

# Ripples

*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 SUPPORT

If you are going through a tough patch, or simply need someone to act as a sounding board or mentor to help clarify where you are in your life, then treat yourself to a face-to-face or telephone counselling session with Barbara or Terry. We can help you regain balance and connect to the peace, joy and fun life can offer.  
Ring: (02) 4981 0777  
or email: [tebotebo@iinet.net.au](mailto:tebotebo@iinet.net.au) for details.

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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 Power of Thought

By TERRY and BARABARA TEBO  
The Founders of Lifespring



*Dear  
Barbara and  
Terry,*

*I need your  
help and  
advice. We*

*have a daughter who is almost twenty-one years old. Her name is Megan. She works until midnight, lives at home with us and she is driving her mother and me crazy. We love her very much but she rarely communicates with us. She sleeps most of the day, eats out with her friends, never helps around the house and has the winging attitude that no matter what we do or buy for her it is never enough. She even steals money from us if she can find it around the house. Our relationship with Megan seems to have taken over our lives. My wife and I are suffering and we just don't know what to do anymore. Any help you can give us would be most appreciated.*

*All Good Wishes, Tony*

Dear Tony,

Thanks for your email. Family relationships can be very challenging. As our children become adults we parents find that we have little or no control over what they do and who they become. It seems it was so much easier when they were children!

Tony, where we need to begin with

the story you have given us, is at the '**Level of Cause**'. Our thoughts cause everything in our life. Our life is our thoughts expressed. Thought is CAUSE and what is happening in our life is EFFECT. You mentioned you were suffering. All of us who have endured suffering empathise with you.



## WHAT IS SUFFERING?

During life 'pain' (physical and emotional) is inevitable but 'suffering' is always optional. Suffering is a result of an error in our thinking. The only purpose for suffering is to show us when a thought is in error and alert us to the existence of a higher thought that would serve us better. Suffering stops as soon as that higher thought is found.

You and your wife are trying to deal with and change an effect in your lives. This effect is your daughter's attitude and behaviour towards you. It can only change when you change the cause, your thoughts.

What's happening on the outside is always a reflection of what we believe on the inside – even though it often doesn't feel that way! And what we really believe is often different than what we think we believe. This is because what we really believe is our subconscious thoughts.



## SPONSORING THOUGHTS

Our hidden subconscious thoughts are our 'sponsoring' thoughts. They are the thoughts behind our thoughts. Our sponsoring thoughts have more power and force than our sponsored thoughts. These are the ones we truly believe to be true. When our sponsoring and sponsored thoughts don't agree, our sponsoring thought always wins. We discover our powerful subconscious/sponsoring thoughts by looking at what we are getting in our life.

So let's look at what you and your wife are getting: disrespect, being used, blame, stealing from you, feeling responsible for your daughter's feelings and wellbeing. If we consider this list objectively, from a distance as it were, we can begin to see some of your sponsoring thoughts at work creating your reality.

1. I am responsible for my daughter's happiness.
2. No matter what I do it's never enough.
3. If I love my daughter enough she will behave as I want her too.

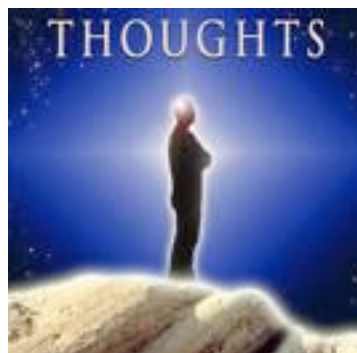
4. I have to understand my daughter in order to love and help her.

5. If my daughter doesn't feel my love it must mean I don't love her.

This is a short list Tony. We're sure you and your wife could add to it. Please be gentle with yourself here because these thoughts are common for many parents.

## CHANGING OUR MIND

If the above thoughts are not working for you it's time to change them. A thought is only true when I believe it. None of them are true in themselves. We get to choose. When choosing new sponsoring thoughts ask yourself what it is that you want to experience with your daughter. We would suggest some of your new thoughts could be:



1. I enjoy being responsible for my happiness and I allow Megan to be responsible for hers.

2. I have always been a good father. I forgive myself for my mistakes knowing I did the best I knew at the time.

3. I love my daughter as she is whether she loves me or not. She has to dance to her music, not mine.

4. I know I can never fully understand another human being, nor do I need to. My job is to love others, not understand them. Loving someone has nothing to do with understanding them.

5. I know I love my daughter. If she experiences my love it is her choice. I am responsible for how I feel and she is responsible for how she feels.

## EMPOWERING OUR KIDS



Most parents want their children to be happy, strong and enjoy life. When they are children we love them by meeting their needs, caring and taking responsibility for them. However when they grow up many parents continue to parent their children in this same way long after it is appropriate. This form of parenting keeps our kids locked in childhood. At a certain point in their maturity loving our kids means allowing them to stand on their own feet, not ours. This is what tribal ceremonies around 'becoming a man/woman' were (are) all about. If we continue to be responsible for our older kid's wellbeing, they can't and won't. So it then becomes necessary to stand back, out of love and respect and let them go. This isn't easy because sometimes they fly and sometimes they crash. But they have to make it on their own because we're not always going to be around for them anyway.

