

Lifespring
WE BUILD ESTEEM

Ripples

LIKE the proverbial pebble dropped into a 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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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 start the new millenium and fire on all cylinders by giving up struggle?

Ring Barbara or Terry for details.

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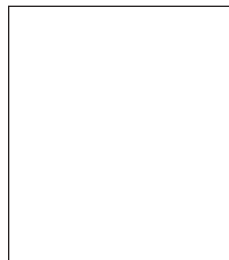
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Lifespring is an Australian Company owned and managed by Terry and Barbara Tebo.

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

Living and Dying

By TERRY and BARBARA TEBO
Founders of Lifespring



Are you dying? Do you know anyone who is dying? Have you lost a friend or loved one in the last 12 months? Yes, this is an essay about death. But Terry and Barbara we don't

want to read about death! It's interesting that many of us have an aversion to this subject. Some of us won't admit to being frightened about dying, we won't even admit it to ourselves. Intellectually we may not be frightened, but deep down emotionally there's a good chance we are.

FREEZING THE BODY

Our body is vulnerable to pain, suffering and death. The intense sensitivity of living tissue and raw nerves – these understandably terrorise our ego (our sense of self) which seeks to withdraw from the source of pain, to numb and freeze the body so as to reduce its vulnerability to painful vibrations. The ego learns to withdraw awareness from the body, to deaden and desensitise it. It's easy to see why in the eyes of many, flesh and sin are so terribly synonymous. But this body deadening is accomplished only at a heavy price. For if it is true that the body is the source of pain and ultimately death, it is also the source of pleasure. The ego, in killing the source of pain, at the same time kills the source of pleasure. No more suffering...and no more joy. Many people freeze their body without comprehending the nature of this freeze-out. They do not even know they are frozen. It's almost like a pervasive case of frostbite. The victim of frostbite doesn't realise he has it, because the affected area

lacks all feeling and he can't feel the lack of feeling. He feels nothing, which seems just fine.

Ken Wilber in his book 'Body Mind' says few of us have lost our minds, but many of us have long ago lost our bodies, and we must take this literally. It seems that "I" am almost sitting on my body as if I were a horseman riding on a horse. I beat it or praise it, I feed and clean and nurse it when necessary. I urge it on without consulting it and I hold it back against its will. When my body-horse is well-behaved I generally ignore it, but when it gets unruly, I pull out the whip to beat it back into reasonable submission.

Indeed my body seems to just dangle along under me. I no longer approach the world with my body but on my body. I'm up here, my body is down there, and I'm basically uneasy about just what it is that is down there! My consciousness is almost exclusively 'head' consciousness – I am my head but I own my body. The body is reduced from self to property, something which is mine but not me.

WHY DO WE ABANDON OUR BODY?

Because it houses, in a particularly vivid and living form, strong emotions that are socially taboo. And ultimately, the body is avoided because it is the abode of death! We find it strange that human beings look away from something that happens to each and every one of us? No one is excluded. We would think we would want to jump right in and learn as much as we possibly can about the dying process. If we did, we would discover that it is possible to anticipate our own death and even the death of those we love with some sadness of course, but also a serene sense of wonder and peace.

Last year Barbara's father and Terry's mother passed through the doorway of this life. We have been interested in observing our own reactions to the passing of our parents. More about this later.

Many unwisely think of death as something to dread. Do you remember those television adverts that showed the 'Grim Reaper' bowling over the young and the old who fell before his bowling ball? It was a clever and scary way to educate the public about the dangers and consequences of contacting the AIDS virus. This advert did its job so well that it was taken off air because of a public outcry against it. Most of us prefer not to think about death, especially when we are young and vibrant and looking forward to a long, long life ahead of us. But whether we are young or old, it would indeed serve us well to in Susan Jeffers words 'embrace the hearse'. Her book is called "Embracing Uncertainty".

