



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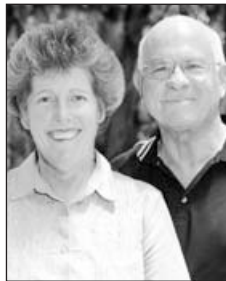
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Lifespring is an Australian Company owned and managed by Terry and Barbara Tebo.

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.

The Purpose of Life

By **TERRY and BARBARA TEBO**
 Founders of Lifespring



Your palms are sweaty. Your throat is dry and you need to keep swallowing so that you can speak. You feel the heat from the spotlights in the television studio which all seem to be

pointing at you. You have never felt such emotional and psychological pressure in your life. Eddy Maguire, the host of the show, tells you that only seven Australians have reached the million-dollar question where you are now at, and all seven have turned back. Australia has not yet had a millionaire winner on this program. Will you be the first?

"Let's look at the question, Eddy", you reply. You now know why the program is called 'Who Wants To Be A Millionaire' because a million thoughts are jammed in your head and a million emotions are dancing around in your body. The big question appears on the computer screen in front of you. At first it appears blurred. You blink several times and only then does the question begin to come into focus.

WHAT IS THE PURPOSE OF LIFE?

The four possible answers are:

- A) Happiness B) Money
 C) Love D) Relationship

Eddy Maguire, in trying to be helpful, tells you that this million dollar question is asking what is the "Purpose" of life, i.e. what are we meant to be doing here? Not what is the "Meaning" of life, i.e. what is life all about? You make a mental note about his comment.

Look at the answers again. What answer would you choose in this fictional scenario before your read on in this essay?

Does the answer jump out at you or does it take some thought? Pick an answer and then we, Terry and Barbara, will tell you what answer we would choose.

HAPPINESS

Many people would choose this answer because they feel flat, depressed or unhappy a lot of the time. Some believe that happiness is caused by the successful arrangement of people, places and things around them. If you feel such a thought doesn't have a grip on you in some way, think of all the times you have felt unhappy, while your mind was fixated on what changes must occur in order for you to be happy! Here is the truth about happiness: happiness is a daily decision and literally uncaused by any external condition whatsoever. The source of happiness and unhappiness is in our infinitely powerful minds, and our freedom to choose. We believe that we are here to experience 'wholeness' and not just happiness. Of course happiness is a part of wholeness. We're here to experience it all! Since 'wholeness' isn't one of the above answers, let's move on.

MONEY

"If I were a rich man" as the song goes. Would many people choose this answer on a television show being watched by millions? Probably many would. Did you choose it? Many believe that if they had more money it would create more happiness and make their life much easier. They believe that money is the key to life. That's why they work so hard for it, often risking family and health. We haven't found that money brings lasting happiness. Money is not our answer.

LOVE

Surely this must be the answer. Is this the answer you went for? Love is so important but we didn't choose it as our answer. Why? Because even though

The Purpose of Life (continued from page one)

everything is love, the basic building block of life, we believe love (in the form of you and I and everyone) has come to this planet to learn more about itself. How does love, (all of us) do this?

RELATIONSHIP

By entering into relationships. Our answer! Firstly, by being in a loving relationship with ourself and then by sharing our love with others in an outward spiralling circle starting with those who are dearest and then reaching out to all of creation.

When the One, the Source, expresses as the many (us) through its creations, it is for the purpose of learning about the mysteries of its being. Those of you who have experienced 'Free To Be Me' know about the idea called 'mirroring'. Mirroring means that everyone we come into contact with is a mirror reflecting back to us that which we are, that which we love, that which we dislike and judge, that which we have lost, or that which we have yet to accept.

RELATIONSHIP IS THE PRIMARY TOOL IN THE EVOLUTION OF AWARENESS. However when relationships stagnate, forced change (often painful) breaks the stalemate. The two primary causes of stagnation are when relationship does not evolve through its stages of growth and when its masculine and feminine components persist in being grossly imbalanced. The gift of imbalance is growth. If all things were in perfect balance, there would be no movement in life. However, when imbalance persists, stagnation occurs. Almine in her book "A Life of Miracles" talks about the four stages in the evolution of relationships. We pass through or get stuck in these stages whether our closest relationships are with our family, our partner or with our friends. Societies move through these evolutionary stages as well.

