

Ripples of peace

We Are The One

By TERRY and BARABARA TEBO
The Founders of Lifespring

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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



The basic principles of the universe have been taught

throughout the history of mankind by many different traditions in many different ways. Truth is everywhere. However the ultimate truth is not 'out there'. It is found 'within' each of us. However when we study a variety of sources it helps us to reawaken and remember our inner truth.



THE ULTIMATE REALITY

The ultimate reality in our lives today is not the economy or our bodies as the media would have us believe. The ultimate reality is universal consciousness,

which is the creative essence behind all that exists in the universe. This essence has been called by many different names - God, Infinite Being, the Great Spirit, the Life Force, the Source, I Am, Allah, Tao, Ishvara, the Inner Light, Jehovah, the Quantum Field - and many others. It does not matter what we call this essence, what matters is that we are aware that it is the creative and ongoing force behind everything in the universe.

INFINITE BEING

Infinite Being or God is All That Is. Nothing Exists Outside of it. Therefore WE ARE INFINITE BEING! We have all heard the idea that everything is connected and that 'We Are All One'. There is a good chance that most of you because you choose to receive this newsletter, believe this idea. However in this article we are going much further. Please look again at the title above of this essay.

The three-letter word 'the' makes a huge difference. We are not only saying 'We Are One', we are saying 'We Are THE One'. Can you stretch that far in your thinking?

The universe exists within the consciousness of Infinite Being. The physical world exists within the consciousness of Infinite Being. We exist within the consciousness of Infinite Being. Creation is holographic, meaning that the one can be found within the all. For example, the oak tree produces acorns and the life form of a complete oak tree is contained within each acorn. If a glass picture hologram falls to the floor and shatters into many pieces, all the pieces still retain the complete original picture.



WE ARE INFINITE BEING

We all have been brainwashed with the idea that we are separate individuals cut off from the Source, from each other and other forms of life. We believe this is untrue. At the deepest level of reality, all that Infinite Being is, we are. Therefore each one of us is Infinite Being. We are NOT part of Infinite Being because the One doesn't have any parts. Yes we have a body. Yes we have a personality. Yes we have what seems like a separate existence - but ultimately we *have* these things - but we at our core are *not* these things. We are human and we are divine. We are God! Everything, animate and inanimate, is God. Many folk reading these last two sentences would believe these words are insane or blasphemy. These are our beliefs and we do not apologize for them. At the same time we respect the beliefs of others. We believe we are connected all the way up through the different layers of consciousness along a pathway back home to the One. We are the eyes

and ears of Infinite Being as it explores and discovers everything about itself by experiencing life from an infinite number of viewpoints.



WE ARE ONE

Notice in this paragraph we have removed the word 'the'. Because here we want to say that every other person we meet is essentially the same as us. Every other person we meet IS us! They're just wrapped in a different package of individuation for the great experience called life. As we continue to wake up or become more aware, one day all enemies will become friends and all nations will destroy their weapons. This will happen when we choose firstly in our own lives to heal the wounds of separation by love and forgiveness. We will all enter an era that some call heart-centered unity consciousness. In fact we are already in this state now but we're just not aware of it. We saw and experienced a glimpse of this after the Victorian bush fires in Australia last summer.



5 LEVELS OF SPIRITUAL CONSCIOUSNESS

How do we know how asleep or spiritually awake we are? It's easy. Look at your everyday behaviour. Chuck Gallozzi, the Canadian author, has written about five levels of spiritual consciousness.

Level 1: People at this level care only about themselves. Completely self

centered, they are not concerned about the consequences of their actions. They do whatever they want, and if others get hurt, so be it.

Level 2: This level is a giant step forward. Here people not only regret what they have done but they also apologize and make restitution for their misconduct.

Level 3: At this level, people are still tempted to say or do something nasty, but they stop and think first. They make the conscious choice not to hurt others and they take total responsibility for creating their own life.

Level 4: At this level people see good in all. They love life and are happy forgiving, loving and at peace.

Level 5: Lessening suffering of all becomes the only concern for the people at this level. They lead exemplary lives of service. Gandhi and Mother Teresa are examples. People at this level love all for like Lao Tzu (6th century BC), they say "I find good people good. And I find bad people good when I am good enough."



Chuck Gallozzi says most of us are at levels 2 and 3 and we can occupy different levels with different people. For example, one may be at level 3 with their spouse, level 2 with a friend. Wouldn't it be exciting to move into Level 4?

