



Lifebuilder Ezine – July, 2009

QUOTE OF THE MONTH

"Transcendental intelligence rises when the intellectual mind reaches its limit and if things are to be realised in their true and essential nature, the process of thinking must be transcended by an appeal to some higher faculty of cognition." – *Siddhartha Gautama ('the Buddha'), 6th century B.C. Indian spiritual teacher and founder of Buddhism*

Hi [name]

Have you had the feeling recently that the pace of change on this planet is accelerating and we are all in the process of a profound shift in consciousness and in our way of life? This shift, predicted by the that is sometimes extremely uncomfortable for our minds conditioned by years of thinking the same programmed thoughts and acting out these thoughts in familiar, often unconscious behaviours. As a result, there are many people out there feeling lonely, scared, confused and bewildered by the dramatic changes happening in the world at the moment and don't know what to do to relieve the anxiety they feel within.

If you are one of these people to some degree or another, you would do well to heed the words of the Buddha above. The world and life as we know it in the world is changing radically at the moment and it is **our individual and collective responsibility to shift our level of consciousness and thinking** so we keep up with and co-create the times in which we are living. Individuals and communities who fail to make this shift will literally and figuratively be **left behind in the dark ages of fear** and all its negative side-effects, unable to cope with and adapt to the changes they see in the world and increasingly marginalised in a society operating closer to the speed of thought and at a much higher vibrational level than ever before in recorded human history.

The feature article in this ezine, entitled '**The Ancient Art of Alchemy Applied in a Modern Context - a Blueprint for the Transformation of Humanity's Interior and Exterior Worlds**' written by [Jonathan Quail](#), the editor of this ezine and founder of Lifebuild, proposes a new '**map of reality**' for the new millennium, a way of perceiving and managing your life that **lays the foundation for the transmutation of lower vibrational interior and exterior states into higher vibrational states**, a process that has been called '**alchemy**' over the last 2,000-odd years. He also discusses a [transformational process](#) he has designed to help you to shift your perception so it is **in alignment with this new map of reality**, which is what the Buddha called '**right seeing**', the first principle of his **Noble Eightfold Path** to enlightenment that lays the foundations for and leads to the other 7 principles of the Eightfold Path being applied in and to your life.

If you enjoy the article and live in South Africa, especially if you live in Gauteng, you will almost certainly be interested in coming to the **Personal Alchemy transformational weekend retreat** being held at the end of July and **beginning of August in Hartbeespoort**, as it is designed to help you to shift your perception and belief system based on it radically so you start to perceive the world in the 'right' way that is more in alignment with truth. If the article interests you and you live or work in or around Johannesburg, you will also

enjoy a **short talk on how to find your higher purpose in life** followed by a **guided meditation** that will help you to **discover your true and highest destiny** that Jonathan will be facilitating from **7 to 9 p.m.** this evening (Monday the 20th of July) in **Rivonia in Sandton** – see the Events section below for more information about this session, which is repeated every Monday at the same time and place with a different talk and different type of meditation. You may also be interested in coming to a one-day **Power Meditation Lifeshop** on **Saturday the 29th of August** where you can learn **8 different meditation methods** in one day – click [here](#) to find out more about this. If you are interested in meditation and can't come to this one of these regular Monday evening sessions, click [here](#) to find out **how you can learn to meditate for the first time or learn to meditate more effectively** in the comfort of your own home in your own time.

We are also holding a **mini-seminar about wealth creation and property investment** this coming **Wednesday evening (the 22nd of July)** in Paulshof in Sandton - click [here](#) for more information about it while you are online and see the **Events** section below for more information about this and the other events mentioned above being held this week. **Now is the right time to be investing in property** in South Africa, as the property market is about to pick up again and there are some **great property bargains** out there that allow you to **cover your bond and levy payments every month with your rental income** - if you know where to look, which is something you will learn by coming to the mini-seminar this week Wednesday evening.

To thank you for being a Lifebuilder subscriber (and reading this far!), you can listen to a half-hour interview I recently recorded on how to overcome fear at no charge by clicking [here](#). Keep reading for this edition's featured article, more information about our upcoming events and some more goodies. I hope to meet you soon at one of our events, or if you can't make it to one of these, you can connect with me on [Facebook](#) – just search for 'Jonathan Quail' and add me as a friend.