EMBRACING THE HEARSE

What does it mean to embrace the hearse? It means being totally at peace with the prospect of death while joyously living each day to the fullest. A quotation from John De La Fontaine adds another important dimension. He said: "Death never takes the wise man or woman by surprise. He/she is always ready to go." Yes, embracing the hearse is always being ready to go. We need constant reminders that life is short and we need to appreciate every moment we have. One of the first tasks a young monk undertakes when he enters a certain monastery in Belgium is to fashion in the woodwork shop the coffin in which he will be buried. Then he meditates once a week lying in his coffin. He does this not to be morbid but to value every moment of life.

We, Terry and Barbara, personally believe that the moment our body dies will be a very happy moment. Why? Because our life will flash before us as a review in slow motion so we can see in a non-judgmental way how we lived our life. Then we will glimpse what lies ahead. That will be a very special and exciting moment indeed.

WHAT IS DEATH?

We believe that only our beautiful body dies when it is our time to graduate. Our spirit (life force) can never die because it was never born. It always is, was and will be, it is eternal. It is part of the Great Spirit. A deep Spirituality helps us transcend the fear of death. John Quincy Adams, the sixth

President of the United States, wrote this three days before he died: John Quincy Adams is well, but the house in which he lives at the present time is becoming dilapidated. It's tottering on its foundations. Time and the seasons have nearly destroyed it. Its roof is pretty well worn out. Its walls are shattered and tremble with every wind. I think John Quincy Adams will have to move out of it pretty soon. But he, himself, is quite well, thank you. John Quincy Adams was saying that his body only holds who he is temporarily. And that he would soon be changing his address. That's a comforting way to view death. Someone else once said that death is absolutely safe. It's like taking off a tight shoe. What a great image. Seeing death as freedom in the most comfortable sense.

THE HAPPY FUNERAL

We find it fascinating how differently people plan and experience their funerals. Some funerals are morbid and depressing while others are joyous, light and a celebration of a life well lived. These funerals include sadness and tears of course, but they are also filled with joy in the form of endearing stories, even jokes and laughter, gratitude and memories. Most of us have gone through the process of grief when a loved one dies. It is healing to do so. But a funeral can truly be an event of joyous remembrance and a glorious send-off as the Soul of someone we love enters a new dimension of being. We have heard of several people who have attended their own funerals. Seriously? Yes, they have invited friends and loved ones to their bedside to say farewell (au revoir) and enjoy one last party together. They feel their own funeral is too important an event to miss. Another grand old lady with a sense of humour stipulated in her will that she wanted an Elvis impersonator to sing "Return To Sender" at the crematorium as the curtain was closing over her coffin.

DYING EVERY DAY

We're not suggesting here that you check yourself into your local hospice regularly. However 'dying every day' to how you see yourself, how you see others and 'letting go' of thoughts that no longer serve and nourish you is a simple, practical and powerful strategy to follow. When our daughters were living at home and we said good-bye to them each morning as they left for school, we would let go ('die') to how we saw them and this allowed us to see them anew when

they came home from school in the afternoon. What thoughts about yourself do you need to let go of so that you can replace them with new and energy-giving ideas? Meditation is the art of letting go, accepting and surrendering (words that mean 'dying'). That's why after meditating we feel renewed. Every living thing on our planet is born, lives and dies and then repeats the cycle of birth, life and death again and again. If we hang onto life because of fear we resist this cycle and make problems for ourself. That's why it's important to practice 'dying' in little ways every day so that when the time comes for our body to die, it will be easy to let go.

CONCLUSION

That's all we have to say about death. It wasn't that bad, was it? We hope we have given you the courage to 'embrace the hearse' with the realisation that death can be a loving and peaceful experience, an extension of life, and a great opportunity for growth and healing.

There is much more to be said about the process of dying and we suggest you investigate further. Our intention in this essay is to take away some of your resistance to exploring this important topic and thus help you gain a deeper understanding and a deeper level of comfort. Once you have made death your friend, we believe you will have come a long way towards embracing your life and all the uncertainty it entails. You will also be able to assist others who are preparing to die.

