

Ripples of peace

The Tao of Work

By TERRY and BARABARA TEBO
The Founders of Lifespring

CONTENTS

The Tao of Work	1 & 2
Dear Friends	3
Family	3
Relationship Seminar	4
Terry's Memoir	4
House Sitting	4
Peace Circles	5
Subatomic Particles	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.

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

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



In the Chinese language, the word 'Tao' (pronounced 'Dao') means 'path or way'.

GIVING AND TAKING CYCLE

Clearly a major reason most people go to work is to take responsibility so that they can support themselves and their families.



We Barbara and Terry, believe that on our life's path, we enjoy and are part of a mutual support system, a giving and receiving. We would really have a hard time existing completely alone. A few people manage it but not many for very long. Our very existence in this lifetime depended on a certain degree of mutual support between two people.



We are grateful that we don't have to grow the wheat, harvest, mill and bake it every time we want a slice of bread. Others support us in this process and we in turn support the farmers, bakers and shopkeepers by paying for the bread. Each of us contributes to and benefits from the lives of others.

While working for money is good and appropriate, this motivation by itself rarely leads to optimum happiness and fulfillment.

Working for money alone is like living on half batteries. When we work only because we enjoy the money we receive for our labor we have successfully completed half the circle - the 'taking' half. In order to complete the circle we need to enjoy the 'giving' side as well.

When we work with love both for what we're doing and for the people we're doing it with and for, our work becomes more satisfying and fulfilling. It meets our most important spiritual and emotional needs

as well as our physical ones. As we grow spiritually it is natural to look at the different aspects of our life and bring them into alignment with our values and beliefs. Some people going through this process stumble into the trap of thinking the fundamental question is 'what job should I be doing'? This may imply that some jobs are intrinsically better, more spiritual or more worthwhile than others. We see it differently.

CONGRUENCE

Certainly it is wise to work in an area we believe is worthwhile and are interested in. Congruence means that what we say is on track with what we believe and what we do. The more congruent our life is the more harmonious it flows. So if you tell us one of your passions is world peace and we ask you where you work and you reply in a bomb factory, you may need to look at being more congruent. Having said this, to us the important question is not what I do for work, but how I do it, how much love I put into what I do.



Martin Luther King was referring to this when he said "Everybody can be great because anybody can serve. You don't have to have a university degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato or Aristotle to serve. You don't have to understand Einstein's theory of relativity to serve. You don't have to know the second principle of thermodynamics to serve. You only need a heart full of grace and a soul generated by love". It is giving of ourselves to our work, striving for excellence in everything we do, that we come to discover ourselves and our true abilities.

Before we moved to Australia in 1984, I Terry, was working for the Somerset Education Department in the U.K. My job was to initiate and support local community projects. I became frustrated because local

politicians were blocking what I was trying to accomplish. They were frightened by change. I then realized I was working from my ego rather than from service. When I began to serve I was amazed how my job turned around within a couple of weeks. Support flooded in from everywhere. When I resigned to come to Australia I left on a high and brought this energy with me to my new home.

WORK IS LOVE MADE VISIBLE

We human beings have invented the idea of work so that we can practice to give and receive love. Wherever you are working and whatever work you are doing, see it as an opportunity to complete the giving and receiving cycle. When we do what we do with love, everyone benefits. Work by all means to enjoy a good standard of living, but know that our work needs to satisfy our heart and soul as well as our body. This happens when we imbue all we do with love and respect.

Kahlil Gibran in his book 'The Prophet' writes:

"All work is empty save when there is love.
And what is it to work with love?
It is to weave the cloth with threads drawn
from your heart,
even as if your beloved were to wear that
cloth.
It is to build a house with affection,
even as if your beloved were to dwell in
that house.
It is to sow seeds with tenderness and reap
the harvest with joy,
even as if your beloved were to eat the
fruit.
It is to charge all things you fashion with
the breath
of your own spirit.



For Work Is Love Made Visible."

Dear Friends,

We hope you are well. We have just returned from a two and a half week tour around our island state of Tasmania. We stayed two days with Lyn Smith in her beautiful Old School House on the Tamar River. Thanks Lyn for your hospitality. Tassie is very beautiful, especially when the sun is shining!

Family

On February 11th my dad, Clayton Howard Tebo, passed away in Florida at the age of ninety-six. He has been longing to join my mother for a long time. Thanks dad for your love and all you have taught me. Our daughter Molly in Perth has become passionate about hand dying and spinning the most exquisite and beautiful wools. Younger daughter Josie and partner James are volunteer teachers in Madagascar. As soon as they arrived in this African country major civil unrest began to occur. Over one hundred people were killed and the president was deposed. Josie and James decided to move to a small town called Ampefy where they could continue to teach English and help the local farmers with James's agricultural skills, while staying safe.



From our recent wonderful trip to Tasmania.

Free To Be Me Part 1

We are still teaching this amazing seminar that we love so much although we're wondering how many seminars we still have left in us. The next one is taking place in the Lilian Fraser Garden in Pennant Hills, Sydney, over the weekend of April 17, 18 & 19th. Please tell your loved ones and friends who may be interested.

