

# 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.*

## CONTENTS

Start An Epidemic	1, 2 & 3
Summer 2007	3
Three Questions	4
FTBM Comes to You!	4
Unconditionally Accept	4
FTBM Part 1 & 2 Dates	5
Couples in Paradise	5
One Day Seminar	5
Santa Claus	6

## 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 create the life you really want 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

Email: [tebotebo@iinet.net.au](mailto:tebotebo@iinet.net.au)  
Website: [www.freetobeme.com.au](http://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.

By TERRY and BARABARA TEBO  
The Founders of Lifespring



On November 24, 2007, the majority of Australians voted for change in our country's Federal election. This energy of change swept through the

highest offices held by the most politically powerful people – out with the old and in with the new. We woke up the morning after the election feeling a new energy. Our daughters felt it too. One of them rang us and said: "welcome to the new world". Change is exciting and scary. No one really knows what lies ahead. What we do know is that the 'energy of change' is a major opportunity if we choose to see, feel and use it. We are all part of this energy of change unless we choose to stick our heads in the sand because we're too busy or too frightened.

## PERSONAL CHANGE



During a time of change it's possible to use this energy to bring about shifts for the better in our personal lives. As we emerge from the birth canal, we enter this world desperately struggling for breath.

Many of us travel through life continuing to struggle, sometimes feeling unloved, abandoned and alone. This is when fear and depression gain the upper hand. Seven Australians end their lives every day in the depths of depression.



There is another way of looking at and living life that makes it possible for us to walk and skip through this world in love, at peace and without fear.

This other way requires only that we heal ourselves by getting in touch with our Source. *We are powerful creative beings and we are very special and very beautiful.* If you are skeptical about this last statement it probably means you haven't yet discovered who you really are! As we begin to recognise our own beauty we also begin to believe that our own love is worthwhile to receive. There is a lover in me – the God within – who loves me as well as others. The first step in building a love relationship with yourself is to become whole and complete and feel loved even if no one else loves you.



## SELF-LOVE

If I know I am loved on the inside, then I am ready to form a relationship on the outside. If I don't know I am loved, I leech love from others and sabotage my relationships. We put our partners through pain because we believe we don't deserve love. We've been taught to love others, but not to love ourselves. We've learned as children that self-love is arrogant, selfish and for some even sinful.



A person who has learnt to love and value themselves (and it is a 'learning' like learning to drive a car) can be in a relationship and love their partner exactly as their partner is, i.e. unconditionally. They can do this even if their partner doesn't return the love. I know that if you don't love me, it has nothing to do with me. I love you so that you can become secure.

People who grow in their own love become beautiful and peaceful and others, sooner rather than later, shower their love onto them. Some of us spend so much time feeling unloved. Some of us feel we are ugly. Some of us feel inadequate and not good enough. Some of us feel guilty. Some of us feel powerless and a victim. Some of us enter relationships and friendships expecting to be rejected and we are. Some of us think if anyone shows love to us it is because they don't really know us. But why should anyone else love us if we don't love ourselves?



## FIREWORKS

It's an amazing earth shattering moment when we realise that it's okay to love ourselves just as we are right now **WITHOUT ANY CHANGE**. To realise that I don't have to live up to my own or anyone else's expectations or conditions is a tremendous growth step towards wholeness. When we can fall in love with our own essence as if it were a baby, a child of God, a baby given into our care, to nourish, to know and to love, then we will begin to see and feel how special and beautiful we really are. If we become whole within ourselves, if we stop requiring that our partner and family and friends feed us love, then we are beginning to love ourselves. I am loved with or without my partner, family and friends. When I know that I am precious even when others don't, then I am loving myself.

Those people who most need our love often are not capable of returning it. Don't give kind for kind, **JUST GIVE LOVE**. But what about me? You will be loved – within yourself and make that enough – from your love relationship with your own Soul Mate.

## SOUL MATE



Who is your soul mate? Your soul mate is that part of you that never descended into matter. That part of you that is unlimited

consciousness, unconditional love, divine and God. You can use this time of change in Australia to form a love relationship with the other half of you – your soul mate, your Higher Self. Then your life mate (your partner) will not be required to return love to you. This will be a major turning point in your relationship.

A part of unconditional self-love is simple gratitude for what we have and who we are. Our world needs people who can look in the mirror and look at each other and genuinely and honestly say: "You are magnificent! You are absolutely beautiful. This world is better because you are here. I'm glad I know you."

## LIFTING UP

People who can lift others is what our world needs. We can all be to someone today the most beautiful person they have met just by giving them an expression of our love. If I say to someone 'You are magnificent' they may think I'm crazy. If I'm afraid of saying those words it probably means I'm not yet in love with myself. If I'm afraid of being rejected then I'm afraid to be bold enough to love.



