

Ripples

Who Am I?

By TERRY and BARABARA TEBO
The Founders of Lifespring



A butcher, a baker, a candlestick maker? More and more people today want to know who they really are and what

their life is all about. This is not a new phenomenon. *Gnothi Seauton* – ‘Know Thyself’ are the words inscribed above the entrance to the Temple of Apollo at Delphi, the site of the sacred Oracle. In ancient Greece, people would visit the Oracle hoping to find out what their future would hold. Today many people go to psychics and to gain similar information.

All of this information is of little use in avoiding unhappiness, if we fail to find the truth that is hidden in the injunction – ‘Know Thyself’. What these words imply is this: Before you ask any other question, first ask the most fundamental question of your life: Who Am I?

Most of us are unconscious as to who we really are. When asked for instance at a party who we are, we give our name, our occupation, and whatever else we identify with. Others of us appear to be more evolved because we think of ourselves as an immortal soul or divine spirit. But do we really know ourself? Knowing ourself goes far deeper than adding a new set of ideas or beliefs that we’ve gained from a book or attending a seminar. Spiritual beliefs may at best be helpful pointers, but in themselves they rarely have the power to dislodge the more firmly established ‘seed thoughts’ of who we think we are.

WHO YOU THINK YOU ARE Your sense of who you are determines what you perceive as your needs and what matters to you in your life – and whatever matters to you will have the power to upset and

disturb you. You can use this as a bench-mark to find out how deeply you know yourself. What matters to you is not necessarily what you say or believe, but what your actions and reactions reveal to you. So you may ask yourself the question: What are the things that upset and disturb me? If small things have the power to disturb you, then who you think you are is exactly that: small. This will be your unconscious or hidden belief.

You might say, “I know I am an immortal spirit. I have done many personal development seminars, I read spiritual books and I meditate every day” or “I am fed up with running around in circles stressed out of my head, and peace is all I want” – until the phone rings. Bad news: the stock market has collapsed; the deal on the house you wanted has fallen through; the car has been stolen; your mother-in-law has arrived; your partner has left you; they are demanding more money; they say it’s your fault. Suddenly you feel a surge of anger or anxiety. A harshness comes into your voice; “I can’t take any more of this”. You accuse and blame, attack, defend, or justify yourself, and this is all happening on autopilot. Something is obviously much more important to you now than the inner peace that a moment ago you said you wanted, and you’re not an immortal spirit anymore either. The deal, the money, the contract, the loss or threat of loss are more important. To whom? To the immortal spirit that you said you are? No, to me. The ‘small me’ that seeks security or fulfilment in things that are transient and gets anxious or angry because it fails to find it. Well, at least now you know who you really *think* you are!

THE SPIRITUAL CLASSROOM In our everyday lives we all have a spiritual classroom where we have the opportunity to find out, practice and discover who we really think we are. For Terry, my spiritual classroom is the car. Sometimes I become another

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

Who Am I?	1 & 2
Summer 2006	3
Reincarnation	4
Teaching FTBM	4
Lucky	4
Teaching Super Kids	5
Teaching Teens	5
Gossips Beware	5
Faith	5

PERSONAL COACHING

A Personal Coach is someone who knows you well and helps you stay in balance and get more fun and joy out of your life.

Barbara and Terry consult with people on a regular basis to help them fine-tune what is happening in their lives.

Why not end the struggling in your life by having a counselling session with Barbara or Terry face-to-face or over the telephone?

Ring Barbara or Terry for details.

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

Web: www.lifespring.com.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 Lifespringers all over the world.

person when I'm driving. I can get so upset with the downright selfishness and inconsiderate actions of other drivers. Why do they take so long to drive off from a red light when it turns green? Why do they take five minutes after getting into their parked car before departing? Don't they see me waiting for the parking place? Why don't they signal what exit in advance they will be taking in a roundabout? Why does steam come out of my ears all too often when I find myself in these situations? Why? Because some times in the car I forget that I am a 'divine spirit' and my underlying belief that I am my 'small self' comes to the surface.