POSTSCRIPT

You said above that you were going to tell us how you are handling the death of your parents. Okay. It is sometimes said that when a parent dies a cosmic window in one's life opens and you can go through this window or opportunity if you wish to experience more wisdom, clarity and peace about life. Also when a parent dies, it can sometimes feel like you may be next in the cue. Because for many years we have lived a great distance geographically from our parents, we often feel closer to them now. The passing of our parents has been a thoughtful, introspective, peaceful, sometimes sad and most especially an experience of gratitude that our parents gave us so much.

Movement and Change



Dear Friends,

So much has happened in our lives since the last issue of this magazine. Sometimes our lives move into the fast lane and it's a roller coaster ride where we just have to hang on and trust that everything will work out okay and it always does.

Family: Firstly we moved home in Sydney because our landlord wanted to move into his house. It takes a lot of energy to pack and move and unpack but fortunately within twenty-four hours we found a lovely new place just five minutes away still in Pennant Hills. Our new address is **5 Hampden Road, Pennant Hills NSW 2120**. Our telephone number remains the same: (02) 9481 7112.

Our daughter Josie received her degree in 'Visual Communication' (art, design, photography and computer graphics) from Newcastle University in November. She walked straight into a full time job in a small design firm in Sydney. She has also moved in with friends in Epping. Molly who has been doing heart research for over two years at the Centenary Institute in Sydney has decided to look for a new job. We're excited for her and her next step.

Teaching Venue: Next we were surprised to hear that our teaching venue – the New Awareness Centre in Gordon, was closing down at Christmas. This was very sad because the New Awareness Centre has had such a long history of helping people. Our search for a new venue led us to a most unusual and beautiful place. The **Lilian Fraser Garden (cnr of Bellamy & Laurence Street) in Pennant Hills** is a one acre wooded garden. We are teaching in a garden room at the edge of the garden. Lilian Fraser died in the 1980's. She was the third female botanist in Australia. She filled this garden of Eden with beautiful and unusual plants and trees and gave the garden to the community when she died. People who completed the January 'Free To Be Me' with us really enjoyed the ambience of the garden. Meditating in a Garden is a lovely experience.

Corporate Seminars: Since we wrote to you last we have taught a three day seminar to WA managers in Lombok which is an Indonesian Island three hours by boat from

Bali. Upon landing on the Island we saw a sign which read 'Petrol Station'. It consisted of ten 2 litre plastic bottles filled with petrol placed on a shelf next to the road! We enjoyed this unspoilt paradise. We have also taught a three day management seminar to a lovely group in a hotel called Squids Ink' which is located in Belmont on Lake Macquarie.

UPCOMING EVENTS:

Free To Be Me Part 1 in March takes place over 3 evenings (7-10:30 pm) and a Saturday (9am to 4:00 pm): March 2, 3, 5 & 6. The following Part 1 is over the weekend of April 30, May 1 & 2. There is a free Preview Evening on March 24th -7:00 pm (and June 24) at Barbara & Terry's home in Pennant Hills.

Free To Be Me Part 2 begins on Tuesday evening, March 16, all day Saturday & Sunday March 20 & 21, and Tuesday evenings, March 23 & 30th. During Part 2 you learn how to expand your personal power with unconditional love. Most people say this seminar changes their lives forever.

Teaching Free To Be Me- The training to become a FTBM Teacher begins on March 7th. The training includes learning to teach, counsel, set up a business, and help with your self-esteem (if necessary) to undertake such a project. FTBM teachers are a close group who come together monthly to receive support from Barbara and Terry and each other. If FTBM was a positive influence for you when you experienced it, just wait till you teach it!! Ring us for details if you are interested.

Counselling Skills Seminar occurs over four full days: March 18, 22, 30 & April 2. We, Barbara & Terry, are life coaches as well as teachers and trainers. If you know of someone who needs help with their life, have them give us a ring. We are also counselling people by phone including some who live overseas because international calls are so reasonable these days.

Meditation Day- Saturday, April 3 (9am to 4pm) in the Lillian Fraser Garden. Learn four different ways to meditate. See page 8 for details.

Master Class (for graduates of FTBM Parts 1 & 2) begins on Tuesday evening, May 18th. It continues on Thursday evening, May 20, all day Saturday & Sunday, May 22 & 23, and the evenings of May 25, 27 & 31. If you want to become the master of your life, you will really enjoy this learning experience.

