

Ripples

of Peace

Our Next Step

If we have no peace, it is because we have forgotten that we belong to each other
Mother Teresa

Your Vision will become clear only when you look into your heart. Who looks outside dreams. Who looks inside, awakens.
Carl Jung

All we are saying is give peace a chance.
John Lennon

By TERRY and BARBARA TEBO
The Founders of Lifespring



Recently we were chatting with each other and discussing

how we could put more energy into our 'Free To Be Me' business. Was it time for FTBM to die as everything on this planet sooner or later does? Then the idea occurred to us that maybe someone with new ideas and lots of new energy is what was needed to support 'Free To Be Me' in her next step of growth. Was it time for us to let go of our baby that we had conceived and nurtured for more than twenty years?



She had grown into a young adult and we always believed that she had a life of her own. The following week two couples asked us if we would

consider selling our business to them! Our first reaction was 'SHOCK' because we had told no one what we were considering. Our next response was 'BUT OF COURSE!', our thoughts are powerful and they create our reality.



This is one of our personal truths that we have believed and taught for many years. We know these two couples because they are FTBM teachers and they have completed teacher training and many other seminars with us. They know that the *Essence of FTBM* is Unconditional Love and more importantly they live this essence in their daily lives. The new owners of 'Free To Be

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.

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
Web: www.lifespring.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.

Me' are going to take her to the corporate arena, to schools and to the public in new and exciting ways.

RETIREMENT ???



Are Barbara and Terry now going to retire? When we are asked this question our response is always the same. Retire? We have never worked so there is nothing to retire from! We have just been living our passion and when you live this way, each day is exciting and you don't feel like you are working. You get tired at the end of the day, but the tiredness comes from doing something that you love. So **'no'** we're not retiring - we're simply rewiring!

OUR NEXT STEP

Firstly, we will be mentoring the new owners of FTBM during an extended handover period. We will be supporting them in helping FTBM continue to make a major difference in peoples' lives. Secondly, we will continue to support all of you that are and always will be part of our Lifespring Family. Thirdly, we will

continue counselling, teaching 'FTBM Part One' and the 'Couples in Paradise' Program. Fourthly, we have a couple of books in our head that we want to put down on paper and Fifthly, our new passion is the Australian Peace Academy that we began six months ago.



The Australian Peace Academy is a logical extension of our 'play' because our real passion has always been 'peace'. Firstly, internal peace that we live from and then taking our peace to our loved ones and then to the world. We love Gandhi's words 'Be the change you want to see in the world'. This is the only way that lasting change has ever occurred.

THE NEW OWNERS

So who will be taking the reins of the 'love business' called Free To Be Me???



See Page 3

Choose Your Feelings

If your days seem filled with unwanted negative feelings, there is a simple cure.

When they come, choose them! Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel.

If you do it means that you are still fast asleep and your choice is to be a victim. When the feelings come, even big disturbing emotional feelings just say: "I choose this feeling". And know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment this is being threatened.



Choice does not mean that you want the feelings, but it does mean you are taking responsibility for them. And this is the beginning of self-mastery. It is the first step to the healing and resolving of your emotions, but only the first step. Try this today and then ask yourself what the next step might be.



New Owners = Growth not Change

Welcome to the same story
of **Free To Be Me**,
as we introduce you to it's fresh and exciting
chapter of growth, a new generation
with custodians
Andrew, Jenny, Tony and Helen

Ripples I



Tony LePage & Helen Robertson

Andrew Bennett & Jenny Roberts

Tony and Helen are parents of Craig, Monique, Yvette, Luke, Jamie Lea, Prudence and Claudia.

Andrew and Jenny are parents of Jade and live in Newcastle.

Both Helen and Tony graduated from FTBM Teacher Training in 2004 and found a passion to teach and live the principles of FTBM.

Both Jenny and Andrew Graduated from FTBM teacher Training in 2004 and are passionate about FTBM.

They have been involved in business and training for more than 20 years and are passionate about the future of Free to be Me as a toolkit to manage life.

Jenny and Andrew bring a wealth of Human Resource, Training and person to person skills to the next Generation FTBM, both of them having been in HR for twenty years.

Thank you for the warm and humbling welcome we have received and we send love and friendship to all our new friends in the Free To Be Me family.

Thank you to Barbara and Terry for your trust, courage and vision in passing the 'Free To Be Me' baton on, and taking this important step in the creation of the Australian Peace Academy. You have our support and continued commitment to "see peace now".

So what is the NEW Generation of **Free To Be Me** to look like?

Our aim is to maintain the essence of unconditional love, which is the foundation of all we value, believe in and practice daily in our lives. Since attending the Free To Be Me Seminars ourselves the four of us have felt a strong bond and a shared purpose and passion, for "as many people as possible to be introduced to the principles and tools that Free To Be Me gave us". The world deserves to know about this amazingly beautiful and loving way of living life.

We are committed to the continuing development of Free To Be Me to enable more people to access it. To do this we will be training more teachers so we have the ability to operate more venues where more people can share in the benefits of Free To Be Me.

We believe by doing this we can reach more kids, teens, people and businesses.

We also plan to teach the Super Kids and Teens courses within the school system and are currently working on the best way to approach schools and educational departments.