Where and in what situations do you get upset? What can you do about it? What I am learning and getting better at is to remain non-reactive and absolutely alert when confronted with challenging situations on the road. More often now I immediately accept the situation, feel what I'm feeling and therefore become one with what is happening in my head rather than separate myself from it. Then out of my alertness almost always comes a response. Who I Am (spirit), not who I Think I Am (a small egoic self) begins to respond. This helps me not to make another driver into an enemy and restores peace into my life.

Our daily life always makes sure that we cannot fool ourselves for long about who we really think we are by showing us what truly matters to us. How we react to people and situations, especially when challenges arise, is the best indicator of how deeply we know ourselves.

THE EGO We all have an ego. Our ego wants us to believe that it is who we really are. Our ego is our false or make-believe self. The ego believes that we are separate and alone and that we have to battle our way through life. The more limited, the more narrowly egoic the view of yourself, the more you will see, focus on, and react to the egoic limitations in others. Their "faults" or what you perceive as their faults you see as their identity. This means you will see only the ego in them and thus strengthen the ego in yourself. Instead of looking "through" the ego in others, you are looking "at" their ego. And who is looking at their ego? The ego in you.

When we are not very aware we experience our own ego through its reflection in others. We call this 'mirroring'. When you realise that what you react to in others is also in you (and sometimes only in you), you begin to become aware of your own ego. At that moment, you may also realise that you were doing to others what you thought others were doing to you. You then can cease seeing yourself as a victim. We are not our ego, so when we become aware of our ego, it does not mean we know who we are – **it means we know who we are not**. But it is through knowing who we are **not** that the greatest obstacle to truly knowing ourselves is removed.

Nobody can tell you who you are. It would just be another belief and it would not change you. *Who you are* requires no belief. In fact, every belief is an obstacle. It does not even require your realisation, since you already are who you are. But without realisation, who you are does not shine forth into the world. It remains hidden. You are then like the person who believes he is poor because he does not know he has a bank account with 100 million dollars in it and so his wealth remains an unexpressed potential.

YOUR EGO AND THE PRESENT MOMENT Eckhart Tolle writes in his book 'A New Earth' (a book we highly recommend) that the most important relationship in your life is your relationship with the Now or the Present Moment.

Once you have reached a certain level of consciousness, (and if this essay is making any sense to you, you almost certainly have), you can decide what kind of a relationship you want to have with the Present Moment. Do I want the Present Moment to be my friend or my enemy? Because the Present Moment is inseparable from life, you are really deciding what kind of a relationship you want to have with life. Once you have decided you want the Present Moment to be your friend, it is up to you to make the first move: Become friendly toward it, welcome it no matter in what disguise it comes and soon you will see the results. Life becomes friendly towards you, people become helpful, circumstances cooperative. One decision (living totally in the Now, the only time there is) changes your entire reality. But that one decision you have to make again and again and again – until it becomes natural for you to live in this way. *The decision to make the*

present moment into your friend, no matter what is happening in that moment, is the end of the ego. The ego can never be aligned with the present moment. Clock time is what the ego lives on. The stronger the ego, the more time takes over your life. Almost every thought you think is concerned with past or future, and your sense of self depends on the past for your identity and on the future for its fulfilment.

BEYOND EGO: WHO I REALLY AM All that is required of you to become free of your ego is to be aware of it, since awareness and ego are incompatible. Awareness is the power that is concealed within the Present Moment. This awareness Eckhart Tolle calls '*Presence*' and *the ultimate purpose of human existence is, we believe, to bring the power of this 'Presence' into the world.*

The power of '*Presence*' is a spiritual realisation. Is this the belief that we are spirits? No, that's a thought. A little closer to the truth than the thought that you are who your birth certificate says you are, but still a thought. Spiritual realisation is to see clearly that what I perceive, experience, think, or feel is ultimately NOT Who I Am, that I cannot find myself in all those things that continuously pass away. *Who I Am is Being (Life Itself)*. When I know myself as 'Being' whatever happens in my life is no longer of absolute but only relative importance. I honour it, but it loses its seriousness and its heaviness.

The only thing that matters is this: **Can I sense my essential Beingness, the 'I Am' in the background of my life at all times? Even more so can I sense the 'I AM' that I Am at this moment?** Can I sense my essential identity as consciousness itself? Or am I losing myself in what happens, losing myself in my mind and in the world?