Full Self & Fully in Relationship

We are teaching this dynamic and explorative one-day seminar on Saturday, May 2, 2009 (9:30 am to 4:30 pm) at Agape House in Anna Bay, Port Stephens. The seminar fee is \$75 for singles and \$120 for couples. The fee includes morning and afternoon tea, a light lunch and seminar notes.

During this exciting day we will together be

- *Developing relationship skills that enhance rather than diminish self.
 - *Learning conflict resolution skills especially in the areas of power, sexuality & money.
 - *Practicing heart-centered communication skills leading to win-win solutions.
 - *Looking at the different ways men and women experience their emotions.
- Answering your questions.

Why not give yourself a break and get away from the busy big city energy and come up to Port Stephens for a gentle relaxing weekend? Reserve your place(s) by ringing us on (02) 4981 0777 or email us at tebotebo@iinet.net.au

Terry's Memoir



My Road To Freedom

Molly and Josie asked us to write our memoirs.

I, Terry, have finished mine and Barb is still writing hers.

My memoir is 200 pages including 12 pages of photos. I write about

*My family of origin growing up in Milwaukee.

*Studying in a seminary for 12 years to become a Catholic priest.

*Working along side Martin Luther King in Alabama.

*Living in Chicago's skid row as a homeless person.

*Leaving the priesthood and beginning a marriage that failed.

*Meeting Barbara at the London School of Economics.

*Starting a 'free school' for street kids in Birmingham.

*Moving to Somerset and the births Molly & Josie.

*Moving to Sydney, then New Zealand & then back to Sydney.

*Starting Lifespring and writing 'Free To Be Me'.

*And much more; be prepared to be surprised!

If you would like to read my memoir entitled 'My Road To Freedom' you can do so for \$8.95 by sending a cheque or by internet banking. We will send you an internet link where you can read the book on line and/or download it to your printer.

Couples in Paradise

Come and enjoy 24 hours (3:00 pm to 3:00 pm) with us at our beautiful home overlooking the ocean in Corlette, Port Stephens NSW. This growth experience is for one couple at a time to focus on their relationship. We do all the cooking and you stay overnight in our guest room. In the morning we walk along the beach and often see dolphins. You will leave with much more clarity about how, with love, you can move forward in your relationship. Your investment is \$865.00 for the both of you.

Counselling

If you would like a counselling session with either of us in person or over the phone, just give us a ring on 02 4981 0777 to arrange a mutually convenient time.

House Sitting

We are looking for a responsible single or couple (no children or pets) to live in and love our beautiful home in Corlette, Port Stephens, for three months (July, August and September) while we are away exploring Australia. If you are interested please get in touch.

Stop By

If you ever get up to the Bay, as we locals call it, let us know so we can go out for a coffee or a meal together. And please ring or email us if we can support you in any way.

*Love and Peace,
Terry and Barbara*

Peace Circles

Peace Circles are groups of people who meet regularly to support each other to live from peace and build the Critical Mass of energy for world peace. Our vision includes Peace Circles springing up all over Australia.

The Port Stephens Peace Circle meets every Monday evening at the Yacaaba Centre in Nelson Bay. Contact Barbara and Terry for more information.

The Turramurra Peace Circle meets fortnightly. Contact Pene Prior (0417 477 836) or Mary Shellens (0421 086 685) for more info.

The Alice Springs Peace Circle will be starting soon. Contact Penny McDonald at 0410 695 272 for more info.

If you would like to start a Peace Circle in your local area we can help you. We have ideas and formats to get you started. Just get in touch if you would like our support. Also check out our Peace Academy website at www.australianpeaceacademy.com

Be The Change You Want To See In The World
Mahatma Gandhi



Subatomic Particles

One of the biggest challenges facing quantum physics today is the enormous shift that is required from previous beliefs about the nature of reality. Researchers are being asked to shift to a new view where time, space and physicality are liberated from the constraints that people previously believed.

This shift is equivalent from believing the earth is flat to the earth is round.

If you believe that you exist in a fixed location in space and that time must be passing you by, think again.

Subatomic particles, the building blocks out of which everything including you is made, do not share your beliefs about time and space. They take a much more liberated view. Subatomic particles pop in and out of physical manifestation millions of times per second, just when and where they feel like it. Their disregard for time is perplexing, to say the least, as they respond immediately to events in their future and even time travel backwards to alter their past when it suits them. As a result, in the mathematics of quantum physics today, one of the necessary tools is negative time – the ability of a particle to send a message into its past in order to change its own history.

Subatomic particles are friendly by nature. When they bump into another particle that they take a liking to and they seem to like all of them, they become friends and carry on communicating with each other, forever.

Subatomic particles, by their very freedom, serve to remind us of our true potential as conscious beings in a conscious universe. We are limited only by our personal collection of beliefs, what in 'Free To Be Me' we call our seed thoughts. With an open heart and an open mind - we can discover more about today's new reality and what it means to humanity. Discovering more about life expands our own view of reality and evolves and expands our personal beliefs or seed thoughts. This is what really counts!