



Lifebuilder Ezine – October, 2009

QUOTE OF THE MONTH

“Love is an eternally blossoming flower and you are the garden that gives it life.” - *Darshan G. Shanti, author, speaker and transformational facilitator*

Hi [name]

I was recently asked by a journalist who was writing an article for a magazine what I think the top two habits of highly effective and successful people are. The article I wrote for her as a result is the feature article for this edition – see immediately below this section to read it. If you just make these two habits your own in the next few months, you will allow Love, the most powerful force in the universe, to flower in many different ways in the garden of your life next year. Enjoy and apply!

If you feel you need a bit of help doing this, you may be interested in coming to the **Personal Alchemy transformational weekend retreat** being held from the **3rd to the 6th of December in Hartbeespoort** and again in **Empangeni in KwaZulu-Natal** from the **12th to the 14th of December**, which is part of a **‘Spirituality Meets Sustainability’** getaway in **Empangeni** from the **12th to the 20th of December** (click [here](#) and send the email that pops up to request more information about this). If learning how to live sustainably interests you, but you live in Gauteng and can’t come to Empangeni at this time, there will be a two-day **Sacred Sustainability workshop** facilitated by **Anthea Torr**, the founder of Biophile magazine, on the **weekend of the 28th and 29th of November** in Linden, Johannesburg, that will show you how to live in a sacred way that is harmless to other life on this planet and therefore sustainable.

The **Lifebuild Property Investment Network** will be holding a **mini-seminar about wealth creation and property investment** on **Monday evening the 26th of October** in Paulshof in Sandton - click [here](#) for more information about it while you are online. **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. On a more spiritual track, I will be facilitating a **one-day Power Meditation Lifeshop** on **Saturday the 21st of November** in Paulshof, Sandton, where you can learn **8 different meditation methods** in one day, as well as shorter guided meditation and power breathing sessions held every Sunday afternoon in Illovo. If you can’t come to these meditation sessions, but are interested in learning how to meditate, click [here](#) while you are online. Please see the **Events** section below for more information about all the events mentioned above.

To thank you for being a Lifebuilder subscriber (and reading this far!), you can find out how to listen to a half-hour interview I recently recorded on how to overcome fear completely at no charge by clicking [here](#). Keep reading for this edition’s featured article, more information about our upcoming events and some links. 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.

Namaste (which means ‘the Divine in me honours the Divine in you’ in Sanskrit)

FEATURE ARTICLE: 'The Top Two Habits of Highly Effective People'

Someone recently asked me what I thought the **top two habits of highly effective and successful people** are, which caused me to stop and think quite deeply – after all, as there are so many positive habits that one can have, how does one pick the two most important ones. After much reflection, I settled on the following two, the *sine qua non* (meaning 'without which not' in Latin) without which all other positive habits, values and beliefs simply cannot find a home and bloom in the garden of your life:

1. **Taking full responsibility** for everything you experience in your life;
2. **Completely forgiving** the person, people and / or situation that have apparently caused you to suffer and seeing how what happened is actually a blessing in disguise.

For example, an ineffective and ultimately unsuccessful person who has been retrenched or fired will, out of their **habitual pattern of blaming** everything and everyone else for their problems and so **avoiding taking responsibility** for their lives, almost certainly be **angry and resentful** towards his former employers, the government and the world in general, blaming one or all of them for his retrenchment and resulting financial hardship, a choice that will ultimately sink him into a state of bitter apathy, hopelessness and depression once the initial rage has died down. This **prevents the person from seeing where the opportunity in the situation lies and taking effective action** to take advantage of this blessing in disguise and improve his life, sabotaging his happiness and success and trapping him in a downward spiral of fear, anger and apathy that could ultimately lead to a complete unraveling of his former life.

However, this total disintegration of his former life and the identity he associates with it, which is who he thinks he is, can open the way for him to discover who he really is and why he is alive, a realisation that will completely transform his consciousness and his life and help him to find the **true meaning and purpose of his life and the inner peace** that automatically comes with this higher awareness.

Someone who is an effective and successful person will **respond rather than react** to the same situation by immediately **taking responsibility for the situation** because she realises that she is **creating her own experience of reality all the time**. This will help her to see that a part of her subconscious mind, which is known as her higher Self, created this situation to give her an opportunity to learn and grow from the experience and move her life forward in a way that prior to losing her job she may not even have been able to imagine. She will **reflect on the situation with detachment** as the observer of her own thoughts and emotions and **seek to learn the lesson the experience is there to teach her**. In doing so, she will automatically be asking for the higher reason for her losing her job to be revealed to her, which it surely will be in a short period of time if she is sincere in her desire to know and learn from it.

