

Ripples of peace Challenge

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:

Challenge	1 & 2
Life	2
Grandmother Drum	2
Dear Friends	3
Advisory Board Meets	3
The Tiny Pebble	3
World Peace	4
Greatness	5

Everyone responds to unconditional love and attention.

To live a creative life, we must give up our fear of being wrong.

It is beautiful to do nothing and then rest afterwards!

This Newsletter is published by:
Lifespring
33 Mulubinda Parade
Corlette NSW 2315
Tel: (02) 4981 0777
Fax: (02) 4981 0777
email: tebotebo@iinet.net.au

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



The word 'Challenge' has several different meanings. Let us explain how we are using it here.

They then stand back to back and walk ten paces in a straight line away from each other. They turn around, carefully aim and shoot. Usually the good guy 'continues to live!'

Go back in your memory to a time when you were watching a European movie, probably a French or British movie. In this movie a well-groomed gentleman accidentally or on purpose says something that is taken as an insult to another gentleman's wife. The aggrieved husband says to the first man "how dare you insult my wife! I CHALLENGE you to a dual tomorrow morning at dawn down by the river."



In the next scene of our movie the two men with the help of their assistants are each opening an ornate box that contains a special dueling pistol. They remove the pistol and check that it is loaded.

PAINFUL EMOTIONS



Some people are run by one or more painful emotions. These feelings are usually fear, anger, loneliness, anxiety, depression or disappointment. If this happens to us what can we do about it?

We believe we can CHALLENGE these emotions directly and we don't need a dueling pistol! The simplest way to do this is to say to yourself "**I challenge this feeling in myself. I no longer choose to have this energy in my energy system**" and really mean what you are saying.

The first time you challenge one of these painful feelings it will not disappear. You must challenge it again and again. Eventually it will lose power over you and you will gain power over it. This is how you create authentic power -- decision by decision. You cannot pray, meditate, or wish real power into being. You must challenge the parts of your personality that you want to change and cultivate the parts that you want to strengthen. This requires the use of your will.

If you do not challenge your fears, your anger, your worry etc. you will die with them. Growing older does not automatically mean growing kinder and wiser! Millions of people die angry, frustrated and jealous. Unless you heal the parts of your personality that are causing you pain, they will not change. No one can change them but you.

SECRET GARDEN



Inside each one of us is a metaphorical garden. How do you cultivate yours? What do you focus on? Putting yourself in the position of another person challenges your anger. So does the intention to discover the pain and fear that lies beneath your anger. Putting the needs of another above your own

challenges your impatience. Looking for the miracles in your life challenges your depression. You cannot be grateful and depressed at the same time. You cannot be angry and joyful at the same time. The choice is yours.

Do you look after your secret garden with patience, kindness and love, or do you give yourself reasons why you cannot be joyful, grateful and optimistic? Everyone has an inner garden. Only you have the power to choose what grows in yours.



What is growing in your garden now? Peace Lilies might be a good choice!

Life

*Love Generously,
Care Deeply,
Speak Kindly.
Life isn't about
waiting for the storm
to pass.
It's about learning to
dance in the rain!*



The Grandmother Drum Project

MY PLEDGE

**I pledge
Mother Earth
as my country.
I pledge
humanity as
my people.
I pledge life as
my religion.
I pledge love as
my prayer.
I pledge peace
and freedom
as my
birthright and
the
birthright of all
humanity.
My heart beats
one with All.**

Dear Friends,

It's good to feel the warmth in the spring air after a cold winter. The last three months have flown by as they always do and now Christmas is coming at us like a freight train.

FAMILY: Recently we went to Sydney to farewell Josie and her partner James who departed Australia on their one to two year world adventure. Their first stop was Koh Samui. We had to 'Google' Koh Samui because we didn't know where it was! Soon they will be in Northern Laos where they are walking into the Bokeo Nature Reserve for five hours. They then climb one of the tallest trees in the rain forest where they will be hoping to catch a glimpse of the illusive Black Gibbon. They will be living literally at the top of the rain forest for three days sleeping in canopy level tree houses and traveling through the forest on zip line cables!