## FAMILY MEETING

**Step One is Changing the Cause** – i.e. your sponsoring thoughts. **Step Two is Acting on These New Thoughts** – in your case this means: letting our

children go at the appropriate time for each, so they can find their own power. We call this "cutting the emotional cord". Before embarking on the next step make sure that you feel confident that Steps One and Two are in place 'inside' of you. This may take a little time.



Please don't rush these steps, especially Step One which is so important. When you are ready, **Step Three is Having a Meeting with Megan.** During this meeting make it clear that you love her, that you always had her interests at heart even though she may not see it this way. All parents make mistakes and you are sorry for the ones you have made.

Tell Megan that now she is an adult you understand that she has the right to choose how she wants to live and how she chooses to treat others. However, just as she is responsible for herself, you and your wife are responsible for yourselves. She is welcome to continue living at home but there will now be certain conditions. This is where you and your wife, Tony, need to have thought carefully beforehand and decided what you can and cannot live with. Write these conditions on paper.

Don't ask Megan to do something or act in some way that you yourself are not willing to. As a guideline we suggest you expect from Megan what you would expect from any other young adult living in your home. Make it clear to Megan that she has every right not to accept your conditions. If she chooses not to accept them, however, this means she will have to make alternative accommodation arrangements. If Megan gets angry and resentful during this meeting remember that she has the right to feel her feelings. However, as you prepare for this meeting 'see/visualise' it as a calm and productive communication interchange.

## LOVE



What is love? A very important aspect of love is freedom. Those we love we always set free. Love is a liberator, not a binder. We believe, Tony, if you and your wife choose to act upon, with love, the three steps we have outlined above, you will be setting yourselves and your daughter free. She may not want this freedom at first, but she will thank you for it later.

All Good Wishes,

Terry and Barbara

Note for our Readers: the above story is fiction. It's purpose is to emphasise the power of our thoughts in daily life.

## FREE TO BE ME TEACHER TRAINING

This is a 'Spiritual Business' opportunity and a Personal Development Adventure. As you become a 'Free To Be Me' facilitator you will experience quantum shifts in your own consciousness. You will also receive much joy, pleasure and expansion as you learn to serve and love others at deeper levels. This training takes place over four weekends each a month apart. The first weekend is August 4 & 5th at our home in Corlette. If you are interested, ring or email us for a training prospectus.

## Simple Diet

Remain healthy by maintaining a simple diet of positive thoughts, uplifting feelings and good wishes.

## Winter 2007

Dear Friends,

The autumn weather in our part of the world was just perfect. We have a Gynea Lilly that has been growing in our garden (I can see it from my office window as I type this letter) for seven years. It is almost twenty feet tall and a big red flower is getting ready to open on top. It is so beautiful.

Our five-week trip in 'Meriah', our caravan, visiting the towns along the Murray River in Victoria was lots of fun. If you play golf this trip is a must because the golf courses along the Murray have to be seen to be believed!

**FAMILY:** We are all well. Molly has been working in all the major cities in Australia training staff and installing computer systems for her company 'Lush'. Josie, our travel consultant, has recently returned from a trip to Machu Picchu, the Inca City, in Peru and she just flew in this morning from a trip to Bangkok in Thailand.

We, Terry and Barbara, will be flying to the UK in a few weeks to visit Barbara's family. We have been busy with counselling and teaching 'Free To Be Me' in Sydney and the Master Class in Sydney and Nelson Bay. Our two new programs, "Couples in Paradise" and "Your Next Step" (see below) are proving to be very popular.

If you have any friends who would like to receive "Ripples" ask them to send us an email ([tebotebo@iinet.net.au](mailto:tebotebo@iinet.net.au)) and we will happily put them on our database. And if we can support you in anyway please get in touch. Sometimes a phone call or an email can do wonders.

Lots of Love, Barbara and Terry

### UPCOMING EVENTS

#### FTBM PART 1

We, Barbara & Terry, are teaching FTBM in the Lilian Fraser Garden in Pennant Hills over the weekend of October 12, 13 & 14. Thank you for telling your friends and relatives who may be interested. Might it be time for you to repeat FTBM for half price? Email or ring us on (02) 4981 0777.

Other licensed teachers who we have trained are also teaching FTBM. You will find when and where they are teaching on our website – [www.freetobeme.com.au](http://www.freetobeme.com.au) On our website you can also send a beautiful free 'e-card' to friends and loved ones.

#### FTBM for Kids (Super Kids) and FTBM for Teens

Iman Iskander (0403 219 213) and Peter Wagner (0402 043 986) teach these seminars in Sydney and Louise Cosgrove (0410 630 500) and Terry Eichmann teach them in Brisbane. Helen Robertson (0413 953 607) and Tony LePage teach them in Port Stephens.