Ripples: At the beginning of each calendar year we humbly ask that if you enjoy receiving 'Ripples' in the post, would you consider helping us with the printing and postage costs. A donation of twelve dollars for the year goes a long way to help us pay our bills so that we can continue to produce this magazine. Thanks in advance. Many thanks to Kate Coyne and Josie Tebo for getting this issue ready for the printer. Also thanks to Tim Harvey for printing the mailing labels, to Hanny and Ron for printing and to the gang of Lifespringers who helped us get Ripples ready to post.

Support: If we can help you in any way by lending a 'listening ear', a shoulder to lean on or a bit of love and advice, please email or phone us. Many thanks for your support by telling your friends and family about 'Free To Be Me'. We look forward to connecting with you (may in the garden!) in the future.

The Cost of a Miracle

A True Story

A little girl went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the coins out on the floor and counted it carefully. Three times, even. The total had to be exactly perfect. No chance here for mistakes. Carefully placing the money back in the jar and twisting on the cap, she slipped out the back door and made her way six blocks to Rexall's Drug Store with the big red Indian Chief sign above the door. She waited patiently for the pharmacist to give her some attention but he was too busy at this moment. Tess twisted her feet to make a scuffing noise! Nothing. She cleared her throat with the most disgusting sound she could muster. No good. Finally she took a quarter from her jar and banged it on the glass counter. That did it!

"And what do you want?" the pharmacist asked in an annoyed tone of voice. "I'm talking to my brother who is visiting me from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question.

"Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick...and I want to buy a miracle."

"I beg your pardon?" said the pharmacist. "His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So how much does a miracle cost?"

"We don't sell miracles here, little girl. I'm sorry but I can't help you," the pharmacist said, softening a little. "Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs."

The pharmacist's brother was a well dressed man. He stooped down and asked the little girl, "What kind of a miracle does your brother need?" "I don't know," Tess replied with her eyes welling up. "I just know he's really sick and Mommy says he needs an operation. But my Daddy can't pay for it, so I want to use my money."

"How much do you have?" asked the man from Chicago. "One dollar and eleven cents," Tess answered barely audibly. "And it's all the money I have, but I can get some more if I need to".

"Well, what a coincidence," smiled the man. "A dollar and eleven cents – the exact price of a miracle for little brothers." He took her money in one hand and with the other hand he grasped her mitten and said "take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need."

That well dressed man from Chicago was Dr. Carlton Armstrong, a surgeon, specialising in neuro-surgery. The operation was completed without charge and it wasn't long until Andrew was home again and doing well. Mom and Dad were happily talking about the chain of events that had led them to this place. "That surgery," her Mom whispered "was a real miracle. I wonder how much it would have cost?"

Tess smiled. She knew exactly how much a miracle costs: one dollar and eleven cents...plus the faith of a little child.

A miracle is not the suspension of natural law. It is the operation of a higher law.

Thanks to Leonie Egan for sending us this inspiring story.

Children As Kites

I see children as kites.

You spend a lifetime trying to get them off the ground.

You run with them until you are both breathless.

They crash, they hit the rooftop.

You patch and you comfort.

You adjust and you teach.

You watch them lifted by the wind and assure them that some day they'll fly.

Finally, they are airborne, and they need more string.

And you keep letting it out.

But, with each twist of the ball of twine there is a sadness that goes with the joy.

The kite becomes more distant and you know that it won't be long before that string will snap and the lifeline that holds you together will no longer be the same.

A child, like a kite, must be prepared to soar, as they are meant to soar, free and alone, to the greatest extent possible.

And only then can we collectively say that we have done our job.

Thanks to Fred and Sally Hesselbein for giving us these thoughts.

A Body Meditation

My body is a glorious place to live.

I rejoice that I have chosen this particular body because

it is perfect for me in this lifetime.

It is the perfect size and shape and colour.

It serve me so well.

I marvel at the miracle that is my body.

I choose the healing thoughts that create and maintain my healthy body and make me feel good.

