

# Ripples of Peace

## Changing The World

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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 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.

*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.*

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](mailto:tebotebo@iinet.net.au)  
Web: [www.lifespring.com.au](http://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.

By TERRY and BARABARA TEBO  
The Founders of Lifespring



Would you like to know one powerful way to change the world for the better?

Are you ready for the answer?



**Open your heart to unselfish, unconditional love.** Sound simple? It is. Opening your heart will cause a whole new world of possibilities showing themselves to you and the rest of mankind. Rather than wasting energy observing and judging the selfish and negative traits of others, we can choose to "be there" for others at home and at work. As one moves into the energy of unconditional love, it become clear that helping others is the key to success in life. Success then is measured, not by money, power or fame but by the amount of joy in your life.

As heart-centered awareness grows and blossoms within society, people's primary focus will shift away from service to self, to service to others. As with all big changes, this all begins with one person at a time.

### Evolutionary Consciousness



In evolutionary circles this is called moving from 'ego-centric' (me) to 'ethno-centric' (us) consciousness. This is a big step but only the beginning. The next step is from 'ethno-centric' to 'world-centric' (all of us) and then on to 'kosmo-centric' (we are one - from the Greek word 'kosmos' which means the total universe of matter, body, mind, and spirit).

Folk who research spiritual consciousness say approximately 75% of the world's population at this time is in ethno-centric (us) awareness or below. Less than 1% is in kosmo-centric or transpersonal awareness. Ask yourself if you spend a lot of your time mainly thinking about yourself. How much time each day are you concerned with how you look (your body image), how much money you have (your bank balance), what you are feeling (emotionally and physically) and what you would like to own or buy?

We can change our consciousness now without waiting for the rest of society to catch up. All of us in our daily interactions with people have a reputation, and our reputation is

talked about usually behind our backs. Starting today we can choose to improve what others think of us by being someone who gives more than is expected of them. People respond to heartfelt thoughts, feelings and actions and, as they say, what goes around comes around.



## Opening the Heart

The best way to open your heart is by being genuinely tolerant, accepting, compassionate and 'present' with others. This creates a heartfelt reality among the people who are attracted to your energy. Children, friends, lovers, work mates and professional associates; everyone will be attracted to your magnetic personality. And if you are truly coming from your heart you will not misuse your magnetism.

Personal magnetism has been one of the great mysteries of life simply, because, in the past, so few people knew about it and used it on an every day basis. However, it's really no secret. It's just one of those common-sense facts of life that takes a little practice.

## An Experiment

I, Terry, tried a simple experiment one evening. I was at a party and I introduced myself to a man similar to myself in age. I'll call him George. We had never met before and we were both enjoying a beer. We shook hands and shared our names

with each other. I find that when I share my name with a stranger, our relationship immediately goes to a deeper level. I then asked George if he would tell me a little about himself. Twenty minutes later I knew a lot of his life story. I was surprised how many of the intimate details he shared and he didn't even have that many beers! All that I did was to practice listening, being present and opening my heart. When Barbara came up to us twenty minutes later I introduced her to George. George said: "Barbara, it's good to meet you. I can't believe how much your husband and I have in common!"

This was George's experience but in reality I had not shared one thing about myself with him. Try this experiment yourself and see how it works. I'm not advocating keeping quiet all the time in social situations but when we listen more than we talk, it seems easier to be present and open our hearts. Maybe that's why we have two ears and only one mouth.



## Personal Magnetism

The secret of personal magnetism is that the more you unconditionally accept and love people just the way they are, the more they accept and love you back. And you don't have to make a big deal out of it. You don't have to make believe you are a transmitter beacon, radiating huge amounts of heart energy. Top stage performers do, but you don't have to. You can be very quiet about it and everyone will be quietly drawn to you. Everyone of a similar nature, that is: everyone who

appreciates kindness, acceptance and a warm genuine smile. There's nothing more attractive than a warm smile from a person who quietly radiates unconditional love.



In every language, a smile is a light in your window that says a caring person resides within. This is one of the secrets that we can all use to change the world.



## Self Worth

*A small bar of iron costs \$5,  
made into horseshoes its  
worth is \$12,  
made into needles its worth is  
\$3500,  
made into balance springs for  
watches,  
its worth is \$300,000.*

*Your own value is determined  
by you.*

*How much are you worth?*

# Windows

A young couple has just moved into a new neighborhood. A few days later the next door neighbor named Margaret while eating breakfast sees her back garden. "That laundry is not very know how to wash correctly. Perhaps she Margaret's husband looks on but remains her wash to dry, Margaret makes the



new neighbor hanging her wash in her clean," Margaret remarks. "She doesn't needs a better laundry soap." silent. Every time her neighbor hangs out same comment.

Six weeks later, Margaret is surprised to to her husband: " Look, the lady next wonder who taught her to do this." this morning and cleaned our windows!"

see a nice clean wash on the line and says door has learned how to wash correctly. I Margaret's husband replies, "I got up early

And so it is with life. What we see when watching others depends on the purity of the window through which we are looking.