INNER PEACE–OUTER PEACE With the dawning within us of this new spiritual consciousness called '*Presence*' comes the experience of a deep security, an interconnectedness with the whole and a calm which is real 'Peace'. We all yearn for world peace and this will inevitably occur when more and more of us become Peacemakers by discovering and living from this internal source of peace. We wish you love, joy and peace in 2006.



Dear Friends,

We hope you had a relaxing Christmas and we wish you all a Happy New Year! Our daughters, Molly and Josie and their friends came up to Nelson Bay to join with us for a lovely family Christmas. We, Terry and Barbara, gave each other a very big Christmas present this year – a new caravan! We are looking forward to a whole new adventure opening up for us. And we're excited about seeing and experiencing more of our beautiful country. We're not planning to circumnavigate Australia at this time. We're just enjoying four, five and six day breaks and catching up with Lifespringers as we tour. One day, however, we're sure we will wake up in Darwin! We're also enjoying playing country golf courses. Golf courses to us are like cathedrals. We have named our caravan 'Meriah' from the song in the musical "Paint Your Wagon" – 'They Call the Wind Meriah'. Meriah for us symbolises gradually slowing down so we can become more creative. Contrary to what some of you may have heard, we are not retiring! As you will read below we are still teaching and counselling in Sydney and in Port Stephens.

Family: Molly and Josie are well. Molly is singing in Pacific Opera which is an amateur opera company based in Sydney. Later this year they are performing LaBoheme. Josie recently was a bride's maid at a friend's wedding in Newcastle. We, Barbara and Terry, are enjoying singing in our Celtic Choir. Over the holidays the choir gave four one hour Christmas concerts in the main street in Nelson Bay. Terry surprised himself by singing a small solo

UPCOMING EVENTS:

Residential Academy Retreat

The Lifespring Academy is made up of all 'Free To Be Me' teachers. The Academy is meeting at an eco lodge in Boat Harbour (Port Stephens) over the weekend of February 10, 11 & 12th. This will be a great social, spiritual and

educational experience.

Free To Be Me Part 1

Twice in Sydney at the Lilian Fraser Garden in Pennant Hills over the weekends of March 3, 4 & 5 and June 2, 3 & 4, 2006. The seminar fee is \$440 and includes a one hour individual consultations after the seminar with Terry or Barbara. Please tell your friends about these dates.

Free To Be Me Part 2

Five evenings and one day: March 3, 7, 10, 12 (all day), 14 & 21 taught by Gitta Laub (9970 5165) and Tim Harvey (9413 4059). The seminar fee is \$540. Part 2 is a very powerful and enlightening experience.

Free To Be Me Part 3

We have added many new modules to this gentle and subtle learning experience. During Part 3 you will deepen your spirituality, improve your relationship skills and become a better communicator. **Part 3 takes place in Pennant Hills** over three evenings and two days. The dates are Thursday evening, May 18th, Saturday & Sunday, May 20th & 21st (9am to 4pm), Tuesday and Thursday evenings, May 23rd & 25th. The fee is \$645 & the deposit is \$300. Part 3 is open to Part 2 graduates. Many people say that Part 3 is the best of all the FTBM's.

Counselling Skills Seminar

Occurs over two weekends at our home in Nelson Bay – March 25 & 26 and April 8 & 9, 2006. The essence of this seminar is learning how to accept and love ourselves and others unconditionally. This is a very special experience. The seminar fee is \$595.

"PAST LIVES AND LIFE DIRECTION WORKSHOP"

Sunday, March 19, 2006 in the Lilian Fraser Garden – 9:00 am to 4:00 pm - \$77 for a fun-filled and insightful day (see page 4 for details).

Super Kids and FTBM for Teens Training Days (see page 5 for details).

Seminar to Become Self-Employed to Teach FTBM to Adults (see page 4 for details.)

The Port Stephens Peace Circle begins in our living room in Corlette on Monday evening, February 13th and will meet fortnightly there after. This is for people who enjoy supporting each other to realise Peace within themselves and then resonate this Peace into our world. Each one of us is a microcosmic manifestation of the whole universe and as we make shifts within ourselves these shifts affect the whole planet.

Support

We are doing a lot of counselling over the phone and face to face. If you choose to have a session over the phone we will pay for the call. Just ring us (02 4981 0777) to make an appointment. If you have any friends who would like to receive 'Ripples', ask them to send us an email (tebotebo@inet.net.au) and we will put them into our Ripples folder. If we can support you in anyway in the future, we'd love to hear from you.

