

Ripples

Meaningful Coincidences

By TERRY and BARABARA TEBO
The Founders of Lifespring

Like the proverbial pebble dropped into the pond, the shifts of consciousness we make in our personal and professional lives send out important waves that ripple over the surface of the whole.

CONTENTS

Meaningful Coincidences	1,2 &3
Couples in Paradise	3
Dear Friends	4
Australian Peace Academy	4
Peace Adademy Curriculum	5
Retreat Dates & Venue	6
Do We Hold the Record?	7

PERSONAL COACHING

A Personal Coach is someone who knows you well and helps you stay in balance and get more fun and joy out of your life.

Barbara and Terry consult with people on a regular basis to help them fine-tune what is happening in their lives.

Why not end the struggling in your life by having a counselling session with Barbara or Terry face-to-face or over the telephone?

Ring Barbara or Terry for details.

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Lifespring is an Australian company owned and managed by Terry and Barbara Tebo.

The purpose of "Ripples" is to support and inform as well as being a vehicle of communication with and among Lifespringers all over the world.

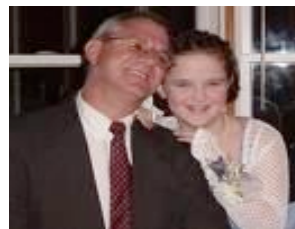


The Dictionary defines a 'coincidence' as a chance occurrence of events

relationship. A similar event occurred with another friend of ours who hadn't seen her son for eighteen years. Again forgiveness was the key. She is now reunited with her son, his wife and she is enjoying three new grandchildren!

remarkable either because they happen at the same time or are apparently connected. We agree with this definition if you take out the word 'chance'.

Have you ever answered the phone and knew before you picked it up who was calling? Have your ever had a feeling about something good or bad happening to someone close to you and later finding out it really happened?



One Lifespringer hadn't seen or talked with her father for eight years. She carried a lot of anger and resentment inside about him. During the 'Free To Be Me' Part 2 seminar she forgave herself and her dad and he rang her after breakfast the next morning! Three days later they had lunch together and healed their



Quantum Physics

Maybe all of the above happened by 'chance'! We don't believe so and let us tell you why. Quantum Physicists tell us that we are all living in an ocean of energy like fish live in an ocean of water. Most people are not aware of this energy, but then most fish are not aware of the water, which sustains their lives. What is exciting for us is we see more and more people becoming aware of this energy and beginning to consciously use it in ways to improve their own and others' lives. A major step forward in our knowledge of this universal inter-connecting energy happened when Einstein overturned the old Newtonian 'Space-Time model of reality' and replaced it by seeing our universe as made up of a

"timeless flowing field". This quantum field isn't separate from us -- **it is us** -- and it's where nature goes to create stars, galaxies and quarks. This field is also where you and I go to create ourselves and our reality. Gradually we are coming to understand that though our senses report to us that we inhabit a solid body in time and space, this is only the most superficial layer of reality.



Sorry

As we write this essay our new Federal Government in Australia has just officially said "Sorry" to the stolen generations of Aborigines. This is a great day for our country because the word 'sorry' can begin the healing process as we have all experienced in our own personal relationships.

The first Australians have always believed and said that our Mother Earth, our environment and we are ONE. Many Australians don't yet believe this. In a very real sense the environment is our extended body. Deepak Chopra says that with every breath, we inhale millions of atoms in the air that were exhaled yesterday by someone in Darwin, Milwaukee or Beijing. Everything I think and feel, therefore affects not only my own body (my micro-body) but also my whole environment (my macro-body). Therefore if I am thinking about someone it is not the least bit surprising that they should ring me. Or if I have decided to move in a new direction

with my work that I should suddenly see opportunities that I had never noticed before. The original thought itself is the creative act, and when that thought goes out into the universal energy it is fascinating to see how it turns into reality!

Coming to Australia In 1984 we, Barbara and Terry, were living in Somerset, England. We decided it was time to begin sharing our ideas about personal awareness and growth. We put this decision out into universal energy. We didn't know what the next step would be. In a very short time we received an invitation to come to Sydney to do some specialised training in this area. It was scary leaving our jobs, our home, our friends and our security with two children under five. But we decided to take the risk and we are so thankful that we did.