#### PORT STEPHENS PEACE CIRCLE



The Circle meets at our home every other Monday evening at 7:00 pm. Because world peace begins with inner peace, we discuss how we can let our inner peace flow more easily into our lives. The Peace Circle is free and all are welcome.

## The Four Rivers of Life

**The Elders of the Basque Tradition in Spain and Southern France teach that we need to bathe daily in the "Four Rivers of Life". These are the rivers of Inspiration, Surprise, Challenge and Love.**

**Ask yourself – and then share with your partner or a friend each day – the answers to the following questions:**

- 1. What Inspired me today?**
- 2. What Surprised me today?**
- 3. By what was I Challenged to grow or learn today?**
- 4. How was I touched by Love today?**

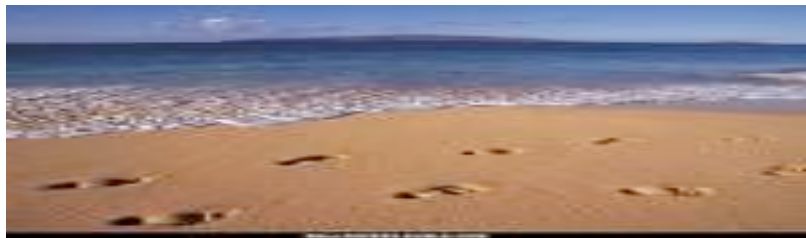
## COUPLES IN PARADISE



1. You and your partner come to our home in Corlette, Nelson Bay (paradise) and arrive at 3:00pm.
2. You set the agenda of what you as a couple what to accomplish during our time together.
3. We prepare afternoon tea and dinner and share it together.
4. We begin working on your agenda, we relax and you stay overnight in our lovely, peaceful home.
5. The next day begins with a walk on the beach, maybe seeing some dolphins. Then we share breakfast and lunch and continue building the love you shared when you first met as you learn new relationship skills. The program ends at 3:00 pm.

" *Couples in Paradise*" can occur during the week or at a weekend. Your investment in the program is \$825 including GST. After our health, we can't think of anything more important than our relationship with our partner and ourself. Everything in our life depends upon it. If you are interested, ring or email us for available dates.

## YOUR NEXT STEP



***Your Next Step*** is an individualised and confidential one on two personal growth experience. During this tutorial program, we, Terry and Barbara, via email, help you use the power you were born with, to move on from where you are to where you want to be. This is how the program works:

1. We email you a questionnaire that will get you thinking about your life now and in the future. During ***Your Next Step*** tutorials we will be teaching and supporting you as you creatively shape your life to manifest your dreams.
2. We will carefully study and respond to your completed questionnaire. We will recommend reading material and set you practical homework for you to use at home, at work and with your family and friends. We will show you how to become more powerful. We will also answer all of your questions.
3. The ongoing dialogue among the three of us will continue for four email tutorials not including the first questionnaire. You will need time to put your homework into practice so the tutorials will most likely occur every one to two months.
4. At the end of your four tutorials you will have a consultation face to face or over the phone with one of us. During this consultation we will pick up any loose ends and review how you are creating your life.
5. Your investment in ***Your Next Step*** is \$440 including GST.

## Pay It Forward

Did you see the inspirational movie entitled "Pay It Forward"? In this movie a primary school teacher (Kevin Spacey) challenges his class to create and act upon a new idea that will make the world a better place.

One of his pupils (Haley Joel Osment) comes up with the idea he calls 'Pay It Forward'. The idea is simple but powerful. When you receive a good deed from someone, rather than 'paying it back' to that person, 'pay it forward' to three new people. This idea challenged and changed the lives of everyone in this young person's family and many more people as well.

Everything that comes to us, only comes temporarily, or more accurately, it comes for us to pass it on and pay it forward. Not just the money in our pocket, but wisdom, objects, ideas, even opportunities, all come to us, so that, at the right moment, we can pass them on. This is called flow. Being in the flow means being aware that the river of life is flowing to us at every moment.

Being in the flow means accepting whatever comes and putting it to good use, before paying it forward. Going with the flow means allowing whatever comes to move on freely, without holding on in any way. If we do not pass it on, we are blocking the flow, and that's when we feel pressure in our life.

Pressure is always self-inflicted. Every time you feel 'under pressure' look at what you need to release and pass forward to someone else. Once you do this, the pressure will dissolve and peace will return.

## Mind Matters



The most important part of you is your mind (not your brain - the brain is the hardware for which the mind creates the software). Care for your mind, make friends with it, always feed it healthy food, engage it in positive activity, exercise it with curiosity, knowledge and wisdom. Just as a garden returns fragrance and beauty according to the care invested, so your mind will repay you with thoughts, ideas and visions of great beauty when tended and invested with care. Your mind is not made of matter but it does matter what you give it and what you create with it. Where your mind goes, you go. What your mind creates becomes your destiny.

*Acceptance is the secret of contentment.  
Gratitude is the secret of happiness.*