Stage One: DEPENDENCE

This stage manifests as the desire to merge. In this euphoric "in-love or honeymoon" stage, the participants see only their similarities because they see themselves in the mirror of the other person. When we 'fall in love' we are really falling in love with ourself. Our beloved is mirroring back to us all the qualities we love about ourself. Some believe that this stage is what relationship is all about. It isn't.

Society: This stage occurs in tribal life. The uniformity of tribal life requires clearly that one cannot deviate too far from the norms that identify the tribe. The individual is expected to behave in a certain way in exchange for the tribe's support. To be a tribal member is to be patriotic. The tribe is fearful of other tribes and will attack if it perceives another tribe is threatening its way of life.

Stage Two: CO-DEPENDENCE

In this stage some individuality is expressed but there is still a strong desire to identify with each other. However, both parties are beginning to recognise and tentatively explore the differences between them.

Society: In tribal life this occurs when the members live with one foot in the tribe and one foot in the city. The tribe is still there to fall back on for support but city life provides more freedom and less scrutiny from the tribe's members.

Stage Three: INDEPENDENCE

Each person now critically examines each other's differences and one or both may feel that self-identity is absent because self-identity has been invested and lost in the two above stages of the relationship. If this occurs, one may lash out against the other in an attempt to find oneself again because it feels like the other person has taken our identity away from us. In making ourselves 'right' here we often make others 'wrong'. Today many marriages and relationships do not survive this stage.

Society: On the international scene countries caught in this stage go to war against other countries because they are threatened by differences of race, religion and politics. This is also mirrored in western, industrialised cultures when family units offer minimal support. At the age of maturity individuals are expected to support themselves. The advantage of this is the freedom to be who we want to be, but many find themselves lost and feel unsupported. Money is used to buy that which tribal support used to provide.

Stage Four: INTERDEPENDENCE

In this stage there is an acceptance of the other's differences. Couples, families and friends who survive the previous stage find that they reach a common ground. The individuals support each other despite their differences. Each person is free to express him or herself and grow

individually within the unity and love of their relationship(s). These stages in a relationship lead from uniformity to diversity within unity.

Which of the above stages are you experiencing? Is your relationship stuck in between one of the stages? Would it be helpful to share this information in a loving way with your partner/parent/friend to discover ways to move together towards 'interdependence'? Would your relationship blossom if three times a day you said to your partner: "My love, how can I be more loving to you, how can I be more kind?" And how can we become more 'interdependent' in our other close relationships.

Society: The communities of the future will be learning about and practicing acceptance and unconditional love. They will be creating unity by honouring differences and practicing tolerance and forgiveness. They will help their members know and experience that we are here to bring love to all of creation.

MASCULINE AND FEMININE

When partners don't bring an inner balance of the 'masculine' (the active, creator) and 'feminine' (the passive, created) within themselves into their relationship, they rely on the other to provide the missing piece. This puts the relationship at risk. This occurs because the minute one gains inner balance, the other no longer knows how to relate. We have observed that as couples retire from intense child rearing and full time work, men tend to develop more of their feminine energy and women more of their masculine energy. If the couple does not understand this, confusion and conflict can cause problems and hurt.

RELATIONSHIP IS THE MOST POWERFUL FORCE IN OUR LIVES. Life is about relationships. Family is about relationships. Business is about relationships. Love is about relationships. Happiness is about relationships. The work of all human beings is about relationships. When people are lying on their deathbeds they don't worry about how many hours they have or haven't spent at the office or how much money is in their investment portfolios. They think about the relationships they have been a part of during their life and what they want to do about them before they bring down the curtain. (*continues page 3*).

Here Comes Summer



Dear Friends,

The spring flowers in our garden this year were so colourful and beautiful. We used to be beekeepers when we lived in Somerset twenty years ago so we really enjoyed watching the honey bees gather pollen and nectar from the blooms in our garden. After enjoying a beautiful spring in our part of Australia, we are now looking forward to a 'lazy, hazy summer'.