In Lak'ech ala'kin (which means 'I am you and you are me' in the ancient Mayan language)

Jono

FEATURE ARTICLE: 'The Ancient Art of Alchemy Applied in a Modern Context - a Blueprint for the Transformation of Humanity's Interior and Exterior Worlds'

The word '**alchemy**' for most people conjures up images of medieval sorcerers poring over tubes of bolining concoctions chanting spells in order to turn lead into gold. In fact, the alchemists of old were initiates and masters who had dedicated their lives to following a specific **spiritual path** that was designed to help them **understand themselves and the nature of life and the universe at a far deeper level** than the average man. In the process of gaining this understanding and wisdom, the aspirant alchemist would also acquire certain powers as a side-effect, such as the **ability to turn lead into gold** and to make the **Philosopher's Stone** that gave its bearer eternal youth. So the essential premise of alchemy was, and still is, that the **outer world we experience is just a mirror reflecting our inner world** of thoughts and emotions back to us, and that only by changing our inner world – our perception of ourselves and the world and the values and beliefs we hold dear as a result - can we change or transmute the outer world we experience. The word 'alchemy' is in fact derived from the Arabic words '**al kimia**' meaning '**the art of transmutation**'.

So could the ancient alchemists really turn lead into gold, you may be wondering, and if so, how did they do it? In response to this question, firstly I have to say that the point of the exercise for the true alchemist of old was not to make gold out of lead and become fabulously wealthy, although that may well have been a motivation of some of those who tried their hand at alchemy. The point for the student of true alchemy was to **change their perception of themselves and the world and raise their consciousness and their vibrational level** in the process so they would **experience life in a far happier, peaceful and more abundant way**. As a **test** of whether the initiate had truly let go of all the **metaphorical 'lead'** in his consciousness – the negative thoughts and emotions or '**baggage**' that weighs most people down, causing them to be unhappy, in a state of dis-ease and to sabotage their ability to manifest what would truly serve them in their lives – and found the 'gold' of his true highest Self, he was **asked to transmute physical lead into physical gold**. If he had truly let go of the 'lead' of his ego, or lower self living in attachment to the 'reality' of the physical world and all its apparent limitation and suffering, and was **connected with and living**

exclusively through his highest Self, a state commonly called ‘**enlightenment**’, this **inner gold of love, peace, joy and happiness** he experienced would be reflected in his external reality and his ability to transmute physical lead into gold.

So in answer to the question of whether the ancient alchemists could turn lead into gold, I believe that they could. In answer to how they did it, they engaged in various transformational spiritual practices that were kept a closely guarded secret known only to the masters of the art and revealed slowly to their students as they made progress on their alchemical journey. A key part of the training was to **change the initiate’s perception of the world** because the alchemists knew that it is our **perception that creates our experience of ‘reality’**. In other words, **reality is not ‘out there’; reality is experienced in our minds** and how we perceive the world is a result of our inner thoughts and emotions. The alchemists knew what today’s quantum physicists, who are their counterparts in the modern world, have also discovered through the science of quantum physics: that **there is no reality in the absence of observation** and the **material world is nothing more than energy or thought vibrating at lower frequencies** than our inner thoughts and emotions, which as a result cannot be perceived with our five physical senses, but can be perceived with our sixth sense, the intuitive, psychic sense that can perceive and interpret these higher frequency energies .

Much of the alchemists’ training was about strengthening this sixth sense so they could tap into and transmute these subtle energies in the non-physical world, which led to a **corresponding change in energy vibrating at a low enough rate to be perceived by the other five senses in the physical world**. This gave the alchemist the ability to **change or transmute energy from one form into another**, leading to a change in its physical appearance and properties – and this is how they transmuted lead, which is just energy vibrating at a certain frequency, into gold, the same energy vibrating at a different frequency.

The process is very simple in theory once you understand the principles by which the universe operates, but as with all knowledge, it is the application that is the really crucial part, because knowledge applied gives wisdom and mastery of any field of endeavour such as alchemy. This is why alchemy was a lifelong pursuit and only the older alchemists, who were reputed to live for hundreds of years because of their abilities, had attained the level of masters of the art. Even someone as accomplished as Isaac Newton, an avid alchemist who spent more time studying and practising alchemy than the physical science we all learnt in science classes at school, felt that he was a mere novice when it came to his understanding of truth, as he so eloquently stated when he said: **“It seems to me that I have been like a boy playing on the sea-shore, and diverting myself now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me.”**

If it took alchemists many, many years of disciplined study and practise of their art to attain mastery and highly intelligent and aware people like Isaac Newton felt they were mere novices when it came to their understanding of great mystery that is the universe, what then can one say about the average person living in the modern world, who has been trained to think of the physical, material world as ‘real’ and their thoughts and emotions as somehow less real or completely unreal by the prevailing social and education system? Words such as ‘dumbed down’, ‘numbed out’, ‘unconscious’, ‘ignorant’ and ‘unaware’ could be used, but I prefer **‘dormant potential waiting to be unleashed’**.