RAISING OUR LEVEL OF CONSCIOUSNESS

Waking up spiritually according to the spiritual teacher Ram Das "is the most important thing we can do. Because we

are so deeply interconnected with one another we are affecting the world with our thoughts and actions every moment whether we mean to or not. Waking up to who we really are is why we have come into this incarnation."



THE GATEWAY TO HIGHER CONSCIOUSNESS

The gateway to higher levels of consciousness is through our heart. When we open our heart to others we also allow the love of the universe to pour into us. We are able to receive love to the degree that we give it and live it. But how can we open our heart? Practicing 'Mindfulness' (non-judgmental awareness and acceptance of the present) is a good start. Meditating every day with an attitude of Gratitude is also very powerful. If you want to open your heart be gentle, tolerant and forgiving with yourself and others.



HEART SONG

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their greatest and most auspicious contribution. No one intellectually knows what this is. Only your heart knows. Your heart wants to sing. Just as the caterpillar has the heart of a butterfly, know that I am, you are –

We Are The One

Dear Friends,

We hope you are well and keeping dry and warm during this Australian winter. We have recently returned from a thirty-day trip around the world! We visited family and friends in Lakeland Florida, Milwaukee Wisconsin, Durham Yorkshire and Conwy in North Wales. On the way home we stopped off in Thailand for a few days. We attended an informative and enjoyable Thai Cooking School in Bangkok. Thanks so much to all of our terrific family and friends who looked after us so wonderfully during this holiday. We are truly blessed to have such love in our lives. We have joined a new choir (50 strong) called the 'Seaside Singers' here in Nelson Bay. It's a lot of fun. Please make a note of our new mobile phone number: 0401 04 1414. Our home number remains the same: (02) 4981 0777.

Family

Our daughter Josie has been in Africa as a volunteer teacher in Madagascar for three months and on safari through nine African countries for another three months. While in Uganda she had an encounter with a family of wild mountain gorillas – among many other adventures. Soon she will be coming home - which is great for us! Molly is also making big changes in steering her life in the direction she wants it to go in. Her creative and beautiful craft work is developing in fascinating ways. We miss her in Perth but are grateful she has such support from her numerous friends. She has decided to go back to Uni in Perth to do a Masters Degree in Information Management and Library Science. Both girls are well and we hope to see them soon.



Fallacies

1. Human beings are separate from each other.
2. There is not enough of what human beings need to be happy.
3. To get stuff of which there is not enough, human being must compete with each other.
4. Some human beings are better than other human beings.
5. It is appropriate for human beings to resolve severe differences created by all the other fallacies by killing each other.

'Tomorrow's God' by Neale Donald Walsch

Couples in Paradise

Enjoy 24 hours with us in our home in Corlette fine-tuning your relationship. This growth experience is for one couple at a time. We do the cooking and you stay overnight in our guest room. Your investment for the both of you is \$865.

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.

Discovering Your Inner Child

A spiral bound book. Cost is \$15.

Port Stephens Peace Circle

We meet at the Yacaaba Centre, 12 Stockton St. in Nelson Bay every Monday evening at 7:00 pm. All are welcome and meetings are free.

Terry's Memoir

Terry's life story is entitled 'My Road To Freedom'. It's 200 pages including 12 pages of photos. Read it as an E-Book for \$8.95. Ring or email us to receive the internet link to the book

Free To Be Me the book

Order your autographed copy from us for \$25.

Peace Academy Website

Visit our website for some interesting reading. We're at www.australianpeaceacademy.com

Lifespring Meditation CD's

There are two CD's with four meditations on each. The CD's cost \$15 each.



Thoughts to Ponder

Kindness

Kindness in words creates confidence. Kindness in thinking improves relationships. Kindness in giving creates love.

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Humility

Humility is rare because to have it you have to want nothing, yet when you have it you get everything.

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Harmony

All things have their time. All things have their answers. All things have their right to be. When we accept this reality, all things come into harmony.

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Respect

Respect comes from the word 'respecere' meaning 'to look again'.

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Zulu Greeting

The next time you meet a Zulu in the shopping center he may say to you "Sawu bona" which means "I see you and all of your potential." Your response will off course be "Sikhona" which in Zulu means "Thank you. Because you have chosen to see me and all of my potential, I exist now in this world."

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The Secret

The secret to a successful and happy life is how we manage 'Plan B'.