Family: Our oldest daughter Molly is now working for a company called 'Lush'. Lush makes beauty and health care products. Molly is the manager of the 'Fresh Division'. This means she sources organic fruit and vegetables and then turns them into some of the Lush products. Molly recently returned from a month holiday in the UK with her partner. As well as visiting family and friends, she enjoyed visiting a Lush Perfumery Store in Carnaby Street, London, which is called 'Never Be Too Busy To Be Beautiful'.

Our daughter Josie is working as a graphic designer in Sydney in a small company where she is gaining lots of experience. She has booked her tickets with a friend for a holiday in early January to Vietnam and Cambodia. Like the rest of our family she is a great traveller. We are so blessed with the close friendships we have with our daughters.

Teaching News: At the end of August we flew to Kota Kinabalu. Where is that you may be thinking? Kota Kinabalu is the capital of Sabah which is a state in Malaysia which is on the third largest island in the world called Borneo. We taught 'Free To Be Me' there over two days in a beautiful resort to a lovely group of managers who joined us from Melbourne. One of the high points of the trip was going into the jungle and spending some time with two wild Orang-Utangs. What amazing creatures they are.

Seven people, including two in Newcastle and two in Kiama, are now teaching 'Free To Be Me' as well as us. Several more are coming on line soon. After twenty years of teaching, we, Terry and Barbara, are gradually slowing down our work. So new teachers taking over our life's passion is very satisfying for us.

'Free To Be Me' Teacher Training Seminar

If you are interested in starting your own business by becoming a FTBM teacher, the next and last 'Teacher Training Seminar' begins on February 26, 2005. There is a free Information Evening at our home on February 10, 2005. (See page 6) Please get in touch with us if you are interested. Teaching the FTBM principles of love and responsibility is a soul-expanding wonderful experience.

Super Kids' Teacher Training Seminar

'Super Kids' is the name of the 'Free To Be Me' for primary school children. The course is taught through stories and games. Several people (see page 6) have been teaching this learning experience to children very successfully for several years and the kids love it. We now want more people who love kids to have the opportunity to teach 'Super Kids'. There is an Information Evening at our home on Monday evening, November 8, 2004 at 6:00 pm. Please let us know if you are interested.

UPCOMING EVENTS:

Lifespring Discovery Day – 'Living A Loving Life'

Saturday, November 27th. Come and review the major principles of the three Free To Be Me seminars with Barbara and Terry. (See Page 8 for details.) Get in soon because places are very limited.

Free To Be Me Part 1

The last Part 1 seminar this year is over the weekend of November 5, 6 & 7 in the Lilian Fraser Garden in Pennant Hills. The first one in 2005 is over the weekend of January 21, 22 & 23. The one after that is April 1, 2 & 3.

Free To Be Me Part 2

If you have been thinking about experiencing or repeating FTBM Part 2 with us, this may be our last one. It begins on March 2, 2005. See page 6 for all the dates and session times.

Counselling Skills Seminar

Occurs over four full days: March 1, 3, 8 & 18, 2005. During this training you will learn to become a heart-centred

counsellor. Barbara & Terry now also counsel over the phone including people who live overseas.

Lifespring Christmas Party

This year the party is on Saturday evening, December 4, 7:00 pm again at the beautiful home of Geoff Lane and Barbara Renshaw – 8 Marjorie Street, Roseville 2069. Thanks Geoff and Barb. Please bring a bottle and a plate to share. This party is one of the most special events of the year for us, meeting old friends and giving and receiving lots of hugs. Give Geoff or Barbara a ring on 9415 8840 to let them know you are coming.

Ripples

This is the second last Ripples that you will be receiving in this format. *Please read the details about this on page 8.*

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. This is the least we can do for all the support you give to us by telling your friends about Lifespring. We look forward to connecting with you, hopefully at the Christmas Party on December 4th.