We are truly at the beginning of an age where the **ancient truths** the alchemists knew and applied that have been ignored and suppressed for so long are **starting to re-surface** like a seed long buried sprouting forth with new life in Spring. If you have read this far, then you are probably one of the people who is awakening to the long-dormant potential within you, one of the **pioneers of what will be a Golden Age** of more conscious living for humanity, and I invite you to **transform the ‘lead’ in your life** – all the guilt, fear and unhappiness and the corresponding scarcity, limitation, dis-ease and general ‘poverty of existence’ you may have experienced or be experiencing - into the **‘gold’ of inner love, joy, peace and happiness** and the **resultant unlimited, abundant, healthy ‘wealth of living’** that is your **birthright and your destiny to experience in this lifetime**, and be a part of **co-creating this Brave New World in the Seventh Golden Age of humanity** by clicking [here](#).

This article was written by [Jonathan Quail](#), a speaker, trainer, life coach, entrepreneur and business consultant. To contact Jonathan about bringing this kind of thinking into your life and / or business, click [here](#) to visit his web site or [here](#) and send the email that pops up. Also see the Events section immediately below

for more information about a **talk and guided meditation session** designed to help you to discover your higher purpose and destiny that Jonathan is giving **tonight** (Monday the 20th) in **Rivonia in Sandton** and a weekend retreat that will show you how to become the alchemist of your own life in **Hartbeespoort** from the evening of Friday the 31st of July to Sunday the 2nd of August.

Lifebuilder Events

TALK AND GUIDED MEDITATION SESSION

Date: **Every Monday evening**

Time: **7 – 9 p.m.**

Venue: **Pilates pH Studio, 777 – 7th Street, on the corner of Rivonia Road**

Investment: **R60 (includes refreshments)**

In today's frenetic, busy, rapidly changing world, it is all too easy to become **fearful and highly stressed**, a state of inner dis-ease that will inevitably lead to disease if not corrected. **If you are feeling stressed out and overwhelmed** by modern life and the challenges you are experiencing in your life, we invite you to **take some time out every Monday evening from 7 to 9 p.m.** to find the **stillness and the peace** deep within you that **dissolves anxiety and stress** by doing a **guided meditation session** facilitated by **Jonathan Quail**, a spiritual teacher, life coach and entrepreneur, along with other like-minded people right here at the **Pilates pH studio**. By attending these sessions over a period of time, you will learn how to:

- **Be aware** of your thoughts and emotions and **be present in the now** moment at all times;
- **Forgive** any and all situations and people to release their negative effects on your life forever and transform all your relationships into **unconditionally loving** ones;
- **Meditate** on your own to experience this **inner peace** for yourself and carry it into the rest of your life;
- **Breathe** consciously for relaxation and health;
- **Love exercise** by breathing properly;
- **Create more abundance** in every area of your life by being in a state of **'flow'** more often.

Here is what a few people had to say after one of my talks and sessions :

"Thank you for last night, everyone enjoyed it and took benefit. I slept like a baby and have achieved more than ever today. Congratulations on a great evening!" - *Mark Bloomer*

"Thank you for the information, especially the forgiveness process. When I read the Zenatude newsletter yesterday it was what attracted me to attend the session, something I've been working on. I enjoyed your talk very much and it was very informative and helpful – thank you!" - *Samantha Joyce*

"Thank you for the meditation session. I will be back most definitely." - *Maishi Teffo better known as Baby Mai*

"Many thanks for the talk and meditation on Monday evening it really was a great experience. The meditation was really a surprise as to the experience I personally had, quite amazing." - *Susan Elizabeth Bolton*

Each session will **start with a brief talk** about meditation - what its effects are and why everyone should practise it regularly. Your investment for each session is **only R60**, which includes tea and coffee. There is no need to book your place - just **arrive a little before 7 p.m. on a Monday evening** with R60 cash and an open mind! For more information about Jonathan Quail and his work, see www.successcoach.co.za or call **083-964-9065**, and for more information about meditation, go to www.blissout.co.za.

Click [here](#) to book your place for the talk on **Monday the 20th of July**, then send the email that pops up to be sent directions to get to the venue.

CREATE A PASSIVE INCOME THROUGH PROPERTY INVESTMENT

Date: **Wednesday, 22 July, 2009**

Time: **6 – 9.30 p.m.**

Venue: **Zenatude, Rivonia Crossing Centre in Paulshof, Sandton,
corner Achter and Witkoppen Roads**

Investment: **R250 per person**

In this mini-seminar on **property investment and wealth creation** given by the **Lifebuild Property Investment Network**, you will learn **how you can generate a regular, large and growing passive income through property investment without investing any of your own money, why now is the best time to be investing in property in South Africa and exactly where to invest to enjoy capital growth of 30% to 40% per annum and cover your entire bond payment with your rental income** that is 99% guaranteed through the system we can help you to plug into. You will also learn why property is a good store of value no matter how the economy is performing and how to reduce your current debt repayments dramatically.

