

Ripples of peace

Do You Ever Wonder...?

By TERRY and BARABARA TEBO
The Founders of Lifespring

CONTENTS

Do you ever Wonder?	1, 2 & 3
Accepting Others	3
True Wisdom (!)	3
I am Peace	3
Dear Friends	4
Doing By Not Doing	5
Relationship Rule No 1	5

PERSONAL COUNSELLING

A Personal Consultation can help you stay in balance and get more fun and joy out of life.

Barbara and Terry consult with many people to help them fine-tune what is happening in their lives and create more happiness.

Why not be knid to yourself by having a counselling session with Barbara or Terry face-to-face or over the telephone?

Ring Barbara or Terry for details

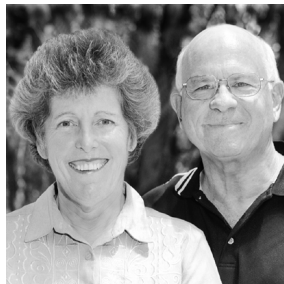
Like the proverbial pebble dropped into the pond, the shifts of consciosness we make in our personal and professional lives send out important waves that ripple over the surface of the whole.

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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 being a vehicle of communication with and among Lifespringers all over the world



Most of us feel happier and more secure when we are in control, don't we? Controlling our bodies, our

is a way of thinking and a way of living. Wonder involves curiosity, surprise and sometimes amazement. Wonder is what a baby feels when it discovers its fingers and toes for the first time.



health, our finances, our emotions are part of being a mature adult. Surely everyone knows this even though many of us don't practice self-control all the time.



Why do we humans have this strong need to 'control'? Why do we fear 'going out of control'? Why do we feel good parents must always keep control of their children?

Learning self-discipline and self-control are important tools for a fulfilling life. However we believe too much control can lead to a gray, boring, myopic and drab life. Staying in control can also be a smoke screen covering over our anxieties and fears rather than learning why we are fearful. We want to suggest another quality that is even more important than control.

Wonder

Wonder? What is wonder? Wonder is an attitude that leads to a feeling. Wonder

Wonder is the excitement that children feel on Christmas Eve. Wonder is getting excited about the unknown. Wonder involves mystery: 'I wonder what will happen next?' Wonder means, and this is the big one -

TRUSTING AND LETTING GO OF CONTROL!

After all if you're totally in control there isn't any room left for wonder.

On the spiritual plain control in all its many forms is equivalent to being an adolescent on the physical and emotional plain. Adolescence is the important transition between childhood and adulthood. Adolescence is the wonderful time of being up and down and all over the place, being an adult one-day and a child the next. Adults are people (and don't be fooled by their age)

who take *total responsibility* for their lives without blaming themselves or others while still retaining the passion, energy, excitement and wonder of childhood and adolescence. Children smile 400 times a day on average - adults 15 times a day. Children laugh 150 times a day on average - adults 6 times a day. What's happened? Let your inner child remind you about the magic of wonder.



A Spiritual Adult

So what does it mean to be an adult in your spiritual life? A spiritual adult is able to let go of control by reconnecting with their inner child and at the same time trusting Spirit. It is giving 'control' over to Spirit. Not because I don't want to control, but because I no longer need to control. 'Oh, I do that already', you may be saying to yourself as you read this. But do you really? The need to understand is a form of control. Analyzing is control. Judgment is control. All stress, anxiety, fear and worry are caused by our need to control. Most physical, emotional and mental ailments come from control. Why are so many of us spending so much of our life energy trying to control?

Because we don't yet believe and trust that we will survive and prosper unless we stay in control. In our experience, control only takes us so far down the path of our life and then the price we pay in terms of stress becomes too great. At this point many people become disillusioned with their lives and begin to give up, go into depression and/or turn off by becoming addicted to prescription and other drugs, work, alcohol, etc. We have observed that when we become over controlling life sends us experiences to show us that we are not really in control anyway.

Money and Abundance

So what is the alternative? Take responsibility for your life because you are its creator while at the same time give control back to Spirit. How do we do this? Let's take money and abundance for example. Don't tell Spirit how the money should be delivered, when it should arrive, or in what denominations. Spirits been delivering the goods for a long time and Spirit doesn't need our input. Although friendly reminders every now and then about exactly what bills need to be paid doesn't seem to be out of line! Spirit knows that the rate of exchange

used here on earth in most places is cash, not clamshells or sheep. But the rate of exchange in heaven, believe it or not, is not money. It is wonder. That's why *doing what you love* is not about money, it's about wonder. As soon as you understand you're supposed to be asking for wonder instead of money, you will start experiencing abundance. Essentially what happens when you begin to *do what you love* is that you get a new employer: Spirit. However, the paycheck doesn't arrive every Friday or even once a month. We don't want to scare you, but sometimes it can take years. It took a couple of years in our own personal situation. But it does arrive. And the first time you get paid for what you love doing will be one of the most thrilling moments of your life.