BIG Hugs from Barbara and Terry



The Purpose of Life (continued from page two)

Relationship is the desire of the One, the Infinite, the Source (of which we are apart) to evolve its awareness. As such it is unstoppable in its purpose to promote growth. We can either honour our relationships learning and growing from them or become the casualty of our relationships. We are never victims, therefore, the choice always has been – and always will be – ours. Can any journey be more worthwhile than the one in which millions of us are awakening from our slumber and actively choosing to bless this world with the Sacredness of Who We Really Are? Relationships help us discover the humanity and the divinity of who we really are.

Ryan's Well

A schoolboy in rural Canada, Ryan Hreljac was just six years old when he learnt that not everybody in the world had clean water at the turn of a tap. His first grade teacher encouraged the class to raise money for charity during Lent and told them it would cost seventy dollars to build a village well in Africa where people had no access to clean drinking water. "She explained that people were dying and that just gave me a bad feeling inside," Ryan recalls. "So I went home and begged my parents for seventy dollars."

Rather than giving him the money outright, they suggested he do extra chores to earn it, thinking he would tire and lose interest, but Ryan persisted, worked hard and four months later had raised seventy dollars. Unfortunately when his family contacted the charity, they discovered it didn't cost seventy dollars to build a well. It cost two thousand dollars. Undeterred, Ryan said "I'll do more chores."

A local newspaper heard about his quest and published his story and donations started flooding in. Ryan began giving speeches at local schools to gather support and in ten months, he finally had raised enough money for the well, which was built at a primary school in northern Uganda.

Ryan soon set himself a new goal to buy a drilling rig and build more wells so more people could benefit. He needed twenty-five thousand dollars. However, this time the whole school got involved. His neighbours donated their frequent flyer points to him and his parents so they could travel to Uganda to see the difference his well had made.

Nothing could prepare Ryan for the overwhelming welcome he would receive. The whole village came out to meet and thank him. This little boy performed a miracle for the Ugandan villagers that even governments could not accomplish. Ryan has now added the goal of building a new classroom to house all the additional students at the Uganda school who decided to come to school because of its new well. Ryan's motto is "Little people CAN do big things."

This true story was shown in a documentary called 'Ryan's Well' on the ABC on June 23, 2004.

Thanks to Leonie Egan for bringing this inspiring story to our attention.

The Terrorism of Indifference

The terrorism of indifference which most of us practice has the greatest impact of all forms of terrorism, in terms of the human loss and pain it inflicts on our fellow human beings. We indulge in it when we go on with our business as usual, turning our heads, for example to the facts that nearly 30,000 children die every day of hunger and preventable diseases in the world and that with just 2.2 percent of the world's annual military budget, this tragedy could be remedied.

Quote from Dr. Deepak Chopra's Alliance for the New Humanity website: www.anhglobal.org/xoops/

Thanks to Monika G. Gaede for sending us this quote

The Three Keys of Trans-FORM-ation

(Going Beyond the old Forms of Your Life)

The First Key is that you cannot transform what you do not own. If there is any facet of you, any thought, any idea, any action, any situation that you can not only say, "I created this," but also say, "This is who I am," you cannot change it! When you do not own something that is occurring in your life, the 'something' owns you! You are forever a victim, forever powerless. So the first step to transformation is to say and accept without blame of yourself or others "This is who I am and this is what I have created." When you know that you have created something you are experiencing and it is now time to change, then you may re-create because you are the god and goddess playing the game of your life.

The Second Key is that you can only transform in the NOW moment. This 'now' is your absolute point of power. You are a sovereign being. You have created your life just as it is now. Within the game of life, you have absolute free choice. You can only choose now how it will be for you. The past is done, the future you create out of the choices you make with your mind NOW. In this moment of now, you change past and future by changing your mind. Thought is cause, feelings and reality are effect.

The Third Key is that it is best to transform while you are in the e-motion of feeling your fear. By fear we mean any feeling that does not feel like love (anger, anxious, betrayed, bitter, cheated, defeated, despair, frightened, helpless, inadequate, insecure, jealous, miserable, overwhelmed, rejected, etc.) Pushing the fear emotion away and trying to overcome it does not work. Emotion is the power-source of your creations. Embracing and feeling your fear (not acting upon it, i.e. not going out and buying a gun) is surrendering to who you are at that moment and the surrender releases your power.