We have begun the process of upgrading our business and corporate training packages to give us better access to business training and Human Resource managers.

To support all of these plans we are developing a consistent marketing and advertising campaign.

We are looking forward with excitement to the support of our Lifespring and Free to Be Me families.

Love from Tony, Helen, Jenny and Andrew.

P.S. We are also seeking a name for our Free To Be Me newsletter and we would love your input, so please put on your thinking caps and e-mail your suggestions to us.

We are honoured to be offering Free To Be Me Part 1 **Teacher Training** taught by Barbara and Terry during this coming November.

The dates for this teacher training are:

1. Saturday - 9:00 am to 4:00 pm - November 8
2. Saturday - 9:00 am to 4:00 pm - November 15
3. Saturday - 9:00 am to 4:00 pm - November 22

4. Saturday - 9:00 am to 4:00 pm - November 29
5. Sunday - 9:00 am to 4:00 pm - November 30
6. Saturday - 9:00 am to 4:00 pm - December 6
7. Sunday - 9:00 am to 4:00 pm - December 7

Tony and Helen are teaching Free To Be Me Part 1 in Newcastle during August.

The dates are:
7-10pm Friday 29/08
9am-5pm Sat. and Sun. 30 & 31/8/2008

The Contact details for the new custodians:

e-mail ftbm@africa900.com
Office 02 4982 1840
Fax 02 4982 1840
Tony 0411 657 858
Helen 0413 953 607
Jenny 0403 852 882



Barbara and Terry will be teaching their final Free To Be Me Part 2 - **Personal Power** in Port Stephens during October.

The dates For Part 2 are:
7-10pm Monday 13/10/08,
7-10pm Friday 17/10/08,
9am-5pm Saturday & Sunday 18 & 19/10/08,
7-10pm Wednesday 22/10/08,
7-10pm Friday 24/10/08

Whenever we experience pain or sadness, it is because we have become separated from what, or whom, we love. And whenever we are inspired or joyful, it is because we are one with what, or whom, we love. All human challenges and successes can be explained through this awareness.

People are just as wonderful as sunsets, if I can just let them be.

In fact, perhaps the reason we can truly appreciate a sunset is that we cannot control it.

When I look at a sunset as I did the other evening I don't find myself saying, 'Soften the orange a little on the right-hand corner, and put more purple along the base, and use a little more pink in the cloud colour.'

I don't do that

I don't try and control a sunset.

I watch with awe as it unfolds. Carl Rogers.

Peace is not something you wish for; it's something you make, something you do, something you are, something you give away.
Robert Fulghum

TIME
Time is not a line, but a series of new points

Dear Friends,



This winter has given us lots of rain, sunshine and cold nights. We're now looking forward to spring. If you have read this 'Ripples of Peace' (did you notice the change of name?) you will have noted that our lives are as exciting as ever.

Our daughters, Molly and Josie, are both well. They were surprised but excited for us when we told them that we were selling 'Free To Be Me'. Because they grew up with FTBM since they were little girls it has been a big part of their heritage. They were pleased that Helen, Tony, Jenny and Andrew wrote into the sale contract that if either of them ever want to teach FTBM in the future, they would be welcome into the top level of the new franchise.

FTBM in Sydney - We're teaching FTBM Part 1 in the Lillian Fraser Garden in Pennant Hills over the weekend of November 21, 22 & 23. You might consider repeating FTBM as a refresher with us. It's a good way to get back into meditation and bring more peace into your life.

Couples in Paradise continues to be very popular with couples who choose to get their relationship back on track or further up the track. Come and enjoy 24 hours with us in our beautiful home in Corlette, Port Stephens.

If we can support you in any way, just give us a call or send us an email.

Lots of Love, Barbara and Terry

Heart Song

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their highest, greatest most auspicious contribution. No one knows what that is or when it is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing.

The Peaceful Person Retreat



What can we say about this amazing week? We experienced silence, stillness, peace, meditation, new and practical ideas, nature, the beaches, the ocean, fun, laughter, new friends, great food and insights into who we really are and how to live from our essence. This Retreat was a once in a lifetime experience. We're already planning the next Peace Retreat. It will take place late February or early March next year. This Retreat was the first event of the Australian Peace Academy's young life.

Our Peace Academy now requires its own web site for information and credibility. **CAN YOU HELP US BUILD THE WEB SITE?** If you can, we'd love to hear from you. We believe that peace and the absence of peace, is one of, if not the biggest issue for human beings at this time in our history. We really do have the potential to end our history. World Peace will happen one person at a time.

"BE THE PEACE WE WANT TO SEE IN THE WORLD."

Above are the beautiful people who became ONE during the Retreat. These folk are now 'Mahatmas' (Great Souls) in the Peace Academy. They are Cecile Apolinario, Julie Carr (not in photo), Gerald & Rosemary Christmas, Barbara Collins, Maureen Hjorth, Cheryl Hockley, Carol Horgan, Edith Ireland, Tony LePage, Hilary McDonald, Penny McDonald, Katharine McLennan, Sarah Pennell, Pene Prior, Jenny Roberts, Helen Robertson, Mary Shellens, Barbara & Terry Tebo and Lucy Turner.