written a rule book to getting what you want, I think it would look something like this: (Note: from here on, when I refer to the ‘Universe’, you can replace it with whatever works for you e.g. ‘God’, ‘Spirit’, ‘The Quantum Field’, ‘The Force’, etc.)

Rule #1: Tell me what you want and while you're at it, please, oh please be specific.

Rule #2: Stay the hell out of my way while I get it for you.

Rule #3: When I hand it to you on a plate, just bloody take the necessary action to receive it! Thank you.

If you think the Universe sounds a tad frustrated with us, you're right. See, mostly we think we have to create our results by our own efforts, completely forgetting that there is an 'intelligent' force* (i.e. the Universe) waiting to co-create with us. Because of our insistence on doing it alone, we end up struggling through life, applying much effort and energy and getting dimly small results in return.

However, there is a way to leverage the power of the Universe by taking action, the ignorance of which will lead to a difficult life and the adherence to which will lead to an effortless life. Here it is:

ONLY TAKE OBVIOUS AND INSPIRED ACTION.

You see, once you have asked for what you want, your job is to take two kinds of action. The first kind is what I call **Obvious Action**. It's the obvious next step. For example, if you want to manifest a new house with cheap rent, the Obvious Action would be to call a Rental Agency and tell them what you are looking for. Duh!

The second kind of action, I call **Inspired Action**. This is the kind of action where you feel excited and inspired to take the action. To continue with our example, if you overheard someone in a restaurant talking about how they needed a house sitter for 6 months while they travel abroad, the Inspired Action would be introducing yourself to them, telling them that you are looking for a house and seeing where the conversation goes.

Inspired Action is characterised by two elements. The first element is that the prelude to taking the Inspired Action is surrounded by some sort of **synchronicity** (in this example, overhearing someone saying they are looking for a house sitter, when you are looking for a house with cheap rent). The second element is that the thought of taking the action inspires or excites you.

As a simple rule of thumb, I always ask myself this question before taking any important action: "Does the thought of taking this action feel good to me?" If I get a NO answer, I never do it. Be careful not to confuse your own fear with a NO answer. If taking the action feels good and feels scary, just do it!

And one more thing ... when the opportunity to take inspired action arises, take the action immediately. Never delay. As the Nike ad says, "**Just Do It!**".

* Quantum physics has proven the existence of this 'intelligent' force.

*This article was written by **Bruce Muzik**, an inspirational speaker and life coach and the founder of Designer Life, a business dedicated to helping people to grow personally and improve the quality of their lives dramatically. He will be presenting a talk entitled '**The Science Behind Success**' in **Johannesburg on Wednesday the 24th of October** and **Cape Town on the 31st of October**, as well as **weekend workshops** in these 2 cities **on the 27th and 28th of October in Johannesburg and the 3rd and 4th of November in Cape Town**. Click here for more information about Bruce 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 more details of the events where you can hear Bruce speak in person.*

Events

The Science Behind Success (Johannesburg) – Bruce Muzik & Jaime Kessel

Date: **Wednesday, 24 October**

Time: **7 – 9 p.m.**

Venue: **Johannesburg Country Club**

Napier Road

Auckland Park

Johannesburg

Investment: **R50** (includes tea & coffee and all profits go to charity)

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

Date: **Wednesday, 31 October**

Time: **7 – 9 p.m.**

Venue: **Exhibition Hall**, Breakwater Lodge at the UCT Graduate School Of Business

Portswood Road

V & A Waterfront

Cape Town

Investment: **R50** (includes tea & coffee and all profits go to charity)

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

Bruce Muzik, an inspirational speaker and life coach and the founder of [Designer Life](#), a business dedicated to helping people to grow personally and improve the quality of their lives dramatically, will be presenting an introduction to the science behind success that he goes into in far more detail in the Designer Life workshops he co-presents with Jaime Kessel. Bruce is particularly knowledgeable about **quantum physics** and its profound implications for living a successful life, and bases the techniques he teaches on the theory of quantum physics. **Jaime Kessel** is a Canadian expert in **Neuro Linguistic Programming (NLP)**, specialising in the application of this powerful mind programming technique to improve health.

For more information about the **Designer Life workshops** Bruce and Jaime are running on the 27th and 28th of October in Johannesburg, the 3rd and 4th of November in Cape Town and in **London and Dublin early next year**, as well as the one-day **Wealth Blueprint** workshops Bruce is running on the 13th and 15th November in Johannesburg and Cape Town respectively, [click here](#).

Lifebuilder Talk and Discussion Session – Busting Out of the Illusion

Date: **Sunday 28 October & 4 November**

Time: **6 - 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.

That's all for this month. In next month's edition, we will be asking and answering the question, "What is enlightenment?" Until then, may you be blessed with peace and prosperity.