You are a powerful divine human being and you are not going to die when you feel a dreaded feeling, although sometimes it feels that way. So you can transform 1) what you own, 2) in the 'now' moment, and 3) while you are in the feeling of the fear. You will transform your fear when you embrace it. You have a choice NOW about how you want your life to be. Any old patterns, addictions and phobias that you have created, you may recreate if you choose to.

Is it really this simple and easy? Study the Keys again and practice them just once in one area of your life. What have you got to lose?

Two Opportunities To Help Others And Help Yourself

Become a 'Free To Be Me' Teacher

We, Barbara and Terry have been teaching FTBM for eighteen years. Thousands of people have experienced this gentle, loving, heart-warming and transformative growth experience. The fame of FTBM has spread by word of mouth far and wide. We now want more people to experience FTBM than we ourselves can teach. Over the years as we have facilitated FTBM we have received more love and abundance that we could ever imagine. We have also experienced quantum shifts in our own consciousness leading to more joy and pleasure as we have been invited to serve and love others.

Sonia Anderson, a solicitor in Newcastle, has just started teaching FTBM. She wrote: "FTBM taught me how to get out of my mind and into my heart. Barbara & Terry, in the Teacher Training Course, taught me how to enjoy the dance between my mind and my heart and, in understanding that the joy is in the dance, they have taught me how to dance with others in the sharing of the FTBM principles. I am grateful and feel blessed by having had this experience and for sharing this experience with a great group of dancers."

If you are interested in starting your own business as a FTBM Teacher, please contact us for more information. There is a free INFORMATION EVENING at our home in Pennant Hills on **Thursday, February 10, 2005 beginning at 7:00 pm.** The training takes six months (3 days and 4 weekends) and begins on Saturday, February 26, 2005.

Become a 'Super Kids' Teacher

We wrote the 'Super Kids' seminar about twelve years ago because Lifespringers were asking us how their primary school children could experience the principles of FTBM. We are now looking for adults who are in touch with their own 'inner child' and who love to be with kids. The children teach us as we teach them. Children who have experienced the 'Super Kids' seminar with Barbara, Florence, Gai, Nerolie and Julie have just loved the seminar and want to repeat it again and again.

During 'Super Kids' children learn how to use their powerful minds, they learn about their 'inner friend' (Higher Self), they learn how to handle their feelings and how to use their powerful mind, they learn how to be a good friend so that they can have good friends, they learn how to meditate and most of all they learn how to accept and love themselves just as they are. They learn that what they think of themselves is what matters most. These important ideas are taught through fun, laughter, sharing and games.

If you are interested in starting your own business as a Super Kids Teacher, please get in touch with us for more information. There is a free INFORMATION EVENING at our home on **Monday, November 8, 2004 beginning at 7:00 pm.** Let us know if you intend to come. The training takes two evenings and one day and begins on Friday evening, November 26, 2004.

Thoughtful Thoughts

(Copy down the ones that speak to you and place them on your desk)

Love is like a soufflé. It collapses under the weight of expectation.

Enlightenment is quietly enjoying and accepting what is.

Ignorance is an excuse. Arrogance is a disguise. Timidity is an impediment. Cruelty is a boomerang.

Criticism is the adult way of crying.

Anger is an acid that does more harm to the vessel in which it is stored than to the person on whom it is poured.

All that you fight against, weakens you. All that you are for, empowers you.

When we stop clinging, the pain ceases.

I know when I am loving someone unconditionally. I don't need to change them.

If you want to know how much you love yourself, see how much you're loved.

If you truly want to enjoy fulfilling relationships, you must be willing to be big enough to give love before you receive it.

We turn to God for help when our foundations are shaking only to find that it is God who is shaking them.

You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair.

A candle loses nothing by lighting another candle.

The best relationship is when your love for each other is greater than your need for each other.