Molly is enjoying her life in Perth. She has become somewhat of an expert in carding, dying and spinning wool fleeces. The colors are so beautiful. Barbara used to spin and weave when Molly was a baby. Molly's company (iinet) recently put a company jazz band into a 'battle of the bands' at a big charity dinner in Perth. Molly was the lead singer of her band and it came in second out of eight bands! We, Barbara and Terry, have been busy with the Peace Academy, counselling, writing and teaching.

Free To Be Me Part 1 - this seminar is our baby because it is the first seminar we wrote and because it contains within it all the life changing principles

of Lifespring. We have taught it two hundred and forty-five times and we learn more each time we teach it. We wonder if we will get to number two hundred and fifty? FTBM 246 is taking place in the Garden Room of the Lilian Fraser Garden in Pennant Hills, Sydney, over the weekend of November 21, 22 & 23. Remember repeaters can experience FTBM at half price.

Free To Be Me Part 2 – (Personal Power) This will be the last FTBM Part 2 that we, Barbara & Terry will be teaching. The Dates are Mon, Feb 2 (7 to 10:30 pm) Sat & Sun, Feb 7 & 8 (9 am to 4:30 pm), Fri Feb 13 (7 to 10:30 pm & Sun, Feb 15 (1 to 4:30 pm). This seminar will be held at Port Stephens **Le Agape House – 86 Morna Point Rd, Anna Bay.** Bookings & enquiries: Email: ftbm@africa900.com Phone/Fax: 02 4982 1840 or 0413 953 9607.

Couples in Paradise - continues to be very popular with couples who care enough about their relationship to get it back on track or further up the track. Come and enjoy 24 hours with us in our beautiful home in Corlette, Port Stephens. This experience is for one couple at a time, we do all the cooking and you stay overnight in our guest room. Before breakfast we walk along the beach and say 'good morning' to the dolphins who live in Nelson Bay.

Boots - Some people ask us if we are enjoying our retirement. We respond that we will never retire because we have never worked! Lifespring is and always will be our passion. We're the type of folk who will leave our bodies when we still have our boots on. So please ring or email us if we can support you in anyway.

Love and Peace,
Barbara and Terry

Advisory Board Meets



Mary, Sarah, Sonia, Tony, Helen and David
(Jenny and Andrew not pictured)

One of the key decisions of the new owners was that we would have an advisory board. This would comprise of a group of teachers that not only have the time to meet, but wanted to be part of the growth of Free To Be Me. The Advisory Group consists of Sarah Parnell, Mary Shellens, Sonia Anderson and David Cole. The aim of the group is to meet regularly and be a sounding board for Tony, Helen, Jenny and Andrew.

We met recently in Port Stephens at Helen and Tony's home.

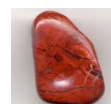
We looked at the beliefs we currently hold around Free To Be Me, it's essence of unconditional love and our dreams of the future.

All agree that this beautifully crafted and much loved seminar deserved to be offered to as many people as possible.

Stay tuned for further up dates.

The Tiny Pebble

It is not the mountains ahead that wear you out. It's the tiny pebble in your shoe. What's your pebble?



World Peace

By Terry and Barbara



If you asked men and women in the street if they are in favour of World Peace, most would say 'yes, of course'. Then if you asked them what they were doing to bring about World Peace, most would probably say 'what can I do, I'm just one person. World Peace has to begin with the leaders of the world'.