Love & Joy from Barbara & Terry

Many Thanks to Tim Harvey who laid out this current edition of Ripples and taught us how to lay out (we hope!) future issues.

Also to Tony Webber for his continued love and support of Ripples over the years. Tony is a great Financial Adviser.

It gives us great joy that there are so many people now teaching FTBM for Adults, Teens & Kids. If you are looking for FTBM in your area, give us a ring and we will put you in contact with a teacher nearest you. No one is teaching FTBM in Brisbane or Melbourne and we are receiving requests for the seminar in these cities.

Lifespring Discovery Day

Do You Believe in Reincarnation?

On Sunday, March 19th, (9:00am to 4:00pm in the
Lilian Fraser Garden in Pennant Hills)

Barbara and Terry will be leading a
'PAST LIVES and LIFE DIRECTION WORKSHOP'.

Come to this one day seminar and in a light-hearted
way look at the possibility of having lived here before.

There will be space for your questions and
together we will experience several meditations.

You don't have to be a 'Free To Be Me' graduate
to do this seminar.

The cost for the day is \$77. Morning and afternoon
tea will be provided. Bring a packed lunch or drive
into Pennant Hills and lunch at one of the cafes.

There is room for only 23 people. Reserve your place
by ringing Barbara & Terry at (02) 4981 0777 or
email us at tebotebo@inet.net.au

Lucky

Mary and her husband Jim had a dog, Lucky. Lucky was a real character. Whenever Mary and Jim had visitors come for a weekend visit they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably someone would forget and something would come up missing. Mary or Jim would go to Lucky's toy box in the basement and there the treasure would be, amid all of Lucky's favorite toys. Lucky always stashed his finds in his toy box and he was very particular that his toys stay in the box.

Mary one day discovered that she had breast cancer. Something told her she was going to die of this disease...she was just sure it was fatal. She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her...what would happen to Lucky? Although the three-year-old dog liked Jim he was Mary's dog through and through. If I die Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him. The thought made her sadder than thinking of her own death. The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully but the dog just drooped, whining and miserable. But finally the day came for Mary to leave the hospital.

When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap. Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed. When Mary woke, for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. Panic soon gave way to laughter though when Mary realized the problem. She was covered, literally

A Business Opportunity

Have you ever thought about making a real difference with your life? Have you ever considered becoming self-employed? Have you every dreamed of helping others in a very meaningful way?

If you answered 'yes' to these questions you may be interested in becoming a **'Free To Be Me' Teacher**. We, Barbara and Terry, have been teaching 'Free To Be Me' for twenty years. The more we teach this life-changing seminar the more we continue to grow ourselves in self-esteem, self-respect and love for ourselves and others. 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. People telling their friends and relatives is the best form of advertising. We now want more people to experience FTBM than we ourselves can teach.

Love and Abundance Over the years that 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.

One of the reasons 'Free To Be Me' has helped so many people is that on the surface it looks just like another self-esteem seminar. So many people have been attracted to 'Free To Be Me' because it is infinitely more than this! When you begin to learn to teach this amazing seminar you will experience the simplicity (because true love is simple) and the depth (because each one of us has so many levels) that this seminar goes to.

'Free To Be Me' takes each course participant from where they personally are in their own spiritual awakening to a wider, more loving vision of how to live their life in new and expanded ways.

The Business World If you come from a business background there are more and more companies who are looking for personal development for their staff. We, Barbara and Terry, have travelled the world teaching 'Free To Be Me' to large and small corporations.

If you are interested in starting your own business as a FTBM Teacher, please contact us for more information. We can send or email you the course syllabus. There is a free INFORMATION AFTERNOON at our home in Nelson Bay, Port Stephens on Saturday, April 1, 2006 at 2:00 pm. Come up to paradise for the day and explore this wonderful opportunity. The training to become a FTBM teacher takes four months (two days and four weekends) and begins on Saturday, April 29.

blanketed in every treasure Lucky owned! While she had slept the sorrowing dog had made trip after trip to the basement and back bringing his beloved mistress his favorite things in life. He had covered her with his love. Mary forgot about dying. Instead she and Lucky began living again. It's been 12 years now and Mary is still cancer-free. Lucky? He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure.