I love and appreciate my beautiful body.

Lifespring Bulletin Board

Free To Be Me PART 1

PART 1 Preview Evenings

(7:15 – 9:00 pm)

Thursday, February 12, 2004

(5 Hampden Rd., Pennant Hills)

Wednesday, March 24, 2004

(Lilian Fraser Garden, Pennant Hills)

Thursday, June 24, 2004

(Lilian Fraser Garden, Pennant Hills)

Thursday August 19, 2004

(Lilian Fraser Garden, Pennant Hills)

PART 1 Seminar Fees

Course Fee - \$440

Deposit - \$200

Repeaters - \$220 (if there is space)

PART 1 – March 2004

(Lilian Fraser Garden, Pennant Hills)

3 evenings & a Saturday

Tuesday evening March 2 (7-10:30 pm)

Wednesday evening March 3 (7-10:30 pm)

Friday evening March 5 (7-10:30 pm)

All day Saturday March 6 (9am-4:00 pm)

PART 1 – April-May 2004

(Lilian Fraser Garden, Pennant Hills)

Weekend Seminar

Friday April 30 (7-10:30 pm)

All day Saturday May 1 (9 am-4:00 pm)

All day Sunday May 2 (9: am-4:00 pm)

PART 1 – July 2004

(Lilian Fraser Garden, Pennant Hills)

Weekend Seminar

Friday, July 23 (7-10:30 pm)

Saturday, July 24 (9 am-4:00 pm)

Sunday, July 25 (9 am-4:00 pm)

PART 1, SUPER KIDS & FTBM

FOR TEENS in the UK

Facilitated by Elly McDonald

Tel: 0117 953 5662

Email: lifespringuk@aol.com

Free To Be Me PART 2

PART 2 Seminar Fees

Course Fee - \$540

Deposit - \$200

PART 2 – March 2004 Seminar Dates

(Lilian Fraser Garden, Pennant Hills)

Tuesday March 16 (7-10:30pm)

All day Saturday March 20 (9am-4:30pm)

All day Sunday March 21 (9am-5:30pm)

Tuesday March 23 (7-10:30pm)

Tuesday March 30 (7-10:30pm)

COUNSELLING SKILLS

Counselling Skills Seminar

(at 5 Hampden Rd., Pennant Hills)

Four Full Days (9:00 am to 4:00 pm)

March 18, 22, 30, & April 2,

2004 \$595.00

Lifespring online:

www.lifespring.com.au

email:

tebotebo@ihug.com.au

ONE DAY MEDITATION WORKSHOP

(Lilian Fraser Garden, Pennant Hills)

Saturday, April 3, 2004 (9:00 am-4:00

pm) \$55.00 (bring a picnic lunch)

MASTER CLASS

(Lilian Fraser Garden)

Cost: \$650.00 Deposit: \$200

Tuesday May 18 (7-10:30pm)

Thursday May 20 (7-10:30pm)

All day Saturday May 22 (9am-4:00pm)

All day Sunday May 23 (9am-4:00pm)

Tuesday May 25 (7-10:30pm)

Thursday May 27 (7-10:30pm)

Monday May 31 (7-10:30pm)

FTBM PART 1 HOME STUDY

FTBM Correspondence Course

The seminar fits onto six audio tapes and a 5 hour CD Rom. Each student has their own personal tutor.

Cost is \$425.00

SUPER KIDS

IN AVALON: for more information (including free parents' evenings) ring Julie Coddington – 9973 1612

IN GORDON: for more information Ring Nerolie Murray – 9498 5354

IN ST. IVES: for more information Ring Yvonne Bates– 9449 8841

IN THE UK: for more information Ring Elly McDonald– 0117 953 5662

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a **SECOND** life

by passing it on to a friend

Healing Yourself through Deep Relaxation

By Shivani Goodman

When the body is peaceful, the natural healing mechanisms are triggered and the body uses its wisdom to heal itself. Deeper sensations of joy and love are experienced. Peace, joy and love are the fuel that releases chemicals and hormones from the brain that strengthen the immune system. Deep relaxation expands your heart's ability to receive and give love. When you open your heart, you find love within it. Relaxation is the key that enables you to love the people and things in your life, rather than run away from them.