It's a vicious circle; if I'm not loved, I cannot love. If I don't love myself, I can't give love to others for very long because I'm running on empty inside. Then in desperation I have to give love to others in order to receive love back. Sooner or later my desperation will lead me to 'give up' which plunges me into depression. How do I get the wheel turning in the opposite direction? It takes boldness and courage. Start a project this week to see how many people you can 'lift up' by helping them feel better. When you walk into a restaurant and talk with a waiter/waitress, be the person who makes their day! Try it

with clerks in stores. You can do it. You have the ability. And that ability – to uplift people – is a great contribution to our world.



## EPIDEMIC

**WE CAN START AN EPIDEMIC!**

We can make a big impact and it only takes a handful of people to do it. Just a handful of people can change the consciousness of our world if they begin to love the Source of their Being and give that love freely to others. It's contagious!

We want to invite you to fall in love with yourself right now by being in love with who you really are, the Divinity and Unconditional Love that is inside of you. Then begin to give this love to others. How do you do this? The first step is 'intention', i.e. the willingness to take this step. The first step is the most important. The second step is to 'practice' giving more love to yourself and others. Next begin to heal the love relationship with your partner, your children, your parents and the people around you. Keep giving love and acceptance to those who find it difficult to receive love. If someone chooses not to receive your love, if they snap back, then see what happens when you continue to give more and more love. When you love yourself, no one can hurt you, no one can deprive you of love if you love yourself. No one can make you a victim.

This is the challenge. If we can become the CAUSE and not the VICTIM, if we can believe every day that WE ARE LOVE and express that love, then **WE CAN AND WILL CHANGE THE WORLD!** This transformation can only take place one person at a time.

## Summer 2007

*Dear Friends,*

*We wish you and your family a loving, peaceful and abundant Christmas. We made Australia our home twenty-three years ago and the first few years it felt strange to have Christmas in the middle of summer. But now a summery Christmas season feels just right.*

*Family: Josie is still a travel agent with the 'Flight Centre' company but she has changed shops. She is now based in New Town. Molly is following one of her passions which is photography and she is moving to Perth to take up a new job in this area.*

*We, Barbara and Terry, have recently returned from a five week trip in our caravan 'Meriah' exploring south eastern Victoria. Philip Island, the Mornington Peninsula and the Dandenongs are so beautiful. One night on Philip Island, however, we thought we were going to be blown away when a big storm hit the island.*

*Over the weekend of February 8, 9 and 10th we are teaching 'Free To Be Me' in the Lilian Fraser Garden in Pennant Hills. Please tell your family and friends. We are also doing lots of counselling these days either over the phone or face to face at our home in Nelson Bay. If we can support you in this way, please let us know.*

*Lots of Love, Barbara and Terry*



## Three Questions

An emperor long ago posed three questions:

1. What is the most important time?
2. Who is the most important person?
3. What is the most important thing to do?

The most important time is 'now'.  
The most important person is the person  
you are with.  
And the most important thing to do is care.



To live  
a  
creative  
life, we  
must  
lose our  
fear of  
being  
wrong.

## DO YOU WISH "FREE TO BE ME" WOULD COME TO YOUR TOWN?

Maybe you've already done "Free To Be Me", and know others who'd like to. Or maybe you and your friends have heard about it, and wish it wasn't so far to travel to do the seminar. Either way, please contact Mary Shellens, one of our teachers, and she'll discuss bringing "Free To Be Me" to you! Mary, and her frequent co-leader Maureen Hjorth, have already taken "Free To Be Me" to Gloucester during 2007, and are ready to travel to help share these wonderful ideas and tools with more people.

**Contact Mary:** Ph: 02 9482 2425 M: 0421 086 685 E: [mary.shellens@optusnet.com.au](mailto:mary.shellens@optusnet.com.au).

Other teachers who want to bring "Free To Be Me" to you are:

Leonie Egan: 02 8901 0872 E: [leoniemcmahon@optusnet.com.au](mailto:leoniemcmahon@optusnet.com.au)

Gitta Laub: 02 9970 5165 M: 0413 275 165 E: [gitta-laub@optusnet.com.au](mailto:gitta-laub@optusnet.com.au)

Helen & Tony LePage: 02 4982 1849 M: 0413 953 607 E: [lifestookit@africa900.com](mailto:lifestookit@africa900.com)

Sarah Pennell: 02 9564 6987 M: 0408 433 011 E: [spennell@bigpond.net.au](mailto:spennell@bigpond.net.au)

Lawre Suttor: 02 9300 9190 E: [lawre@pacific.net.au](mailto:lawre@pacific.net.au)

For more information about our FTBM teachers. visit our website at [www.freetobeme.com.au](http://www.freetobeme.com.au)

## Unconditionally Accept

We all find that from time to time we reject and resist another person. We all like to put up a fight against anything we dislike on the evening news as we spectate the world. But we forget that when we decide to resist something or somebody, either mentally or physically, we only empower the object of our resistance, either in reality or in our own minds.