The effective person will come to a point through this process where she will actually **be grateful for the whole experience** and to all the people who, at least according to the judgment of an ineffective person, have supposedly done her wrong. **She will have forgiven these people completely** in her heart and mind and will in fact have a deep sense of gratitude towards these people for playing their part in her learning of this profound forgiveness lesson and helping her to find inner peace and her true purpose in life through it. She will have **let go of any resentment or bitterness** she may have felt towards anyone over the losing of her job, which is what true forgiveness automatically entails, and will look for and **find the door that will always open for the person with an open heart and mind**, knowing and trusting that in every crisis, there is hidden opportunity and so finding an opportunity or opportunities that will almost certainly help her to be far happier and more inspired than she ever was in her old job.

She may decide to start the business she has always wanted to run but been too afraid to start, begin a career in an entirely new field or take some time out to discover what she really wants to do with her life, but whatever it is for her, she will surrender to it and **allow herself to be guided in a spirit of gratitude and joy** along this new path that will unfold for her. Rather than fearing the future and being constantly stressed at the uncertainty of her post-job future, she will **trust in the power that brought her the forgiveness**

opportunity in the first place to guide her faultlessly along the path towards a time where she can exist in a permanent state of **happiness, peace, love and joy**, which is the ultimate destiny of all of us, a state that is commonly known as '**enlightenment**'.

To learn how to be effective in dealing with challenging situations in your life, you can **practise taking total responsibility for everything that happens to you** in your life, asking yourself the following questions to **let go of any negative thoughts and emotions that arise from it and find the hidden opportunity** it presents:

1. Why did I create this situation in my life?
2. What can I learn from this situation?
3. How does it really serve me?
4. What opportunities now present themselves as a result of this situation?
5. What action can I take right now and in the next month to take advantage of these opportunities?

Practising asking the 5 questions above whenever you feel challenged and also running through a **10-step Radical Forgiveness process** I have put together will help you to change your perception of any past, present or future situation from one of judgment, blame and anger to one of **forgiveness, gratitude and optimism** for the future and will profoundly change your attitude towards yourself and others and make 2010 the happiest and most successful year of your life because you will finally be starting to take control of your thoughts and emotions and freeing yourself of the negative thoughts and emotions that plague so many people to find the inner peace, happiness and joy that lie beyond the self-created, hellish prison of their own judgmental minds. You can **download the 10-step Radical Forgiveness process**, along with 12 free inspirational e-books, by clicking [here](#) while you are online and entering your name and contact details.

The following table summarises the two different approaches taken by an effective and an ineffective person who has lost their job:

Habit / Response / Result	Ineffective Person's Approach	Effective Person's Approach
Habitual Emotional Pattern	<ul style="list-style-type: none"> - Feeling like a victim of life and unworthy of happiness and success - Blaming others for negative situations in his life - Being angry and resentful towards others - Being trapped in the past and fearful of the future 	<ul style="list-style-type: none"> - Accepting total responsibility for creating all her experiences in life - Forgiving the people involved and the whole situation for any perceived wrongdoing - Being grateful for the opportunity to practise letting go of her negative emotions and find the blessing in disguise the situation presents to her
Reaction / Response	<ul style="list-style-type: none"> - Blaming his employer, the government and whoever and whatever else is a convenient scapegoat - Becoming angry and resentful towards these parties - Being paralysed by apathy, fear of the future and unable to take any effective action to improve the situation 	<ul style="list-style-type: none"> - Accepting that she is entirely responsible for creating the situation - Forgiving her former employers and anyone else for any perceived wrongdoing - Being thankful for the opportunity to let go of her judgment of the situation and the negative emotions that result from this judgment and to find the hidden opportunities the situation opens up for her - Taking effective action to take advantage of these opportunities and quickly resolve her financial difficulties