At first I found it difficult to take time out to relax. There were always more important things to do. I was last on my priority list. It was only when the threat of death by cancer suddenly appeared in my life that I dropped everything and reversed my priorities. As soon as I awoke in the morning I did my relaxation practice. This is how I do it.

1. Begin by relaxing yourself as deeply and effortlessly as possible. Tense your whole body; study the sensations of tension. Then relax; let go. Breathe in deeply and soothe out any tension that is left using your breath. Make a quick mental note of how it feels when you are more relaxed. You may choose to repeat this process several times.
2. Allow your breath to become quiet, slow, soft, deep, moist and comfortable. Feel the sensation in your nostrils. Allow your breath to become so quiet that you can hardly hear yourself breathing. Feel how smooth and even it becomes, with no pauses, no gaps, no bumps in your breath.
3. Allow your eyelids to fall effortlessly over your eyeballs. Your eyeballs move to a neutral place where they do not have to do any work. Feel liquid love pouring from your heart as blood, feeding your cells with joy, bliss and lovingly nourishing them. Your cells open and blossom, smiling to you with gratitude. Billions of your tiny cells are filling their hearts and minds, the DNA and RNA codes, with your love. Joy, love, peace and health penetrate the nucleus of each cell. Your cells radiate with health, any diseased cell is evaporated and a new healthy cell emerges. Your cells are watered with the liquid blood of love and with the warmth of the sun shining light on them from your heart. The seeds sprout and beautiful flowers emerge. Smell the fragrances, a new kind of divine scent you have never experienced before. Feel the pleasure and joy of this new adventure.
4. Bathe in these sensations. Allow your whole body to dissolve into this pure love. Stay in this melting posture for ten to twenty minutes two to three times a day. Imagine that you are opening your heart to your beloved, whatever image that beloved may show up for you in your mind. Feel your beloved embracing you, merging with your love. Celebrate this magnificent union with your beloved. Allow your imagination to form images that make you feel outrageously happy. The energy of love is the most healing energy there is. It makes no difference whether the images are real or imagined; you can create this energy from within. Your beloved may be your higher self, someone you dearly love, your soul mate waiting to meet you, a saint, a flower or whatever works to stimulate your feelings of love.

Self Healing or the 5 Minute Cancer Cure

A friend of mine asked me if I would speak to a New York physician friend of his who was diagnosed with colon cancer. His friend was going in for surgery the next week to have the cancerous tumor removed. I taught him an ancient self-healing exercise. "But I don't believe in this stuff," he commented. "That's all right, you don't have to believe in it. It still works as long as you do it," I replied. "But I'm going in for surgery next week," he continued. "Imagine that when the surgeons open you up, the tumor is gone," I said. "That's impossible!" he laughed and then said, "It would be wonderful. I guess I have nothing to lose doing it. I will do it!" he exclaimed. A week later he called me to say that when the surgeons opened him up – to everyone's surprise – the tumor was gone. "Did you practice the exercise?" I asked him. "Yes, I did," he responded, "they were all surprised. I was surprised too," he added. "Did you tell them about this exercise?" I asked. "No, they termed it 'Entersusception', which means the tumor reabsorbed itself."

Ever since I first learned this ancient method, I have been using and teaching it to others worldwide. My understanding is that the intention of the healers who developed this process was to erase sickness and suffering from the planet. This exercise has been a huge treasure in my life. In 1975 my gynecologist informed me that I had two fibroid tumors on my uterus, the size of an egg. "Can they disappear on their own?" I asked him, wondering whether this exercise would make them go away. "Only the knife," he responded. "They can only grow bigger," he added.

I decided to give this technique a try. At first I could not do it. I'd space out, fall asleep or forget it. Then as surgery came closer, my fear of the knife forced myself to concentrate fully to dissolve the tumors. When the day came for my final appointment with the doctor before the surgery I was dreading the office visit. After examining me, my doctor said "the tumors are gone." I felt a surge of delight. I told him what I did and I saw the words "thought them away" written in his report.

