

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.

Ripples

The Journey of Life

TERRY and BARABARA TEBO
The Founders of Lifespring

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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.



How many journeys do you take everyday? Almost everything we do is a



journey, isn't it? We even take journeys in our dreams. Some journeys are familiar and some surprise us. All of our little journeys make up the big journey of our life. In order to better understand 'the Journey of Life' we are going to use a metaphor. A metaphor which lends itself to our life's journey is the journey of water from the top of a mountain as it flows down to the ocean.



So YOU are beginning your journey in this metaphor near the top of a mountain. You are a breathtakingly beautiful, exquisite, unique snow flake! You are nestled very close together in a family and community of many other snow flakes. Springtime has now come to your mountain so the sun is becoming warmer.

Your community begins to slowly change its form and you turn into one solitary drop of water flowing with others down the mountain. The river that you are now part of becomes your life and it gathers strength and power as it flows towards the ocean.

As the river of your life takes its various turns it reaches a turning point where it accumulates debris that reshapes the river. This turning point is in response either to an obstruction or a perceived obstruction. There may be a large boulder in the river of your life that causes the course of your river to change. Your instinctive human response is to resist and protest the presence of this obstruction because of the pain that is incurred when you come up against the hardness and immovability of certain events and situations in your life.

WHY HEART BREAK IS SOMETIMES NECESSARY

Sometimes the boulder needs to be very hard because that is the only way that your heart can

break. Fortunately this is not always necessary. Sometimes your heart opens easily and gently with the love you give and receive and sometimes a heart needs to be broken open to remind you that the core matter of your spirit is unconditional love.



When you experience yourself up against that boulder and you gradually open and ease yourself around it, this allows an opening so that you can flow in your river again. You will then, believe it or not, experience a profound gratitude for the boulder because somewhere deep in your being you know that nothing less than this would awaken your heart at this deep level. You know that you could have just strolled past in denial, usually by keeping busy, if it had not been for this particular life event.

Boulders can come in the form of a person, an illness, loss, being rejected, being misunderstood, being judged, etc. Anything which rattles you to the core is a boulder because it gives you the opportunity to see and experience who you really are. Boulders are those life experiences which can, if you allow them, open your heart. That is why you created the boulder. It's important to say again that hearts can also be opened in gentler ways as well. Life is not always about encountering boulders.

However we may not always notice our heart opening in response to the beauty and ease of life. We can then become complacent and take life for granted. But when your heart is blasted open by a boulder you won't miss it.

We, Barbara and Terry, once invited three people to talk to a group of Lifespringers. These three were a lawyer, an accountant and a doctor. There were all cancer survivors and they shared how grateful they were for their journey through cancer. Each one said that their breast, bowel and mouth cancer was a humbling process of unveiling who they really were. They shared that their cancers accelerated their spiritual awakening and allowed them now to live their lives from a totally new perspective.



They also said that because of their cancer experience if they ever had a future life event which was very fearful and painful, if they allowed the transformation that it invites, it would be a blessing for them. Any life experience which deepens your love and your compassion is a blessing for yourself and for others.

THE CALM POOL

Now your drop of water has just crashed over a waterfall. At the bottom of the waterfall off to the side is a calm pool. Going over the waterfall is pretty scary but the calm pool at the bottom is a place to gather yourself. In this calm place vegetation and lilies can grow and

peace can be found. You can't grow lilies in a waterfall but you can in a pool.



Look for these calm pools within yourself. They offer you the space to replenish your inner being, to brighten the light within you, to deepen your ability to give and receive love.

NOURISHING YOUR INNER GROWTH

In our world today many peoples' rivers are flowing at break-neck speed. This means there is little or no opportunity to take stock of themselves. They then forget that who they actually are is one drop in the river and they identify with all the bits and pieces and rubbish that they see around them and they think that this is who they are. Meditation is a time to go within and nourish yourself in a calm pool to come back into alignment with your true self.



You can also do this by being with friends who share your spiritual ideals, or by going to special places in Nature, with whales and dolphins, forests and rose-gardens, all these things help to attune the heart to beauty and to

peace and bring us back into love. We then begin to realise what is truly important in our lives, who we really are, our divine self within as different from the everyday roles we play at work and at home. We realise that who we really are is a being of love, a being of light.