Overriding Purpose / Necessity	<ul style="list-style-type: none"> - To keep the person's identity as a victim intact in his own minds and receive sympathy from others for the apparent injustices done to his - To avoid having to take responsibility for his life - To avoid the discomfort of taking action to improve his life 	<ul style="list-style-type: none"> - To free the person of all negative thoughts and emotions - To help her to enjoy a life where she is happy, peaceful, loving and joyful, which is the only true success - To experience abundance in every area of her life, including financial wealth, good health and loving, trusting relationships
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*This article was written by [Jonathan Quail](#), a **speaker, trainer, life coach and entrepreneur**. 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. To listen to a free half-hour interview with Jonathan on how to overcome fear, click [here](#), and also see the Events section immediately below for more information about a **weekend retreat** Jonathan is facilitating in **Hartbeespoort** in early December that will show you how to turn the lead in your life into gold, as well as other events Jonathan is involved in.*

Lifebuilder Events

Lifebuilder Movie Screening: 'The Shift' starring Dr. Wayne Dyer

Date: **Monday, 19 October**

Time: **6.30 – 9.30 p.m.**

Venue: **Zenatude**

Rivonia Crossing Centre

Corner of Achter and Witkoppen Roads

Paulshof, Sandton

Investment: **R100**

This session is about **the shift** from being driven by the **ambition** to achieve and to have material things in the world to being inspired by a **deeper purpose** that has **far more meaning to you** than anything transient in the world can ever have. The movie **'The Shift'** starring **Dr. Wayne Dyer** will be screened as part of this session, which will include an **interactive discussion session after the movie**. This is what one critic had to say about the movie:

"This is a gem of a spiritual movie, an interesting blend and balance of interviewing Wayne Dyer and the illustrative lives of two families and various characters, including the film crew filming Dyer and being filmed themselves.

All achieve an "ah-ha" moment in a plot and script under the direction of Michael Goorjian that makes it all seem flawless and genuine. You are drawn into the characters and the plot and the individual stories blend well, but never overlap. The character development is more subtle and understated than your usual Hollywood product. The actors act out their dramas rather than just blatantly speaking them, so that no one could possibly miss the point. Goorjian treats his audience as intelligent and sensitive to the message of the film, and I appreciated that subtlety and believe you will as well.

Filmed with the backdrop of stunning Asilomar, a resort in California next to the sea, the family of characters provides a more interesting method to illustrate Dyer's message than 'talking heads'. Dyer discusses how to find your purpose, how to know when you have found it, ego, separation, the shift towards spirituality, and

other topics that are then illustrated by the characters. His story of his personal miracle experience at Assisi is especially powerful.

A memorable experience that sets the tone for future efforts in this developing genre.”

Click [here](#) for more information about the movie. Your investment for this session is R100, which you can pay in cash at the door on the night. Click [here](#) and send the email that pops up to book your place/s now.

Lifebuilder Guided Meditation and Power Breathing Sessions

Date: **Every Sunday**

Time: **3 – 4.30 p.m.**

Venue: **Bikram Yoga studio**

Thrapps Centre

204 Oxford Road

Illovo

Investment: **R80**

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 Sunday afternoon** to find the **stillness and the peace** deep within you that **dissolves anxiety and stress** by doing a **guided meditation and power breathing session** facilitated by [Jonathan Quail](#), along with other like-minded people. 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.

"After meditation, I feel very relaxed and at ease whilst also full of energy and a keen sense of awareness...." – *Guy Daniel, about his experience of meditating using one of the meditation techniques you will experience by coming to the sessions*

"I felt connected, inner peace, bliss and safe. Meditation is my gift and life. Namaste!" – *Shabiso Kewagamang, regular practitioner of a meditation technique taught to him by Jonathan Quail*

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 R80**. Click [here](#) and send the email that pops up to book your place/s now. You may pay for the session in cash before it starts or take it off your contract if you are a regular practitioner of Bikram yoga. For more information about Jonathan Quail and meditation, go to www.blissout.co.za and see below for more information about a **one-day Power Meditation workshop** he is facilitating in November.

Lifebuilder Mini-Seminar: Create Wealth Through Property Investment

Date: **Monday, 26 October 2009**

Time: **6 – 9:30 p.m.**

Venue: **Zenatude**
Rivonia Crossing Centre
Corner of Achter and Witkoppen Roads
Paulshof, Sandton
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**, 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 and helping you to find that **elusive life balance** so few people manage to attain.

Muffins and tea and coffee will be available for you to eat in the break we will have during presentation, which are included in your investment for the seminar. 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, [click here](#). Payment may be made in cash on the night. 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.