It's worth the wait. It's wonderful. It's bliss. During our life journey we, Barbara and Terry, have experimented putting into practice many ideas about abundance. For us, abundance is not about accumulating a lot of stuff. It is knowing that we have everything we need right now for complete happiness. Abundance for us is a different way of 'seeing'. It's seeing the abundance that is everywhere. Just look at all the abundance in nature. Why would we humans be the only ones on the planet that are not abundant?

Abundance Principles



The abundance principles we practice are as old as the hills. The challenge is to practice them every day when our society believes and encourages us to practice the opposite.

1. **Gratitude as a Way of Life** - be thankful for what you have and who you are each day. The less we need to have more, the more we seem to get.
2. **What I Focus on Grows** - observe the ways in which you are using your mind. Do you focus on what you have or on what is missing?
3. **Practice the Above Principle in your Relationships** - when you focus on what you love about someone, those qualities will grow in your relationship. This works wonderfully with your children. Catch them doing something right.
4. **Use Abundance Affirmations Daily** - "I



prosper others and others prosper me." "Life nurtures, nourishes and supports me." "I am safe." "I enjoy giving and I enjoy receiving." "Universal Intelligence now inspires me with creative ideas, which Universal Love and Wisdom helps me carry out for the good of all."

5. **Let Abundance In** - remind yourself 'I deserve'. It's okay to feel deserving. **Learn to Receive.** Abundance is related to how you feel about yourself. If you feel you are important enough to ask and divine enough to receive, receiving will be your reward. Your relationship to money tells you about your relationship to yourself. Money and love are the same thing!

6. **Detachment** - softly and kindly remind yourself "I do not and cannot own anything". One day you must release everything. We are the custodians of what we have for a short period of time.



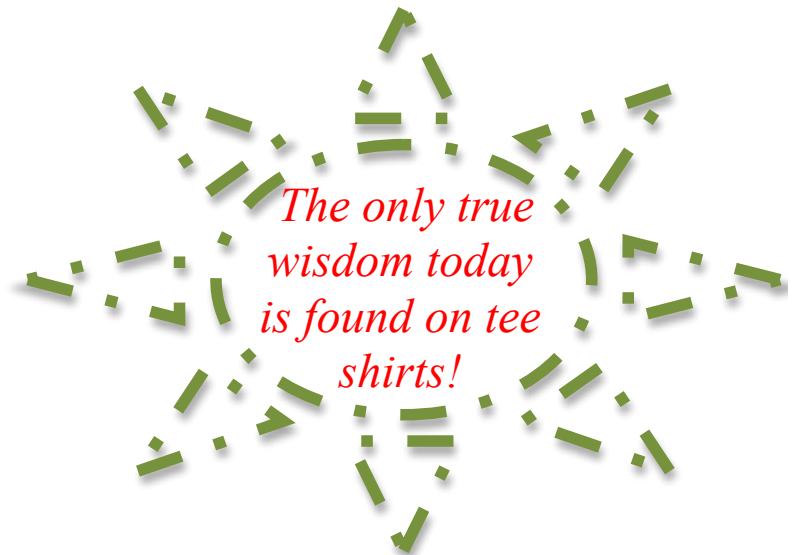
7. **Give** - whenever you are tempted to give less, give a little extra instead. Remember that all spending is giving! See your work as an opportunity to give. Work is love made visible. Money increases by passing it on. Love, to be itself, must extend itself.

8. **Make Investing a Priority** - Deposit the *first ten percent* of your salary automatically into a special savings account each month. Never spend it on small ticket items. Use the money to buy a home or pay off your credit cards and mortgage.

9. **Make a Personal Commitment to Do What You Love and Love What You Do** - It is virtually impossible for abundance to replace scarcity while you hate what you do. Either change jobs or search for the joyful part of your work. Abundance is our natural state.

We ask you to monitor your personal control and wonder levels. Sometimes we are controlling in some areas of our life and not in others. In your control areas bring in more wonder and fun. Ask your inner child to help you do this.

When you accept others unconditionally, they can remove their masks and feel at ease with who they are. The security of being accepted gives them the freedom to be themselves.



With this one thought - "*I am a being of peace,*" the mind will unplug itself from external negative sockets and plug into the inner self.

I AM PEACE



Dear Friends



So much has happened in our lives since the last issue of Ripples. We shared with you then that we had recently returned from a round the world trip to visit our siblings in the USA and UK. Our travels have continued. We drove the eighteen hour round trip to visit our daughter Josie and her partner James who have settled in Ocean Shores, north of Byron Bay. Josie is working as a travel agent in Bryon and James is a horticulturist in a lovely nursery. Next we flew to Perth to visit our other daughter Molly and her partner Craig. Molly is one third of the way through her master's degree at Curtin Uni and she also works part time in the Uni library. Craig works for an independent community newspaper as their computer expert.