Rainbows of joy, love, health, peace, clarity, success and abundance to you.

Shivani is a speaker, author, psychologist and self-healing consultant. This article is drawn from her book the 'NINE STEPS TO REVERSE OR PREVENT CANCER AND DISEASES: WITHOUT SURGERY, DRUGS OR DIETARY CHANGES'.

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CD 1 has the 'Blue Door Meditation',
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'Inner Child Meditation'.

CD 2 has a short form of the Blue Door
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Meditation', the new 'Inner Warrior Meditation'
and the 'Tree Meditation'.

*The price of each CD is \$22.00 or \$38.00 for
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Free Space

Free To Be Me

The learning adventure called
'Free To Be Me'

which has helped thousands of people can now
be experienced with other teachers in addition to
Barbara and Terry.

Contact the teachers below to enquire when their
Preivem Evenings and Seminars are taking place.

FTBM for Adults & Teens in the
Eastern Suburbs, North Shore & Mosman
Yvonne Bates- 02 9449 8841

FTBM for Adults in Northern Beaches / North Shore
Gitta Laub- 02 9970 5165 or 0413 275 165
web address- www.freetobeme.info

FTBM for Adults in Frenchs Forest
Shari Macee- 02 9453 5649
email- sharimacree@yahoo.com.au

FTBM for Adults in Canberra
Therese Toohey- 02 6282 2773 or 0408 001 288
email- 2e@netspeed.com.au

Coyne & Co ad to come

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**This newsletter is
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[02] 9481 7112

Ripples

FREE TO BE ME

Scholarship

Barbara and Terry offer two scholarships worth \$200 each on every FTBM Part 1 seminar.

If you know of anyone who would like to do FTBM and they have a genuine shortage of money, ask them to write to the Tebos stating which FTBM they would like to attend, asking to be considered for a scholarship and explaining their personal circumstances. ♥♥

PLEASE inform us if you:

- Change your address so that we can continue to send you your copy of Ripples
- Would like us to send Ripples to a friend or relative.
- Would like to be taken off our mailing list.

Lifespring
WE BUILD ESTEEM

If this article cannot be delivered, please return to:

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Lifespring Network

Network Meetings are FREE to Lifespringers.
Guests are welcome and pay \$25.00.

Two Worlds Colliding Gracefully

Date: March 18, 2004

Time: 7:00 to 9:00 pm

Venue: Pymble Uniting Church, (cnr Livingston Ave & Pacific Hwy)

Presenter: Katharine McLennan

How science and spirituality are getting closer and closer, come hear a 'lay-woman's' explanation of quantum physics and its approaching collision with spirituality. Katharine McLennan has many PAST extraordinary achievements, but mostly likes to stay NOW in the present. She is a Free To Be Me teacher, an ongoing learner trying to keep a beginner's mind, a wife and mother, and an "ORDINARY HERO" (see www.ordinaryheroes.com.au).

Fully Self and Fully in Relationship– Is This Possible?

Date: May 19, 2004

Time: 7:00 to 9:00 pm,

Venue: Pymble Uniting Church, (cnr Livingston Ave & Pacific Hwy)

Presenters: Barbara & Terry

We need to learn new ways of relating to ourselves and our partner so that the differences between us can be enriching rather than threatening and destructive. Come and explore some new ideas about relationship with Barbara and Terry.

Meditation Workshop

Deepen Your Understanding and Practice of Meditation

During this one day workshop, Barbara and Terry will help you go to a new level of enjoying meditation.

We will answer all your questions and together we will experience:

- A Mantra Meditation
- A Tratek Meditation
- A Chanting Meditation and
- A One-Pointed Meditation

Date: Saturday, April 3, 2004

Time: 9:00 am to 4:00 pm

Cost: \$55.00

Venue: The Lilian Fraser Garden
(cnr Bellamy & Laurence Street
Pennant Hills 2120)

Bring a picnic lunch to eat in the Garden.
Numbers are limited so please reserve your place a.s.a.p. by ringing Barbara and Terry (02) 9481 7112.

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