When the flower blooms, the bees come uninvited.

Lifespring Bulletin Board



Free To Be Me PART 1

PART 1 Preview Evenings

(7:15pm – 9:00pm)
Monday, March 7, 2005
(Lilian Fraser Garden)
Monday, May 9, 2005
(Lilian Fraser Garden, Pennant Hills)

PART 1 Seminar Fees

Course Fee - \$440
Deposit - \$200
Repeaters - \$220 (if there is space)

PART 1 – November 2004

(Lilian Fraser Garden, Pennant Hills)
Weekend Seminar
Friday evening November 5
(7:00pm - 10:30pm)
All day Saturday November 6
(9:00am - 4:00pm)
All day Sunday November 7
(9:00am - 4:00pm)

PART 1 – January 2005

(Lilian Fraser Garden, Pennant Hills)
Weekend Seminar
Friday evening January 21
(7:00pm - 10:30pm)
All day Saturday January 22
(9:00am - 4:00 pm)
All day Sunday January 23
(9:00am - 4:00 pm)

PART 1 – April 2005

(Lilian Fraser Garden, Pennant Hills)
Weekend Seminar
Friday evening April 1
(7:00pm - 10:30pm)
Saturday, April 2
(9:00am - 4:00pm)
Sunday, April 3
(9:00am - 4:00pm)

PART 1, SUPER KIDS & FTBM

FOR TEENS in the UK
Facilitated by Elly McDonald
Tel: 0117 953 5662
Email: Elly@LifeSpringuk.com

Free To Be Me PART 2

An Experience of Personal Power

PART 2 Seminar Fees
Course Fee - \$540
Deposit - \$200

PART 2 – March 2005 Seminar Dates

(Lilian Fraser Garden, Pennant Hills)
Wednesday evening March 2
(7:00pm - 10:30pm)
All day Saturday March 5
(9:00am - 4:30pm)
All day Sunday March 6
(9:00am - 5:30pm)
Wednesday March 9
(7:00pm - 10:30pm)
Thursday March 17
(7:00pm - 10:30pm)



Lifespring online:
www.lifespring.com.au
email:
tebotebo@ihug.com.au

Counselling Skills

Counselling Skills Seminar

(at 5 Hampden Rd, Pennant Hills)
Four Full Days (9:00am - 4:00pm)
March 1, 3, 8, & 18, 2005
\$595.00

Lifespring Discovery Day

Living a Loving Life

(Lilian Fraser Garden, Pennant Hills)
Saturday, November 27, 2004
(9:00 am - 4:00 pm)
\$66.00 (see back page for more details)

Free To Be Me 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 \$440.00

Super Kids

(FTBM for 8 to 12 year olds)

IN AVALON: For more information 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

Free To Be Me For Teens

(Years 7, 8 & 9)

IN ST. IVES: For more information ring Yvonne Bates – 9449 8841

Workplace Free To Be Me

Are you Free To Be You at Work?
Would your company benefit from Barbara and Terry's insights and skills? The ideas and values they teach in their public seminars are just as powerful and freeing in the workplace. These ideas can be shared in different formats:
A half-day session (4 hours)
A one-day session (7 hours) on building personal and group esteem.
A two and a half day program which includes all the ideas in the FTBM Program.

Advertise yourself in **Ripples**

.....
This newsletter is posted to 4000 homes and a small advert costs only \$82.50 incl GST.

It's a great way to reach other like-minded customers and clients. Ring Terry or Barbara for further details on
.....

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by passing it on to a friend





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Alan and Hazel Doyle are Lifespring Graduates.



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Tel: 9976 0988 or 0412 159 347
Email: tonyw@intercoast.com.au

Tony Webber CFP, Dip FP
LIFESPRING MASTER CLASS GRADUATE

Lifespring MEDITATION CDs

CD 1 has the 'Blue Door Meditation',
'Affirmations for Life Meditation', 'A Spring
Morning' music Meditation, and the
'Inner Child Meditation'.