In addition to travelling we are enjoying supporting people in counselling sessions over the phone and face to face as well as our 24 hours 'Couples in Paradise' program.

A New Book

You may have heard on the grapevine that we have written and published a new book. We are really pleased the way the book has turned out. The book's title is "*Conversations on Everyday life*" with Barbara and Terry. The book has 26 chapters and each chapter is a conversation with a different person or group of people in some unusual settings. Each chapter deals with a different theme. The themes cover such diverse topics as hints on building your self-esteem, family life, racism in Australia, betrayal, what is money, creating relationships that are fun to be in, mind power for kids, why do people lie to me and many more.

"Conversations...." costs \$25 plus \$5 postage & packing within Australia. If you would like a copy, get in touch and we will put one in the post to you.

Port Stephens Peace Circle

The Peace Circle we started four years ago is thriving. It meets in Nelson Bay every Monday evening. We believe world peace will occur one person at a time. One of the founding beliefs of the Circle comes from the words of Ghandi who said "Be the change you want to see in the world." A few mums bring their children to the meetings. The kids participate in their own Circle and then join the adults for feedback and meditation. One nine-year-old lass recently asked the adults if they would help her with a word that she didn't understand. She asked 'what is wisdom'?

The Peace Circle has birthed three other groups that meet weekly as well: a Book Club, a Women's Group and a group called 'Bay Friends' that get together for lunch at a local café called, would you believe, Ripples!

Other Goodies

If you are short on ideas for Xmas presents, the four other books we have written are still available from us - 'Free To Be Me', 'Understanding Meditation', Terry's memoir entitled 'My Road To Freedom' and 'Discovering Your Inner Child'. We also have two Meditation CD's with four meditations on each CD.

Christmas

We wish you and your loved ones a joyful, peaceful and blessed Christmas. We hope Santa brings you some lovely presents. Please remember that we are here to support you at all times in any way that we can.

Doing by Not Doing

The Secret To Getting Things Done

In ancient China, the keeper of the Imperial Library, Lao Tzu, was famous for his wisdom. Perceiving the growing corruption of the government, he decided to leave the city for the countryside. As he was departing, the guard at the city gates asked Lao Tzu to write out the essence of his wisdom to benefit future generations. Lao Tzu wrote the 'Tao Te Ching' and then he was never heard of again. The 'Tao Te Ching', also called "The Tao" (pronounced 'Dao') is one of the most influential books ever written.

Wu Wei

The Tao contains a brainteaser called "Wu Wei" which is about "doing by not doing." And, strangely enough, it's the secret to getting things done! This philosophy says that, "when nothing is done, nothing is left undone!" When we first encountered this stark contradiction we become seriously worried about our brain cells short-circuiting and melting.

But with patience the idea behind this apparent contradiction began to make sense. An alternative translation of "doing by not doing" is "action without effort" and this helps to clarify the original idea. Most of us try to make something happen by the usual efforts of planning, willpower, determination and hard work. However "action without effort" is a totally different approach. **It asks us to go within and see the action already accomplished.** When we do this, something very different begins to happen. The outcome doesn't mysteriously become accomplished by magic or by non-effort, but you experience a state of flow that enables you to move through the task with ease, grace and incredible efficiency.

Entering The Zone

Mihaly Csikszentmihalyi, a Hungarian-American professor has come up with a concept of FLOW. He says flow is a state of concentration or complete absorption in an activity. He points out that developing a state of flow leads to higher skill development and the ability to meet higher challenges within a chosen field. Athletes call this state of flow being 'in the zone'. Tiger Woods, for example, seems to be able to go into the zone

while he is playing golf almost whenever he chooses.

The easiest way to invoke a state of flow is to go within, attune with your inner being and the intended task. Next come out into the world of action and carry out your intuitive guidance every step of the way until the task is completed. In a state of flow, the action is guided from within and the doer virtually vanishes into the deed.

The Key To Being In The Flow

The key to creating the desired state of flow is that your inner being or Higher Self is fully attuned with the universe. This enables you to act in a manner that is perfectly aligned with all other circumstances related to your work. This is how synchronicity happens and then coincidences will become commonplace in your life. People, ideas and materials all come together at the exact right time and in the right place because flow is an orchestration of the many, not just the one. You can be the main person conducting the work, but the universe responds to your inner connection and brings to you everything that you need with effortless coincidence.

Effortless Achievement

The message of Wu Wei is that there is a time and a place for everything to come together for effortless achievement. By intending a goal and connecting with your inner being, you start the creation of that perfect time and place by attracting all the resources you need to achieve the goal. Then, by acting exactly when the energy feels right, rather than forcing it, you express the flow of ideas - and energy will pour forth from your inner being.

Achievement becomes effortless, and the realm of being has become manifest in the world of action. You then have achieved success by alignment with the inner realm of 'not doing.'



The most important relationship rule: *the other person is never the problem!*