THE ESSENCE OF THE DROP OF WATER

At the spiritual level, the essence of who you are, the drop, remains the same even though the circumstances of the drop's existence has changed from snow, to flowing, to crashing down waterfalls, to hitting boulders, to being in still pools, to flowing through the rainforest to the ocean, and then being absorbed back into the clouds and falling again as rain.

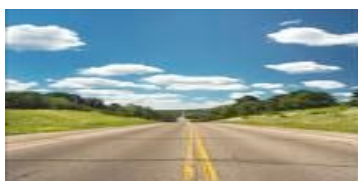
At one level there is incredible transformation in this journey that enriches the life experience of the drop. On another level the essence of that drop remains intrinsically the same. Intrinsically, the inner being, the soul, is love and light and then it has life experiences which accumulate around it. During the journey there is an incredible exchange of energy happening at all times, some of which you are conscious of and some of which you are not. You care for the intrinsic beauty of your drop by minimising the accumulation of debris

around it. Forgiveness is one way to allow the drop to remain as pure as it can so it can keep flowing.

STABILITY

The place of stability is within. If you look for stability within the river you will be shocked, angry and hard-done by. You will keep asking 'why is this happening to me' and often feel that life is unfair. However if you look for stability within the drop then you will find it. The drop is moving through life, what remains constant is the essential nature of the drop. Within the essence of self there is the unchanging essence of the Source, the All that Is, seen in this moment in the metaphor of the drop. The journey of life is the transformative experience you go through. Choose now to see every human being and every life event as the Divine manifested in your life. It then becomes easier to harmonise with your life experiences because you are seeing everything as you, as Spirit.

THE JOURNEY OF LIFE



In this essay we have talked about a journey. You may have heard that 'life is not about the destination but rather about the journey.' On the spiritual level, believe it or not, we don't believe there is a journey!! There is only waking up to what is and who we are. However most of us live our life striving for this and

striving for that and trying to make things happen. The spiritual life is about learning how to just BE! Living a spiritual life will lead us to realise that there is no need to strive. This is a little bit further down the track for most of us. In reality the Kingdom Is, and It Is within. However it feels like we are on a journey and this gives us a sense of arriving, even though from a spiritual point of view, there is no journey, there is no arriving because there is no departure. From the human point of view there is the joy of the human journey. There is the frustration, hurt and pain of the human journey. There are the rewards of the human journey. This is all part of the illusion of the human journey and part of the beauty of the human journey. Just keep reminding yourself who you really are. You are love, one with the All, blessed by the presence of Spirit which is within you, around you, always blessing you and guiding you.

Note: Georgia Carr & Susan MacFarlane are the founders of the 'Heartcentre' established in 1985. Georgia and Susan are counsellors and spiritual teachers and run retreats at Heartcentre in the Mountains. Georgia is also a gifted musician, songwriter and singer. Susan receives guidance from a teacher in the unseen – a being they call 'Our Friend in Spirit'. The ideas in the above essay come from a teaching of 'Our Friend in Spirit'. Heartcentre's phone number: (02) 4757 3066. Website: heartcentre.com.au

Spring 2007

Dear Friends,

We have been travelling since our last letter to you. In July we visited the UK and last month we took our caravan 'Meriah' up to Queensland. In both places we experienced lots of rain and cool weather. However we enjoyed both trips and met some lovely people.

Spring has come to our garden and neighbourhood with colour springing up everywhere. Jasmin abounds at the front of our home and it smells just wonderful.

FAMILY: Molly and Josie have been travelling as well. Molly has been in Perth, Melbourne and at the moment is in Tasmania. Josie at present is in Alice Springs and Uluru (Ayres Rock). She is sleeping under the stars in her 'swag' (a swag is a sleeping bag for our overseas readers). To experience the night sky in outback Australia where there are no artificial lights for thousands of miles takes your breath away.

Over the weekend of October 12, 13 & 14 we are teaching 'Free To Be Me' in the Lilian Fraser Garden in Pennant Hills. During this seminar we will be including some new and powerful ideas that we are excited about. If you are a FTBM graduate and would like to repeat FTBM for half price, we'd love to share these ideas with you.

