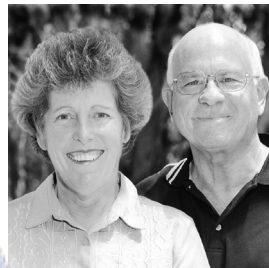


# Ripples of Peace

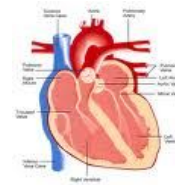
## Living With Heart

By TERRY and BARBARA TEBO  
The Founders of Lifespring



Doctor Paul Pearsall is a clinical neuropsychologist and the author of 18 best selling

accurately describe the murderer, she also knew his name. The man, after police investigation, was subsequently convicted of the crime.



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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 come back into balance by having a counselling session with Barbara or Terry face-to-face or over the telephone? Ring Barbara or Terry for details.

*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.*

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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.

books. He is one of the most requested speakers in the world, having given over 6000 keynote addresses. Dr. Pearsall is a heart transplant specialist and has worked with the heart transplant study team at the University of Arizona School of Medicine. One of his books is entitled '*The Heart's Code*' which is available on Amazon.com. Dr. Pearsall says we have grossly underestimated the heart's ability to think and its effect on the rest of our body.



Dr. Pearsall tells many stories in his book, all backed up by scientific data. First, the story of a nine-year-old girl who received the heart of an eight-year-old girl who was murdered. The nine year old from the day of the transplant, started having recurring nightmares of being murdered. Not only were her dreams vivid enough for her to

A married couple, both doctors, was driving home after having dinner at a restaurant. They were in the middle of an angry argument when their car crashed and he was killed. Two years later, the wife was still distraught, and asked to meet the recipient of her husband's heart. A non-English-speaking Spanish boy (the heart recipient) and his mother met the doctor's wife, who asked if she could put her hand on the boy's chest. As she did, she began sobbing, asking her husband's forgiveness and repeating a word the two of them had invented to symbolise the end of a fight. The word was "copathetic". The mother of the boy was translating these words to her son and at the end of the outpouring of grief; the boy asked his mother, "What does that word copathetic mean? I have been saying it for the last two years."

When Dr. Pearsall arrived in Auckland to give a talk, he received a phone call from a doctor at a nearby hospital asking for advice about a transplant patient who was dying and covered in hives. They were bewildered by his condition. Dr. Pearsall asked if the patient was allergic to anything, to which the answer was no.



He suggested checking if the heart donor had any allergies. Yes - to penicillin, and his reaction was to break out into hives. Apparently it is common for heart recipients to immediately adopt the same allergies, food cravings, memories and even the eye colour of the donor. In Dr. Pearsall's opinion we have overestimated the role of the brain in human life. He believes that our mind (our life force) is in our hearts and bodies: our feelings are more crucial to our state of health than we ever thought possible.

### Tuning Into Our Heart

Many of us at present are rushing around surviving, achieving, and putting great pressure on ourselves to succeed (the brain's doing). This is a major cause of stress. We need to learn how to slow down the pace of our lives and even stop several times a day so that we can tune into our hearts; if we don't, we may damage our hearts, our life and our world beyond repair.

We, Barbara and Terry have always taught in our seminars

and counseling sessions that the head (left brain) without the heart (right brain, feelings, intuition) is out of balance. Most of us have been taught and we are still teaching our children to rely almost exclusively upon the left brain. Most schools are still predominantly left brain dominated. Can you imagine being accepted into university because you have a big heart? What about a government's financial budget based upon heart? Will there ever be an Olympic games that gives medals for those participating from their heart?

The heart is the love center of our body. On a physical level the heart pumps blood and oxygen to keep the body alive. On a metaphysical level *blood equals joy* and our heart pumps joy around our body and into our life. Many people with heart disease need to experience and feel more peace, serenity and especially joy. By doing this they have a better chance to heal their hearts.



### Living With Heart

What does it mean to live from the heart? It means to live first and foremost from love; not from success, not from what I look like, not from how much money I earn, not what kind of car I drive, not how successful my children are, not how popular I am, not if I own my own home, etc., etc. These days we place so many external 'conditions' upon our own value and lovability. When I live this

way I automatically place the same conditions on others - especially those close to me. Living from love means 'unconditional'; it means accepting and loving myself as I am right now. As I daily become aware of the conditions that I place on my own value, I gently let them go. I accept and love myself just as I am. Then I have nothing to prove and I can play at whatever I choose with passion. Living from the heart means the *quality* of my life (balance, happiness, internal peace, the absence of worry, stress and fear) is more important than the *quantity* and quality of my external possessions.