When you make a decision you put a new thought form and intention into universal energy. This alive and intelligent energy rarely SHOUTS at you in the street to give its opinion, more often it communicates by sending you a "meaningful coincidence" that shows the next step either to clarify or put your intention into action.



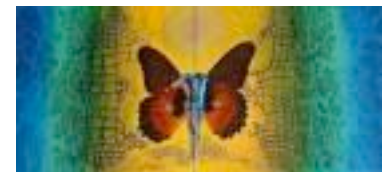
Once we begin to really understand and know that we live in a sea of energy, i.e. that there is a reality beyond the physical world of our five external senses, then we can begin to consciously use

this knowledge.

Mankind has been using this knowledge 'unconsciously' from the very beginning. Now evolution is speeding up because we are starting to use this power consciously and with awareness.

Cause and Effect The world, global and personal, is an **Effect** of our awareness. **We Are The Cause**. As we deepen our inner awareness we can use this power to change our world.

Every intention or thought is a trigger for 'transformation', i.e. going beyond one form to create another form. Contrary to what most people believe, **it is normal to have all of our desires fulfilled** if our awareness and intention is open and clear. We teach people how to do this on the 'Free To Be Me' seminar.



The universal energy we have been talking about in this essay is divine, loving and all-powerful and it wants to give us what we desire!!! When our desires do not become reality it is because our awareness and intention is blocked and disconnected or out of alignment with Spirit. Worry coming from a lack of trust, uncertainty and doubt are the three primary obstacles that prevent us from using the power of our thoughts. The power is still there but we turn it against itself.

When we doubt that a desire will come true, essentially we are sending out a self-defeating intention, which the

Universe/ the Source/ All That Is - computes as a canceling of our original intention. Small children usually create what they desire because they stick to their desires without doubt.



Your own personal world is an expression of your desires (thoughts and feelings). Australia is an expression of the desires of the majority of Australians. The Life Force, God, the Quantum Field or whatever you want to call it, responds to human desire and gives us whatever we want. *When you ask for something you may not always get what you asked for, but you will always get what you want!*



Put This To The Test If the ideas in this essay are new to you, why not put them to the test. The way to do this is simple: firstly, carefully clarify in your own mind something you want. Ask yourself if you are ready to become or receive what you want. Secondly, say (affirm), see (visualize) and feel (as if it has already happened) what you want. And thirdly, be alert to the **meaningful coincidences** that begin occurring in your life. Lastly, and very importantly, be grateful every day for who you are and what you have received.

Couples in Paradise

You and your partner come up to Nelson Bay (paradise) and live with us in our beautiful home for 24 hours. We look after you, treat you like royalty, cook all the meals and the whole time in a relaxed way we work on your relationship together. This program can occur during the week or at a weekend. Your investment is \$865. After our health the most important thing in our life is our relationship with ourself & our partner. Life is too short to be unhappy a lot of the time. It's amazing what can happen in 24 hours. If you are interested, have any questions, we look forward to hearing from you



Counselling Skills Seminar

During this Two Weekend Seminar Barbara & Terry teach the Lifespring Method of **Heart-Centered Counselling**.

This course take **four to six people** in order to maximize the learning of individual skills and their practical applications. It takes place in Barbara & Terry's home in Corlette, Port Stephens.

Counselling theory and practice are combined throughout the seminar. Course Fee: \$660

Please ring 02 4981 0777 if you are interested.

Forgiveness is giving up the possibility of a better past.

The whole world steps aside for the one who knows where they are going!

Dear Friends,

We hope you had a relaxing break over the Christmas holiday. It seems like a long time ago now, doesn't it? Our family celebrated Barbara's birthday in early January by climbing the Harbour Bridge together. We reached the top at sunset and everyone sang 'Happy Birthday' to her. It was a great experience. Two days later we saw our daughter Molly off at the airport because she was moving to Perth. We have our tickets to visit Molly in May. Josie continues as a travel agent. However she has moved to the Newtown Flight Centre store.