By attending this seminar, 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, including how to find out **what your unique wealth creation profile** is and how to use it to **find your flow in life** and business to **let wealth flow to you** naturally so **generating more than enough passive income for you to be financially free and live an abundant life**, helping you to find that **elusive life balance** so few people manage to attain.

Your investment for this mini-seminar is **R250**. Some light snacks will be available for you to eat during the presentation, which **starts at 6 p.m. and ends by 9:30 pm**. To book your seat now, [click here](#) and send the email that pops up, or if you want more information about what will be covered in this seminar and the **Lifebuild Property Investment Network**, [click here](#). If you can't make it to this mini-seminar, but are interested in finding out **what your unique wealth creation profile is**, click **here** while you are online.

PERSONAL ALCHEMY RETREAT

Date: **Friday, 31 July – Sunday, 2 August, 2009**

Times: **6 p.m. – 10 p.m. (Friday); 9 a.m. - 10 p.m.
(Saturday); 8 a.m. – 7 p.m. (Sunday)**

Venue: **Sediba Mountain Retreat, Hartbeesport**

Investment: **R2,500 including refreshments, lunch, supper, accommodation
for 2 nights and course material**

By coming to this workshop, you will learn what the ancient art of **alchemy** was really concerned with and how to apply its profound principles and message in your life to **transmute the lead in your life to the gold of wealth** in all its forms – **good health, loving and trust-filled relationships, financial wealth** and a **balanced lifestyle**. You will learn how to cast the lead of your ego, your sense of a limited, conditional and fearing self, into the eternal fire of Spirit and **awaken to your true reality as immortal, eternal and fearless Spirit** through a combination of **listening, interactive discussion** and **powerful experiential exercises** and **‘entertainment’** in the beautiful, tranquil and grounding environment of an eco-village. Amongst other life-transformative practices and techniques, you will learn:

- **How to forgive** any and all situations and people to release their negative effects on your life forever and transform all your relationships;
 - **How to meditate** to experience true inner peace for yourself and carry this peace with you always;
 - **How to breathe** consciously for relaxation and health;
 - **How to eat** for maximum health and vitality;
- How to love exercise** by breathing properly while you do it, which will include a hike in nature to experience the benefit of breathing properly in fresh air while you exercise
- **How to create financial wealth** by being in a state of ‘flow’ and doing what you naturally love to do.

The workshop will be facilitated by [Jonathan Quail](#), a spiritual teacher, life coach, speaker, trainer, business consultant, entrepreneur and co-founder of [Lifebuild](#) (click the links to find out more about Jonathan, his work and Lifebuild). This is what a number of attendees at Jonathan’s workshops and coaching clients have said about their experience:

"You have got great wisdom and a wealth of knowledge ... I can't express how I feel today, one of the best moments in my life. Thank you for showing me the way to the truth. You are the best teacher I have ever known and a true guru!" - *Thabiso K, coaching client in Botswana*

"The ego comes back with a vengeance – when the latter happens I have to tell you, I use your words 'bring it on'. Forgiveness is beautiful. The forgiveness process and the journey is AMAZING – THANK YOU! You are a significant part of my journey. I have to tell you with all humbleness I am in the flow and have been attracting and manifesting much in the last 2 months and every other day something happens that serves as confirmation that I am on track and that the path of enlightenment is the only way and ultimately what we all seek." - *Alfreda B, FFF workshop attendee and coaching client*

"The workshop was mirific!" – *Patricia Richards, FFF workshop attendee*

Click [here](#) and send the email that pops up to book your place/s for the workshop or [here](#) to get more information about it, and keep reading for more information about the programme for the rest of the retreat.

HOT LINKS

- Click [here](#) to learn **how you can turn the lead in your life into gold in the next year**.
- Click [here](#) to find out about the transformational **Personal Alchemy** and **Power Meditation workshops** Jonathan Quail facilitates.
- Click [here](#) to listen to an **interview with Jonathan Quail** on **how to overcome fear** at no charge.
- Click [here](#) to **find out more about meditation** and **how to meditate** for maximum benefit.

- Click [here](#) if you are looking for some **personal coaching** to help you **overcome challenges**.
- Click [here](#) if you need an **inspirational speaker** for an event or **out-of-the-box training**.
- Click [here](#) to learn **how to create passive income and become financially free**.
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