How do we do this? It seems to us that heart-centered people believe in and put into practice everyday to the best of their ability a personal heart-centered honor code. They look for new ways to live, update and expand their code as their awareness of themselves and life expands.

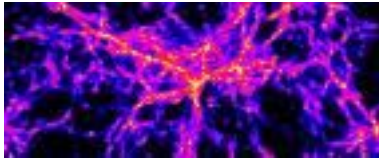
An honor code is a set of internal beliefs which lead to thoughts and behaviors that nourish, balance and center us so that we don't get caught up in the rat-race and struggle of the external man-made world. We are here to enjoy our life in this world, but not to let it dominate, make us ill or destroy us.

### Personal Honor Code

Some of the beliefs that we live by in our honor codes are: *We are spiritual beings who have come here on an educational*

**holiday.** This belief encourages us to live life in a relaxed way because we're on vacation but at the same time with passion because it's more fun and we learn more when we take risks and throw ourselves in.

***We are connected with all life and we are part of a worldwide universal energy web*** - sometimes called the Life Force, the Quantum Field, or the Great Spirit. The Internet is one manifestation of this web. Therefore when you cheat, hurt, destroy, give, help, reach out or care for someone or something else you are doing it to yourself.



***What I give out comes back. Life only gives to me what I am giving to life. Whatever I need and desire from others, I first must give to others and myself.*** This is simply the way energy works. Some people call this important life principle 'Karma' - as you sow, so shall you reap. Scientists call this principle the second law of thermodynamics: 'every action causes an equal and opposite reaction'. Every thought and action we put out - comes back like a boomerang!

***Taking total responsibility for my life is a powerful way to live because it leads to personal power and freedom. Blaming others and myself leads to resentment, disappointment and powerlessness.*** There is no one and nothing to blame because I create everything and everyone in my life. Why? To learn from and enjoy  
***The only real power is unconditional love.*** All other

forms of power disempower others and myself. I am on this planet at this time to become more powerful, to enjoy my power and share it to enrich the lives of others. Unconditional love is a force that respects differences and brings them together with trust. Whenever you find yourself taking sides or becoming part of one group that is against another (even in your head) you are not coming from love. Unconditional love does not know fear or arrogance or the need to be right. Unconditional love heals and reconnects all division with care, sensitivity and kindness.

### Gratitude

When was the last time you thanked your heart? We're serious! Go inside right now and thank your heart for not demanding overtime or for threatening a strike. Your heart will glow when you thank it because it then knows you care. Thank your heart many times each day. Heart-centered people have an "attitude of gratitude" to all of life starting with their own.



### Linking Head And Heart

We are so used to taking our hearts for granted. If Dr. Pearsall is right about the heart then its time to form a partnership between head and heart. The next time you ask your brain to come up with an idea, opinion or answer by 'thinking' about it, follow that up by asking your heart what it 'feels' about the idea, opinion or answer. Sound

complicated? It's simple. And it becomes an automatic habit with just a little practice - head and heart working together. What a powerful love-based team to create more happiness, balance and peace in your life.



***Just  
Imagine***

**being satisfied  
with who you are  
and what you  
have**

***Just Imagine***

**you are here  
not to do  
but to be**

**Free to just be  
*Free To Be Me***

***Just  
Imagine...***

# Winter 2010



*Dear Friends,*

*For a brief time recently we escaped our winter by flying to tropical Broome where the temperature is always warm - visiting Molly & Craig in Perth enroute. We were in Broome to begin a 3,300-kilometre two-week camping trip into the Kimberley with nine other couples in the back of a truck! We visited an Aboriginal community, swam beneath large water falls, experienced three boat rides into magnificent high walled gorges, flew in two helicopters and were mesmerised by the beauty, mystery and spirituality of the Bungle Bungles. If you ever get the opportunity to visit this part of our beautiful country Australia, be sure to take it.*

*Family News: Molly at present is visiting New Orleans. She wrote an essay that won the only scholarship place for an Australian to visit the city of jazz, to attend a prestigious librarians conference. Molly is studying full time for a master's degree in 'Information Management'. She will receive her degree at the end of this year. She also remains passionate about her spinning, knitting and dying.*

*Josie and James have just exchanged contracts to buy their first home. They have been living in Ocean Shores (north of Byron Bay) for a year and they love the energy there. You can imagine how excited they are as they prepare to move in at the beginning of July. We're excited for them and we're looking forward to seeing their new home.*

*We, Barbara and Terry, will be teaching a corporate 'Free To Be Me' in Melbourne at the end of July and in the middle of August we are taking 'Meriah' (our caravan) up to the warmer climate of Noosa in Queensland for a month – visiting Josie & James on the way of course. Then in October we will be welcoming Barbara's elder brother John and his wife Kirstin for a visit from the UK.*