Lifebuilder Power Meditation Workshop

Date: **Saturday, 21 November**
Time: **8 a.m. – 7 p.m.**
Venue: **Zenatude**
Rivonia Crossing Centre
Corner of Achter and Witkoppen Roads
Paulshof, Sandton
Investment: **R750** (including lunch and course material)

If you've heard about meditation and all it's amazing benefits before - **calmness, better health, increased concentration and productivity and even bliss** - and always wanted to start meditating to enjoy these benefits, but haven't got around to it yet, or maybe you've already tried meditating, but find it difficult to do, or meditate regularly already and want to deepen your experience and the benefits you enjoy, then this **workshop is your opportunity to discover the best way for you to meditate or deepen your practice.**

All of us are different and what works brilliantly for one person may not work at all for another. That's why [Jonathan Quail](#) will be teaching **8 different meditation techniques** in this Power meditation workshop he will be facilitating on Saturday the 21st of November at Zenatude. He promises you a **mind-blowing experience** that will **shift your perception of yourself and the world forever** and give you the **key to accessing the incredible peace that lies beyond the mind** and living in that peace permanently. Click [here](#) while you are online to find out more information about this life-changing experience and see above for more information about the regular **guided meditation sessions** Jonathan facilitates every Sunday afternoon between 3 and 4.30 p.m. in Illovo where you can get a taste of the workshop.

Lifebuilder Personal Alchemy Weekend Retreat

Date: **Thursday, 3 December – Sunday, 6 December, 2009**

Times: **7 p.m. on Thursday through to 5.30 p.m. on Sunday**

Venue: **Sediba Mountain Retreat, Hartbeespoort**

Investment: **R3,500 (includes refreshments, meals, accommodation 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 transmute the lead of your ego, your sense of a limited, conditional and fearful self that has been in charge of your life for so long, into your true reality as immortal, eternal and fearless Spirit and **transform the leaden circumstances in your life into gold** as a natural consequence of this through a combination of **listening, interactive discussion and powerful experiential exercises and ‘entertainment’** in the beautiful, tranquil setting of the Sediba Mountain Retreat overlooking Hartbeespoort dam. Amongst other life-transforming practices and techniques, you will learn:

- How to **forgive** any situation and person to **release their negative effects** on your life forever
- How to **transform all your relationships** into unconditionally loving ones;
- How to **meditate to experience true inner peace** 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
- 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, entrepreneur and co-founder of Lifebuild.

Click [here](#) while you are online for more information about the retreat and to book your place/s for it. Places are limited and will be allocated on a first-booked, first-served basis, so don't delay in booking your place/s to avoid disappointment.

Sacred Sustainability Weekend Workshop

Date: **Saturday the 28th and Sunday the 29th of November**

Time: **9 a.m. – 4 p.m. daily**

Place: **The Green Power House, 43 2nd Avenue, Linden**

Facilitated by: **Anthea Torr**

Investment: **R1,200 (including course material and delicious ORGANIC RAW lunch!)**

This workshop facilitated by **Anthea Torr**, the owner and founder of **Enchantrix Organic Products, Biophile Magazine** and **The Ascension Times**, will teach you to **LIVE SUSTAINABLY** and in a **SACRED WAY**. Learn about the **four lower bodies** and ways to behave that will literally catapult you into a new way of being, which with practice will allow you to experience the **PEACE, HARMONY, ABUNDANCE** and **SACRED CONNECTION TO YOUR INDIVIDUAL HEART FLAMES** that will then start to reflect automatically in the outer world you experience. On this life-changing course, we will teach you the basics of living harmlessly and constructively by:

- **GROWING YOUR OWN FOOD ORGANICALLY**
- **GREENING YOUR LIFESTYLE**
- **SIMPLIFYING YOUR LIFE AND CONNECTING TO YOUR INNER WORLD**
- **LESSENING YOUR BURDENS & REDUCING YOUR MONTHLY BILLS**
- **LEARNING THE BASICS OF HOW TO LIVE A BALANCED LIFE**

The workshop will also help you to re-connect with your **‘I AM’ presence, the Angelic Kingdom, the Ascended Masters and Elemental Kingdom** and to learn the basics of **MEDITATION** and other techniques you can practise daily that will bring results in your life that are truly wondrous to experience and behold! You will learn that **your life is a direct result of your thoughts, feelings and actions** and that

with discipline and dedication and the use of the right tools, you can live in a way that is overwhelmingly **POSITIVE** for yourself and all other life on this planet.

Click [here](#) and send the email that pops up to book your place/s for this life-transforming workshop now or call **Anthea** on **083-227-0269** for more information about it.

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