## *How To Be Rich*

Ruth Benedict, an anthropologist, sought to find ways to compare societies across very different cultures and environments. She concluded there were two kinds of societies, low-synergy and high-synergy. The word 'synergy' means when two or more work together to create a greater sum of their individual efforts.

In a low-synergy society, a 'win-lose' paradigm is followed in which the rich get richer and the poor get poorer; this is called the 'funneling of wealth'. A high-synergy society is based on a 'win-win' structure in which there is a 'siphoning of wealth', in which wealth goes from the rich to the poor rather from the poor to the rich.

For example, during the annual Sun Dance Ceremony of the Northern Black-Foot Indians, the richest men and women of the tribe give away all the possessions they have accumulated throughout the year to widows, orphaned children, the blind and diseased. He/she who gives away the most is considered the richest man and woman. In this way the richest people demonstrate how capable, intelligent, strong, hard-working, generous and therefore how wealthy they are, because wealth in this society is determined by the possession of these character attributes. These were the most admired, respected and loved people in the tribe; those who actually had the most possessions were not regarded as wealthy if they kept their wealth



# Autumn 2010

*Dear Friends,*

We are writing this letter to you today on March 1st, the first day of autumn. Someone, somewhere, pushed a button last night and our weather has dramatically changed in a few hours. The sun is hiding, the temperature has dropped more than ten degrees and it's windy and rainy. Hopefully we will have a warm and gentle autumn as we usually do after our pretty hot summer.

**Family News:** Molly begins her second term today at Curtin Uni in Perth studying for a master's degree in library science. She hopes to have her degree by the end of this calendar year. She and her partner Craig have recently returned home from visiting Craig's family in New Zealand. Molly is passionate about spinning, knitting and weaving natural fibers. She brought back a bag of possum hair from NZ that we are looking forward to seeing what it looks like when it comes off the spinning wheel!

Josie and James are living in Ocean Shores North of Byron Bay. Josie works as a travel consultant in Byron and James is a horticulturist working in a beautiful nursery. James will be starting his own business soon as a garden designer. More and more of our friends are asking Josie to plan their overseas flights because there aren't many places that Josie has not visited herself.

We, Barbara and Terry, had a quiet enjoyable Christmas. We have lots of travel plans for the months ahead. Three weeks ago we took 'Meriah' (our caravan) to Halladays Point and Croki for a relaxing week with friends. Our next trip begins in two weeks when we will be driving North to visit Josie and James stopping along the way at Spicers Peak Lodge in Queensland. Two very generous friends have invited us to be their guests at the Lodge. At the end of May we will be exploring and camping in the Kimberleys.

**Conversations on Everyday Life** - Our most recent book sold out its first printing in just a few weeks. Thanks to all of you who purchased it from us and for your positive feedback. We now have more copies ready to send out.

**Another New Book** - We have already half written our next book. It's so new it doesn't have a title as yet and it's very different from 'Conversations'. Is there an artist 'out there' who can work with us on this book? We need someone who can draw cartoons and black and white drawings. If you are interested, please get in touch. We'd love to collaborate with you.

Easter is less than five weeks away and we wish you and your loved ones a happy and relaxing Easter.

**Warm Regards from Barbara and Terry**



## ***Barbara & Terry's Store Window***

### ***Couples in Paradise***

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

### ***Books by Barbara and Terry***

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

### ***Meditation CD's***

(each CD has four meditations on it)

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

### ***Counselling with Barbara or Terry***

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

\$95 for an hour session.

## ***How To Be A Good Parent***

*Once you arrive at the level of Transpersonal, Kosmic or God Consciousness, you will understand that you are not responsible for any other human soul, and that while it is commendable to wish every soul to live in comfort, each soul must choose - is choosing - its own destiny every instant. Your job is to render those you love independence from you; to teach them as quickly and completely as possible how to get along without you. For you are no blessing to them so long as they need you to survive. Bless them truly only in the moment they realise you are unnecessary.*

*In the same sense, God's greatest moment is the moment you realise you need no God. I know, I know...this is the antithesis of everything you have ever been taught. Your teachers have told you of an angry God, a jealous God, a God who needs to be obeyed and needed. And this is not a God at all, but a neurotic substitute of that which would be a deity.*

*A true master is not the one with the most students, but he/she who creates the most masters. A true leader is not the one with the most followers, but the one who creates the most leaders. A true king or queen is not the one with the most subjects, but the one who leads the most to royalty. A true teacher is not the one with the most knowledge, but the one who causes the most others to remember what they know. And a true God is not the One with the most servants, but the One who serves the most, thereby making Gods of all others.*

*So now as parents, seek not to make your love a glue that binds, but rather a magnet that first attracts, then turns around and repels. Lest those who are attracted begin to believe they must stick to you to survive. Nothing could be further from the truth. Nothing could be more damaging to another. Let your love propel your beloveds into the world - and into the full experience of who they are. In this way will you have truly loved.*

*From 'Conversations With God - Book 1' by Neale Donald Walsch.*