*Free To Be Me 250 - The next FTBM Part One that we, Barbara and Terry, facilitate, after the one in Melbourne, will be the two hundred and fiftieth time that we have taught this amazing and loving learning experience. A few friends have suggested to mark this event we ought to organise a special FTBM 'Semiquincentennial' Day! in Sydney in October. During this day we would discuss and review the major life principles of FTBM with time for a Q and A Session followed by a party in the evening. Is this a good idea? Would you support it by attending? We can't give a cost at this time because we don't know how many would attend and what sort of venue we would need. Please let us know your opinion on this matter (at: [tebotebo@iinet.net.au](mailto:tebotebo@iinet.net.au)). Many Thanks.*

*When we are not at home, you can always contact us on our mobile phone if you would like our support. The number is 0401 04 1414.*

*Warm Wishes and Lots of Love,*

*Barbara and Terry*

# The Importance of Heart-Centered Consciousness



Many people in society today work at jobs they don't like, and find themselves with little or no time for activities that increase the quality of their lives. Such people are out of alignment with their inner-selves. Traditionally, society has pressured people into conformity. Peer pressure to conform to an immediate social group begins in our family of origin and continues at school because, from an early age, people are taught that they should conform to someone else's standards. In England, the phrase "know your place" is used as a put-down to someone who has started to become outstanding in some way. In Australia, the traditional phrase is "cut down the tall poppies." In Japan, it is "The nail that sticks up shall be pounded down." Some young people rebel to avoid this pressure but before they know it as young adults they have begun to conform. However, this pressure towards conformity has been lessening in recent times, and it will continue to lessen as people realise that there is strength in their own uniqueness and in diversity.

Deep within, everyone is equal. However, in our unique form of expression in the physical world, we are different to everyone else. Not better or worse, not more-than or less-than; just different, because diversity is natural and is honored through mutual respect. A new heart-centered consciousness is evolving on our planet, one person at a time. This consciousness is a supportive and empowered state of consciousness, rather than the old

consciousness of separation and fear. When a person manifests their own unique, inner-being, they become aligned, in the way that a laser beam is aligned, rather than being scattered by external should's and should-not's. When enough adventurous pioneers choose this new consciousness, there will come a day when their powerfully aligned influence will reach a critical mass.

This happened when the Berlin Wall came tumbling down in one weekend. This happened when Australians rallied almost instantaneously to help the victims of a major bush fire in Victoria. This happened in 1995 when mobile phones came onto the market. One newspaper wrote "who on earth would pay so much money for this gadget?" We all did! Can you imagine life without a mobile phone? And they have only been around for fifteen years! When heart-centered consciousness reaches critical mass everyone will "get it." Society, as a whole, will then realize that heart-centered consciousness is the way forward for creating its bright, new future.



When will this happen? It will happen when more of us take control of our lives by moving out of fear and into the love of heart-centered consciousness.

*Personal change is often best taken in small steps instead of big leaps. Remember, a baby takes one very shaky step at a time accompanied by a big wide grin. What's the smallest thing you can change today, that's going to make the biggest impact?*

# *Find Your Inner Tortoise*

**What a speedy world we live in!  
Life is exhilarating, but whenever you begin  
to feel pressure, stop what you're doing.**

**Like a tortoise, withdraw into your shell,  
centre yourself and experience your natural  
pace.**

**When you refresh yourself, then get back to  
your day.**



## *Barbara & Terry's Cafe*

### *Appetisers: Books*

1. 'Free To Be Me' a best seller originally published by Bantam - \$25 plus p & p.
2. 'Discovering Your Inner Child' (spiral bound) - \$15 plus p & p.
3. 'Understanding Meditation (spiral bound) - \$15 plus p & p.
4. 'My Road to Freedom' (Terry's Autobiography) an E Book - \$9.95.
5. 'Conversations on Everyday Life' - \$25 plus p & p.

### *Mains: Couples in Paradise*

Come to beautiful Nelson Bay and live with us for 24 hours in our home high on a hill overlooking the ocean. We will cook you and your partner a gourmet dinner, breakfast and lunch. Arrive at 3:00 pm and depart at 3:00 pm the next day. The whole time together we will work together to fine tune and improve your relationship. This experience is gentle and enlightening. Total cost is \$865 for two.

### *Desert: Meditation CD's*

(each CD has four meditations on it)

Lifespring Meditations - Vol 1 & 2 - \$20 each plus p & p.

### *Extras: Counselling with Barbara or Terry*

(at their home, over the phone or on Skype)

\$95 for an hour session