Since Christmas with a little more time on our hands we began asking the Universe "How can we help and How can we serve?" We looked at the possibility of doing voluntary work in our local community. Then a BOLT OF LIGHTENING struck! It all happened in less than a day! We started writing at our computers for four hours non-stop. Then we fine tuned and added to the ideas 'that came through'. Below you will read an abbreviated version of our vision. This vision is a logical extension of all the work we've done over the past twenty years in Lifespring (the Free To Be Me seminars) our One on One and Couple Counselling, the Port Stephens Peace Circle and some of you will remember the organization we started in 1995 called 'Earth Elders'.

WHAT IS OUR VISION? We're starting a school! A school for adults called 'The Australian Peace Academy'. A school for folks who choose to dedicate their lives to PEACE.

Australian



Peace Academy

The Australian Peace Academy is a non-sectarian, non-political and a non-profit organization. It is focusing on the spiritual blueprint of who we are and where we as humanity see ourselves evolving.

The Academy is training and supporting people who choose to passionately commit their lives to bring about the Golden Age of Peace on planet Earth.

Our Vision of the World is

*Where All People Live in Peace and Harmony
In an Abundant Universe.*

Individuality is Celebrated, Differences are Respected.

*Leadership is Practiced with Action, Wisdom, Acceptance
Creativity, Respect and Synergy.*

*And Where an Awakened Spiritual Consciousness is
Guided by the Power of Unconditional Love.*

Peace Academy Curriculum

The Peace Academy's educational program is offering two one week residential training seminars. More programs will be developed in the foreseeable future.

PEACEFUL PERSON TRAINING

This retreat consolidates the essential foundations upon which peacemaking work is based. Following this seminar, students may progress to the more advanced 'Peace Ambassador' program if they choose.

This seminar is designed to help those attending raise their vibration to that of a PEACEFUL PERSON. This is an important achievement and contribution to world peace, because global peace will become everyone's reality when human beings, one by one, live their life from internal peace. When a critical mass of people living from this consciousness takes place, a global transformation into a peaceful, loving and spiritual world will occur. Many traditions call this the 'Golden Age of Peace'.



PEACE AMBASSADOR TRAINING

This Step Two is a second residential training for those who choose to live every aspect of their life from the central focus of peace and love. PEACE AMBASSADORS shift the way they perceive all of life and live from their essence, experiencing themselves as who they really are. This is 'soul training'. The independent 'me-focused stance' and view of the world transforms into a spiritual focus where everything and everyone is interdependent, interconnected and One. A major focus of this training is to fully know, experience and learn to live from our connection and oneness with the ALL.

PEACE AMBASSADORS are the midwives helping with the birthing process of the Golden Age of Peace. Coming from a heart-centered place of love and service, PEACE AMBASSADORS take peace by example and action into the areas of society they choose to transform (whatever and wherever that may be) - from local right through to international. They will receive support and guidance with the research and preparation that is necessary to carry out this work. PEACE AMBASSADORS will also take a leadership role in the Peace Academy and for some this will include teaching the PEACEFUL PERSON RETREATS and leading Peace Academies around Australia and the world.

"We must 'be' the change we want to see happen in the world." Gandhi

More Information on the **Peaceful Person Training**

THE OBJECTIVES OF THE "PEACEFUL PERSON TRAINING" ARE:

1. *To discover and live daily life from the joy and stress-free enthusiasm of internal peace.*
2. *To let go and heal any blockages that make it difficult to access and live our life in peace.*
3. *To create rituals and learn the skills that return us to peace when we are thrown off balance by life's surprises and challenges.*
4. *To shift our consciousness from being 'dependent' on others, material things, status and emotions, to a person who is a powerful and humble self-reliant human being.*
5. *To deepen and strengthen our connection to our spiritual core of unconditional love.*

The prerequisite for this training is being a graduate of the 'Free To Be Me' Seminar – see www.freetobeme.com.au If you have not experienced the 'Free To Be Me' seminar, contact us for details of places and times.

