

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.

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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.

This Newsletter is published by:

Lifespring

33 Mulubinda Parade

Corlette NSW 2315

Tel: (02) 4981 0777

Mobile: 0412 115 666

Fax: (02) 4981 0777

email: tebotebo@iinet.net.au

Web: www.freetobeme.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.

Ripples

The Hundredth Monkey

By TERRY and BARABARA TEBO
The Founders of Lifespring



The 'Hundredth Monkey' is an amazing story. In 1952, on the island of Koshima,

scientists gave the Japanese monkey, *Macaca fuscata*, sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes but they found the sand on the potatoes unpleasant.



However an 18-month-old female named Imo found she could solve this problem by washing the potatoes in a nearby stream. She then taught her mother how to do this. Then she taught her playmates and they taught their mothers. Behavioural scientists who were studying the monkeys' behaviour from hides observed what was happening. Only the adults who learned from their children adapted to this social

and food preparation improvement. Other adults kept eating the sand with their sweet potatoes.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes --- the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the Hundredth Monkey learned to wash her potatoes. THEN IT HAPPENED!



By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this Hundredth Monkey created a paradigm shift and breakthrough! The

scientists then observed that the act of washing sweet potatoes instantly jumped over the sea. Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama all began washing their sweet potatoes even though the Koshima monkeys could not swim to the other islands. (1)

CRITICAL MASS

The British Biologist Rupert Sheldrake has shown that all of life is connected by what he calls 'morphic resonance'. (2) Others call this 'group mind'. We call it 'Critical Mass'. When a critical mass (many believe ten percent) of individuals achieves a new awareness and/or a new behaviour, this immediately becomes the norm for the bigger group. The Hundredth Monkey is the individual who by changing his/her attitude and behaviour triggers the paradigm shift and the critical mass to take place.



VIETNAM WAR

I, Terry, saw this phenomenon occur in 1975 in the U.S.A. When a critical mass of Americans began to understand and believe that the Vietnam War was unjust, President Nixon resigned and the

Vietnam war ended in a few weeks. This in spite of the fact that the White House and the media were still saying that victory for America was imminent. Another example was the collapse of the Berlin Wall in 1989. This barrier between East and West Germany came down in one weekend with no loss of life. Many said that Russia would invade. They didn't. When a Critical Mass is triggered, change occurs very quickly to the surprise of many.



PEACE

Many people around the world are now joining their hands and hearts to create Peace among the people of our planet. When we enter the Golden Age of Peace and realise that all life is of equal value, we will save the children who are dying and starving. We will stop our planet from overheating. We, Terry and Barbara, have always believed that Peace is the overriding objective and goal of all our work. Through our Free To Be Me seminars, Counselling, Peace Circle and now the Australian Peace Academy, we are supporting people who choose to discover and live from

internal peace. This is the first and most important step that brings our life back into balance with universal energy. We believe that external peace will occur when a Critical Mass of people live their lives from internal peace. This will occur one person at a time. Ghandhi said "we must 'BE' the change we want to see happen in the world." *Have you yourself ever considered that you might be the Hundredth Monkey in bringing about world peace?*

AUSTRALIAN PEACE ACADEMY

During the week of **July 25th to August 1st** a group of powerful and beautiful people are meeting at O'Carrollyns private Eco Village (www.ocarrollyns.com.au) at One Mile Beach near Nelson Bay in Port Stephens. We, Barbara and Terry, will be leading a unique and special peace training that will occur in the atmosphere of a spiritual retreat.



Important skills for Peaceful People include: (a) Creating Fulfilling and Happy Relationships through Loving Communication. Shari Macree, an expert in 'Non Violent Communication',

will be teaching us how. (b) Breaking Down Barriers and Healing Fear through genuine Dialogue. Katharine McLennan, an Advisor to Corporate CEO's, will teach us how. (c) Every day we participate in Rituals. Rituals often go unnoticed but they are very powerful. Helen Martin, an advisor to Children's Programs at the ABC, will teach us how to create fulfilling personal Rituals (d) Music and Singing uplifts the Soul and bonds us together. Maureen Dickons, a professional entertainer, will show us how. (e) Yoga brings body, mind and spirit into balance. Mary Shellens, an experienced Yoga Teacher, will show us how. (f) Managing and Enjoying All of our Emotions. Barbara and Terry will teach us how. This and much more we will enjoy as we grow and learn together.



The objectives of this retreat are (1) to discover and live daily life from the joy and stress-free enthusiasm of internal peace. (2) To let go and heal any blockages that makes it difficult to access and live our life in peace. (3) To create rituals and learn the skills that return us to peace when we are thrown off balance by life's surprises and challenges. (4) To shift our consciousness from being 'dependent' on

others, material things, status and emotions, to a person who is a powerful and humble self-reliant human being. (5) To deepen and strengthen our connection to our spiritual core of unconditional love.

Each participant will share equally the cost of the venue, materials and food that comes to the remarkable price of \$645 for the entire week. This includes accommodation, all meals and morning and afternoon teas. Because we want this experience to be available to as many people as possible we are not adding a training fee to the cost. Instead we will ask you to make a financial contribution to support the Peace Academy's ongoing work in the future.