CD 2 has a short form of the Blue Door
Meditation so you can fit it in just before you
rush off to work, the 'Enchanted Garden
Meditation', the new 'Inner Warrior Meditation'
and the 'Tree Meditation'.

*The price of each CD is \$22.00 or \$40.00 for
both CDs (includes GST). Please add \$8.00 for
postage and packing for one of both CDs.*

PHOTOGRAPHY WORKSHOPS

We each have immense creative potential
yet only some ever express it. Those who
do, receive a great - often healing - gift.

With 35 years imaging experience, using
traditional black and white photography, I
will be conducting small group workshops
on improved picture taking and darkroom
processing & printing. Intended to educate
and stimulate, this is an opportunity to get
in touch with your well of creativity!

Please make contact to indicate your
interest and for early inclusion in one of
these workshops to be held in Roseville,
Sydney, beginning early in 2005.

Geoff Lane (a 'Free to be Me' Teacher)
phone: 02 9415 8840
email: geofflane@optushome.com.au

COUNSELLOR

Feeling Blue?
Facing Life Changes?
Relationship Problems?

Talk to Tim Harvey

Clinical Member of Counsellors
and Psychotherapists Association;
Lifeline personal counsellor;
Lifespring graduate

In Chatswood
Phone 02 9413 4059
timh@acslink.net.au

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
Preview Evenings and Seminars are taking place.

FTBM for Adults in Newcastle
Sonia Anderson – 02 4942 2662
email: sonia@mcdonaldjohnson.com.au

FTBM for Adults in Sydney CBD, Kiama, Bali, Figi, Crete
& more

Val Christoffersen & Dick Maitland –
02 9453 5649 & 0438 529 966
email: dikandval@bigpond.com.

FTBM for Adults in North Shore
Leonie Egan – 02 9498 1860
email: LeonieMcMahon@optusnet.com.au

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

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AN INVITATION

We, Dick & Val are 'Free To Be Me' teachers and we are
taking a stand at the **Mind, Body, Spirit Festival** in Sydney which
is being held on November 18 –21, 2004 at Darling Harbour.

We would like to invite you as a Lifespringer to come
and help us on our stand (70F) just for an hour or so to
talk with people about the joys of doing 'Free To Be Me'.

Please give us a call on 0438 529 058 to book a time
between 10am & 6 pm. It will be a lots of fun!

Ripples

FREE TO BE ME

Scholarships

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:

5 Hampden Road
Pennant Hills NSW 2120

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Lifespring Discovery Day

Living A Loving Life

During this one day workshop, you will be reviewing, remembering and rechoosing the life-changing principles of the three Free To Be Me Seminars.

How do we unconditionally love ourselves and others? How do we accept and leave behind the unacceptable in our lives? How do let go of stress? How do we allow abundance into our lives? How do we create or improve our perfect relationship? There will be time for all your questions. Please bring them along.

Date: Saturday, November 27, 2004

Time: 9:00am - 4:00pm

Cost: \$66.00

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

You can bring a picnic lunch to eat in the Garden or drive into Pennant Hills and lunch at one of the cafes.

Numbers are limited to 23 participants so please reserve your place a.s.a.p. by ringing Barbara & Terry (02) 9481 7112 or email us at tebotebo@ihug.com.au

The Future of Ripples

You are reading the forty-seventh and second last edition of Ripples in this form, i.e. printed and delivered to you in the post. After the next edition (March 2005) we will be emailing 'Ripples' in a new format to those who wish to receive it.

To continue receiving 'Ripples' send us a short EMAIL US TELLING US you would like it to be emailed to you. After March 2005 'Ripples' will only be available via the internet and on our website. If you do not have email facilities, ask a friend if 'Ripples' could be emailed to them and then ask them to print it out for you.

We look forward to receiving your emails.

The Five Secrets of a Perfect Relationship

(from a woman's perspective)

1. It is important that a man helps you around the house and that he has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and who doesn't lie to you.
4. It is important that a man is good in bed and loves making love to you.
5. It is important that these four men don't know each other.

From the Sun Herald, 26/9/04

Thanks to Helen Robertson and Tony LePage for bringing this chuckle to our attention.

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