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Retreat Dates and Venue:

The first 'Peaceful Person Training' Seminar/Retreat is taking place from **Friday evening, July 25th to Friday afternoon, August 1, 2008**. The venue is **O'Carrolllyns Private Eco Village** at 5 Koala Place, One Mile Beach in Port Stephens (near Nelson Bay) NSW. This serene & beautiful venue is located in 2.5 hectares of landscaped gardens.

(see www.ocarrolllyns.com.au).

Accommodation and Food: Accommodation is four persons in a two bedroom cabin, so couples can have their own room. Food includes seven breakfasts, seven lunches, six dinners plus morning and afternoon teas. Also included is bed linen, blankets and pillows.

Program Costs: Students will share equally the cost of the seminar venue, materials and food which comes to \$645 for the week. Barbara and Terry want to make this Retreat accessible to as many people as possible. Therefore they have chosen not to add a set teaching fee to the cost, but instead to ask you to make a financial contribution to support their on going work

If you would like to take a 'week off' from your world to renew and refresh your spirit, celebrate and connect with like-minded souls why not come and join us? It's not too early to book now as places are limited. To be part of this amazing and life changing experience, contact Barbara and Terry on (02) 4981 0777 or email us at tebotebo@iinet.net.au A \$200 deposit will hold your place. The balance of \$445.00 (accommodation & food) is payable

DO WE HOLD THE RECORD ?



In the summer of 1987 Barbara and Terry's famous 'Red Hat' joined five of us together on the 'Free To Be Me – Part 2' seminar. At the beginning of that seminar course participants were put into groups by their nametags being pulled out of a Red Hat. We came together not only for that seminar but for much longer. This month we celebrate journeying together for the last 20 years. We have met each month, through the joys and sadness that life brings. Here we share reflections on what our group means to us on our 20th anniversary.

BERYL CAMILLER - How would I do without our group, probably all right, but it is so special. To meet, laugh, cry, communicate, just be us and always without judgment. I'm very, very grateful that fate brought me the good fortune at that F.T.B.M. – 20 years ago. We've each been through some unimaginable dramas, but our group endures, like family in many ways, and I thank the universe for these beautiful accepting people that are and always will be part of my life. Thanks to Lifespring and thank you Judy, Julie, Jill and Elma.

ELMA HENNINGHAM - I was amazed that our Group has accumulated 20 years of soul work. I have given considerable thought to what the group means to me. It is a safe place to fall. An abundance of love and strong positive energy is always available to keep me centered and on track. I feel gratitude when I think of each member of our group, as each one is a special blessing. I saw your beauty and I heard your pain and only now am fully aware that our souls have always known each other.

JILL COLLIER - My group is so important in my life – we have a relationship I cannot (choose not to) have with other friends. Each of my group brings special, wonderful, positive qualities to the group as a whole and to me, personally. I thank the universe for Julie, Beryl, Judy and Elma being in my life.

JUDY WALLACE - Our group is my safe haven. With my group friends, I feel unconditional love and complete acceptance. I can speak freely and show emotion without fear of judgment. They help to keep me centered and assist in giving direction to my life. They both support and challenge me to be the best person I can be.

JULIE CARR - I spend my days not wearing shoes and loving the feel of the earth under my feet. How amazing to say one of my closest confidantes in our group cannot bear to take her shoes off at anytime. To be the age of my mum and listen and hear everything that I say and give me assurance and unconditional support – how is this possible? To have the blessing of a 4th sister who can finish my sentences and hold me securely as she presses all my buttons.

Across the shores, Shakespearean verse flits in and out of my life, a loving and gentle soul carries across the water to me. - This is the gift of my group – thank you

"We are gathered here to travel together for a little while
Then in diverse directions we have to go;
But if we have divine love in our souls,
No matter where we go we shall meet again...
We can never remain apart."

Paramahansa Yogananda

Barbara & Terry comment: "Yes, Beryl, Elma, Jill, Judy and Julie – YOU FIVE DO HOLD THE RECORD for FTBM reunions!! Thank you for being in our lives for more than 20 years.