A part of our vision is that out of this retreat will be born Peace Communities that meet regularly in different geographical locations. These groups will support their members, relate to their local areas, create new and exciting adventures and contribute towards the Critical Mass for World Peace.

We realise that taking a week off from work is a big commitment. But if you are ready, you will find this retreat will 'fast-track' you in so many areas of your life. There are still places available.

Contact Terry and Barbara on (02) 4985 0777 and/or tebotebo@iinet.net.au if you want to join us monkeys!

- (1) *Lifetide* by Lyall Watson, pp. 147-148. Bantam Books, 1980.
 (2) *A New Science of Life*, by Rupert Sheldrake, 1981.

Are You A Muso?

We need your help. We're asking for people who play guitars, keyboard, drums, flutes, clarinets, recorders, etc. to help us make music at the upcoming Peace Academy Retreat. Please come and join us during this special week.



Compassion

A compassionate person develops an eye for spotting the qualities that make each person unique and special. Even when others are at they're lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness & special traits. Taking a gently encouraging approach, *never give up on anyone.*



Dear Friends,

Summer is a memory and now we are about to begin the season where nature takes a rest to build up to new life this coming spring. For us we will be rebuilding as we prepare for and renew ourselves with friends at the Peace Academy Retreat in July.

MARY CHAMBERLAYNE and BARBARA WALLIS - Recently Barbara's beloved ninety-five year old mother and her identical twin sister passed peacefully from this life in a nursing home south of London. Amazingly they 'graduated' within three hours of each other. They were even in the same room! They must have decided to leave the same way that they came in. This event has saddened us for obvious reasons but it has also brought us joy because of the wonderful way they moved on, both having lived loving, fulfilling and healthy lives. As a family we are grateful for all the the love they consistently gave to us.

GRAY NOMADS - We've experienced two exciting trips recently. During April we took our caravan 'Meriah' down the Great Ocean Road in Victoria. If you haven't experienced the magnificence of the Twelve Apostles and the Bay of Islands, please put this adventure into your future diary. The little towns along the way are also beautiful. We were especially surprised by the majesty of the Grampians that we explored on our way home.

Then a few weeks ago we flew to Perth to visit our daughter Molly who moved there last January. Perth is such a lovely city and King's Park is one of its jewels. Molly now works as a trainer for the internet provider inet. While in WA we also enjoyed our visits with Lifespringers Joy Marshall at her lovely home in York and we had a special lunch with Arthur Quarles. We enjoyed a day with Margret Widmer who showed us parts of Perth we had never seen and we met Kathy Smith who has invited us to teach 'Free To Be Me' in her home. If you live in Perth or know someone who does, please ask him or her if they would like to experience FTBM with us and then contact us for details.

Our other daughter, Josie, has also been travelling as well. She recently spent a couple of weeks in Vietnam with travel agent colleagues, and as we write this letter she is in London.

FTBM IN SYDNEY – We, FTBM Part 1 over the weekend of beautiful Lillian Fraser Garden in and family who would enjoy half price.



Barbara & Terry, will be teaching Nov 21st, 22nd & 23rd in the Pennant Hills. Please tell friends attending. Repeaters do FTBM for

COUPLES IN PARADISE is the program where a couple relaxes for 24 hours with us in our beautiful home in Corlette. We cook all the meals and treat you like royalty as we fine-tune your relationship. It's amazing what happens in 24 hours! After our health the most important thing in our life is our relationship with ourself and our partner. We now have some spaces available at weekends and during the week. This program costs \$865.

THE COUNSELLING SKILLS SEMINAR is where you learn our Heart-Centered method of Counselling. This seminar takes only four to six people in order to maximize the learning of individual skills and their practical application. This seminar takes place over two weekends at our home in Corlette, Port Stephens. Counselling theory and practice are combined throughout the seminar. Course Fee is \$660. The first weekend is June 14 & 15.

FREE TO BE ME IN OTHER PLACES – do check our website (www.freetobeme.com.au) to find out where other qualified FTBM teachers are conducting the seminar.



What is Love?

Many of us think of love as a 'strong emotion', a feeling we have for another person. May we suggest another definition for the word 'love'?

Love is something you 'do' rather than 'feel', something you give freely from the heart. Love is leaning how to express yourself nakedly and honestly to your partner, friends and family, for the purpose of revealing what's present and alive inside of you. (Marshall Rosenberg – founder of 'Nonviolent Communication')

Love and Joy



Love knows no condition or limitation of any kind, and any effort to limit its expression is an effort to limit Life itself.

Joy is your natural state of being and joy is always most fully and easily experienced by giving it away.

Vision and Patience

Never believe anyone who says you cannot change. Vision is one of the secrets of personal transformation. We are all artists and our mind is the canvas or camera or clay of creation and our vision is what we create.

What is your vision of yourself today – patient, relaxed, positive, powerful or tense, tight, negative and a victim? Which do you prefer? Are you willing to wait until your vision becomes reality? What does patience look like and feel like? Patience is easy when we know our vision will definitely manifest. We don't always get what we hope for, but we always get what we want.

Always start with vision not action. See it and you will be it. Be it and you will do it. We don't 'get a life' as some would cynically tell us – we create our life.