Two Ways to Help Children & Teens

Super Kids

'Super Kids' is the name of a SELF ESTEEM LEARNING EXPERIENCE for primary school children between the ages of eight and twelve written by Barbara & Terry. During this five session seminar children learn how to live the life-changing ideas that more than 6,000 adults have learned during the FTBM Program. The kids learn by playing games and having fun. They learn to live by the principles of respect, responsibility, trust and unconditional love. They learn to take responsibility for what they are feeling. They learn how to meditate and contact their 'inner friend' when they need help. They learn they are unique and they learn they are precious just the way they are. Super Kids are taught how to use their magic mind to "see" their personal goals so they can become reality. They learn what a good friend is and how to become a good friend to themselves and others. Most importantly the children learn to unconditionally love themselves and others.

Your Own Small Business If you love and enjoy being with kids, this seminar may be an opportunity for you. Barbara & Terry are training 'Super Kids' teachers who purchase a license to start their own small business to share these wonderful ideas with children. Training to teach this seminar includes a teacher's manual, a workbook for the children, training to boost your confidence, marketing strategies, notes for the parents of the children and back up support from Barbara & Terry.

Training Date: Saturday, April 22, 2006, 9:00 am to 4:00 pm at Barbara & Terry's home in Corlette. The cost is \$880 (inc GST) plus a ten percent royalty for each child taught. On completion of the training and a residence of teaching ten children, a License is given at no cost.

FTBM for Teens

When today's young people believe in themselves and become motivated, they overflow with energy, creativity and fun and they are eager to learn about themselves and how they fit into the world.

FTBM for teens is designed to help young people confidently and wisely make the transition from the world of children to the world of adults without losing the childlike qualities of happiness and joy that too many adults seem to lose along the way.

This learning experience teaches that real self-esteem is built on the inside through self-love and self-respect. Inner self-esteem can never be taken away. It teaches how we can take responsibility for our lives, including our feelings and our relationships with family, friends and school.

Ses. 1 is about valuing myself and others.

Ses. 2 is about using more of our potential (how the mind works, meditation & mind mapping).

Ses. 3 is learning how to use the power of the mind, goal setting and creating our reality.

Ses. 4 is emotional education, relationship training and study skills for exams.

Ses. 5 is about understanding and meeting our needs and learning to take responsibility.

TRAINING DATE: Sunday, April 23, 2006, 9:00 am to 4:00 pm at Barbara & Terry's home - 33

Mulubinda Parade Corlette (Port Stephens) NSW 2315. The cost of the training is \$880 plus a ten percent royalty for each young person taught.

On completion of the training and a residency of teaching ten teens, a licence is given at no cost.

If you want to know more, ring Barbara and Terry at (02) 4981 0777 or email us at tebotebo@iinet.net.au.

WHY NOT COME UP TO PARADISE FOR THE WEEKEND AND LEARN TO TEACH ONE OR BOTH OF THESE SEMINARS.

Gossips Beware

Mildred, the church gossip and self-appointed arbiter of the church's morals, kept sticking her nose in other members' private lives. Church members were unappreciative of her activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his pickup truck parked in front of the small town's only pub one afternoon. She commented to George and others that everyone seeing it there would know what he was doing. George, a man of few words, stared at her for a moment and just walked away. He didn't explain, defend, or deny; he said nothing. Later that evening, George quietly parked his pickup in front of Mildred's house...and left it there all night!

Thanks to Graeme Martin for sending us this chuckle.

Faith

To limit your faith to one set of beliefs or an institutional belief system is to commit intellectual suicide. We shut down the possibility of being enlightened and enriched by others' experiences, which may be derived from their beliefs. We build a barrier between ourselves and our fellow travellers and then feel threatened, even in small and subtle ways, by someone of a different faith. The deepest faith is the intuitive conviction that all is as it should be, despite appearances, and that every human being is intrinsically good, despite appearances. This reminds us to keep our minds open, not take the law into our own hands, and look out for the best in others, regardless of what they say or do. This is faith in life, not faith in a set of learned or inherited beliefs. Have you ever noticed how people don't go to war over their faith in life?