If you want to enjoy the ability to influence, always start with acceptance. If you want to disarm another begin with acceptance. If you want to encourage and empower another to change, start with acceptance. Don't make it conditional. Otherwise it's just resistance disguised as acceptance, and you are still trying to control them. And we can all smell a controller...can't we?

## FTBM Part One with Barbara & Terry

*Friday evening February 8th (7:00 – 10:30 pm) and Saturday & Sunday, February 9th & 10th (9:00 am to 4:00 pm) in the Garden Room of the Lilian Fraser Garden, cnr Bellamy & Laurence Street in Pennant Hills.  
Seminar price is \$440.00.*

## FTBM Part Two

Tim Harvey (9413 4059) & Gitta Laub (0413 275 165) will be teaching this amazing seminar in March 2008. Please contact them to register your interest.

-----  
Also please check our website [www.freetobeme.com.au](http://www.freetobeme.com.au) for other licensed teachers who are teaching FTBM Part One.



## Couples in Paradise



You and your partner come up to Nelson Bay (paradise) and live with us in our beautiful home for 24 hours. We look after you, cook all the meals and the whole time in a relaxed way we work on your relationship. This program can take place during the week or at a weekend. Your investment is \$825.00. 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, we look forward to hearing from you

## Living A Balanced Life

A One Day Seminar

We live in a world where chaos is becoming the norm. Even 'Mother Nature' seems to be mirroring us by swinging out of balance with disastrous consequences.

When our personal world flies out of balance it's easy to panic. We can be taken over by fear which then can descend into depression. We need to know how to reconnect with our Inner Self where there is always peace, safety, love and harmony.

During this one day seminar with Barbara and Terry Tebo you will discover and learn how to regain and keep your inner balance. There will be lots of time for questions.

**Date: SATURDAY, FEBRUARY 2, 2008**

**Time: 9:30 am to 4:00 pm. Venue: Barbara & Terry's home in Corlette, Nelson Bay.**

**Cost: \$145.00 includes notes, morning & afternoon tea and lunch.**

**Ring or Email Barbara & Terry to reserve your place. Everyone is welcome.**



# SANTA CLAUS



I remember my first Christmas adventure with Grandma. I was just a kid. I remember tearing across town on my bike to visit her on the day my big sister dropped the bomb: "There is no Santa Claus," she jeered. "Even dummies know that!"



My Grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her "world-famous" cinnamon buns. I knew they were world-famous, because Grandma said so. It had to be true. Grandma was home, and the buns were still warm. Between bites, I told her everything.

She was ready for me. "No Santa Claus?" She snorted.... "Ridiculous! Don't believe it. That rumor has been going around for years, and it makes me mad, plain mad!! Now, put on your coat, and let's go." "Go? Go where, Grandma?" I asked. I hadn't even finished my second world-famous cinnamon bun.

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days. "Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's. I was only eight years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping. For a few moments I just stood there, confused, clutching that ten-dollar bill, wondering what to buy, and who on earth to buy it for. I thought of everybody I knew: my family, my friends,

my neighbors, the kids at school, and the people who went to my church. I was just about thought out, when I suddenly thought of Bobby Decker.

He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobby Decker didn't have a coat. I knew that because he never went out to recess during the winter. His mother always wrote a note, telling the teacher that he had a cough, but all we kids knew that Bobby Decker didn't have a cough; he didn't have a good coat. I fingered the ten-dollar bill with growing excitement. I would buy Bobby Decker a coat!

I settled on a red corduroy one that had a hood to it. It looked real warm, and he would like that. "Is this a Christmas present for someone?" the lady behind the counter asked kindly, as I laid my ten dollars down. "Yes, ma'am," I replied shyly. "It's for Bobby."

The nice lady smiled at me, as I told her about how Bobby really needed a good winter coat. I didn't get any change, but she put the coat in a bag, smiled again, and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat (a little tag fell out of the coat, and Grandma tucked it in her Bible) in Christmas paper and ribbons and wrote, "To Bobby, From Santa Claus" on it. Grandma said that Santa always insisted on secrecy. Then she drove me over to Bobby Decker's house, explaining as we went that I was now and forever officially, one of Santa's helpers. Grandma parked down the street from Bobby's house, and she and I crept noiselessly and hid in the bushes by his front walk.

Then Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going."

I took a deep breath, dashed for his front door, threw the present down on his step, pounded his door and flew back to the safety of the bushes and Grandma. Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobby.

Fifty years haven't dimmed the thrill of those moments spent shivering, beside my Grandma, in Bobby Decker's bushes. That night, I realized that those awful rumors about Santa Claus were just what Grandma said they were: ridiculous. Santa was alive and well, and we were on his team. I still have the Bible, with the coat tag tucked inside: \$19.95