CRITICAL MASS

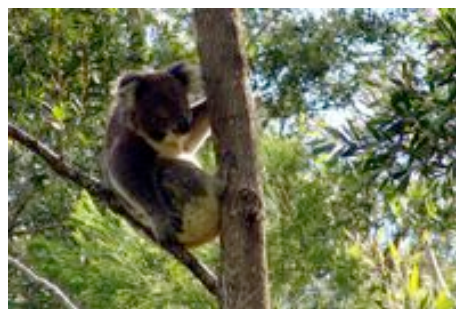
We believe World Peace will NOT occur from the 'top down', it will occur with a surge of invisible energy from the 'bottom up'. We believe it will occur one person at a time until a CRITICAL MASS of energy for peace is created to tip the balance. A critical mass occurs when approximately ten percent of the population changes its mind and acts on its new belief. The 'population' we are talking about here can be anything. When ten percent of molecules in an iron bar are magnetized, the whole iron bar becomes magnetized. When ten percent of the people in East and West Berlin believed the wall that separated their city should come down, it came down in a weekend. When ten percent of the Macaca monkeys in the islands off of Japan began washing and eating their sweet potatoes, all of the monkeys followed suit.

This is the well-known 'Hundredth Monkey Principle'.

BE THE CHANGE

We also passionately believe in Gandhi's words '**Be The Change You Want To See In The World!**' This is why we, Barbara and Terry, through the Australian Peace Academy and the Port Stephens Peace Circle are joining many others here and around the world to build a critical mass for World Peace. We hope you will make time in your busy lives to join us. Apathy and fear are the two biggest factors that are propelling our world into a deeper and deeper black hole.

Peaceful Person Retreat



Our second residential 'Peaceful Person Retreat' is taking place at the beautiful O'Carrollyn's Eco Resort and Koala Sanctuary at One Mile Beach near Nelson Bay in Port Stephens. The Retreat begins on **Friday evening, April 3rd and ends midday on Wednesday, April 8, 2009**. Please put these dates in your forward diary if you would like to join us. To come on the retreat you must be a graduate of 'Free To Be Me Part One' because a knowledge of Lifespring principles will be assumed during the retreat.

Our first retreat last July was a never to be forgotten experience. During this upcoming retreat you will learn how to discover the peace within us all and skills on how to return to this peace when life throws us off our peaceful path. Another important theme of the retreat is 'Oneness'. When Oneness consciousness reaches critical mass there will be no need for armies, bombs and warplanes because you don't destroy your own family and yourself.

The cost of the retreat is \$665.00. This includes accommodation, all meals, morning and afternoon teas and all the retreat sessions. A voluntary donation for our teaching and preparation time will be asked for at the end of the retreat. Accommodation is four to a cabin with the downstairs bedroom available for couples. There is space for sixteen people so if you want us to hold a place for you, please let us know and transfer a \$300 deposit via the internet or send us a cheque. ***This peaceful and spiritual experience may be just the break you need to refresh and renew your life.*** For more information phone us on (02) 4981 0777 or email us at tebotebo@iinet.net.au

Port Stephens Peace Circle



This Circle, as well as the Retreat above, are branches of the Australian Peace Academy. The Port Stephens Circle has been meeting fortnightly in our living room for almost three years. The Circle now meets every Monday evening at 7:00 pm at the Yacaaba Centre (112 Stockton Street) in Nelson Bay. It is free and open to all. We have changed the format of the Circle meetings and introduced a few meaningful rituals that speak to the body and emotions as well as the mind. Attending the Peace Circle every week with likeminded people is a great way to stay grounded in our everyday lives as we constantly remind ourselves of the peaceful principles we choose to live by. And friends are present to support and care.

We, Terry and Barbara, are keen to support others who would like to start a Peace Circle in their local area. We have lots of ideas and formats to help you begin. Just get in touch if you would like our support.

New Turrumurra Peace Circle

Pene Prior (0417 477 836) and Mary Shellens (0421 086 685) are starting a fortnightly Peace Circle in Turrumurra beginning on November 19th. Give one of them a ring if you would like to attend.

Beauty

See behind the masks and beneath the fears to the beauty within every heart.