If you have any friends who would enjoy reading 'Ripples' ask them to send us an email (tebotebo@inet.net.au) and we will happily put them on our database. And if we can support you in anyway please get in touch. Sometimes a phone call or an email can help with clarity.

Lots of Love, Barbara and Terry

UPCOMING EVENTS

FTBM Part One

Friday evening, October 12 (7:00 – 10:30 pm) and Saturday & Sunday, October 13, & 14 (9:00 am to 4:00 pm) in the Garden Room of the Lilian Fraser Garden, cnr Bellamy & Laurence Street in Pennant Hills. Seminar price is \$440.00.

FTBM Part Two

Tim Harvey (9413 4059) & Gitta Laub (9970 5165) teach this amazing seminar. Nov. 9, 13, 15 all day 17, 20 27.

Check our website www.freetobeme.com.au for other licensed teachers who are teaching FTBM Part One.



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, cook all the meals and the whole time in a relaxed way we work on your relationship. This program can take place during the week or at a weekend.

Your investment is \$825.00. After our health, we can't think of anything more important than our relationship with our partner and ourself. Everything in our life depends upon it. If you are interested, we look forward to hearing from you.



FTBM for Kids and Teens

Iman Iskander (0403 219 213) and Peter Wagner (0402 043 986) teach these seminars in Sydney and Helen Robertson (0413 953 607) and Tony LePage teach them in Port Stephens.



Port Stephens Peace Circle

The Circle meets every other Monday evening at 7:00 pm in Barbara & Terry's home in Corlette. Because world peace begins with inner peace, we discuss how we can let our inner peace flow more easily into our lives. The Peace Circle is free and all are welcome.

**When the Power of Love
Overcomes The Love of
Power,
The World will Know
Peace.**

Jimi Hendrix

Interested in Teaching 'Free To Be Me'?

We have taught FTBM Part 1 almost 250 times and we still love doing it. If you'd like to become a FTBM teacher give us a call.

**IF I LEARNED ONE THING IN
LIFE IT IS THAT GOD WILL NOT
TIE MY SHOES WITHOUT ME.**

DOUG BOYD

My mind is a garden. My thoughts are the seeds. My harvest will be either flowers or weeds. Mel Welden



Look Inwards

We all have three eyes. Two for looking out and one for looking in. Why would we want to look in when everything is happening 'out there'? Because the treasure we seek is inside, not outside. What treasure? Beauty, truth, peace, and happiness. You already have what you seek. You already are stunningly beautiful. You are already peaceful and loving. How come you don't know this? Simple, you never look inwards, beyond superficial memories or recent experiences, so you never see your own riches. Take a moment to stop, look in and see. Don't rush. Don't search. Just look. And be aware.

Resentment

"Resentment is like drinking poison and then hoping it will kill your enemies!"

Nelson Mandela

VICTORY

If you ever find yourself defending a position, explaining why, or justifying anything, it means you have been defeated. It means you have not been able to accept the others point of view, or the fact that you may be wrong.

Fear has conquered your mind and your heart. Your defenses are up and you are running scared. It's not that the other person has conquered you; it's your self-created fear that is in control.

Until you can accept the other (you don't have to agree) and the other does not threaten you, your victories will be delayed. It's a funny old world when true winning is accepting not resisting, when victory is found in the wisdom to stop fighting and to begin engaging.



Follow the Leader

John Henry Fabre, the great French naturalist, conducted a most unusual experiment with some processionary caterpillars. These caterpillars blindly follow the one in front of them. Hence, their name.

Fabre carefully arranged them in a circle around the rim of a flowerpot, so that the lead caterpillar actually touched the last one, making a complete circle. In the center of the flowerpot he put pine needles, which is the food of the processionary caterpillar.

The caterpillars started around this circular flowerpot. Around and around they went, hour after hour, day after day, night after night. For seven full days and seven full nights, they went around the flowerpot. Finally, they dropped dead of starvation and exhaustion. With an abundance of food less than six inches away, they literally starved to death, because they confused activity with accomplishment.

Many people make the same mistake and, as a result, reap only a small fraction of the harvest life has to offer. Despite the fact that untold wealth lies within reach, they acquire very little of it because they blindly, without question, follow the crowd in a circle to nowhere. They follow methods and procedures for no other reason than "It's always been done that way."

Zig Ziglar_



Beware the barrenness of a busy life!