

## WELCOME

Welcome to my *Changing the Paradigm* newsletter. Each month there is an article from myself in REFLECTIONS and one from The Great Brotherhood of Light, who are the masters that I work with, in MESSAGE FOR MANKIND. We also include a question and answer section, Q & A, where we choose one or two of your questions each month and answer them for you. If you would like a question answered in the newsletter, please email it to [info@jeddahmali.com](mailto:info@jeddahmali.com). And finally we have our NEWS section at the end where we announce courses, retreats, product launches. We hope you enjoy our newsletter. If you have a suggestion on articles or sections you'd like us to consider, please send them to [info@jeddahmali.com](mailto:info@jeddahmali.com) and put NEWSLETTER SUGGESTION in the heading. As you go about your day, don't forget to smile, to be kind to yourself and others and (as my favourite sticker says) "Cheerful Whistling Permitted".

I am sending you all much love,

*Jeddah*

## REFLECTIONS

### The Beauty of our Nature

I am writing to you from the island of Majorca in the Mediterranean Sea. I'm tucked away in the quieter North East corner. Each morning when I awake, I go for a walk along the coastline. In this part of the island the coast is rugged with many tiny inlets and coves. Round each corner there is a new treasure. The sea is crystal clear and sparkles delightfully in the morning sun. This morning as I reached the brow of the hill I was climbing, I was awed by the beauty of what met me over the hill. The sun shining on the wide expanse of sea. Nothing on the horizon. Just the great blueness. The only sound being the distant waves below. The sky and sea seemed endless. I was aware of how much space there was. And through it all, the exquisite beauty, freely sharing its bounty regardless of an audience. Just the natural elements coming together showing how creation can be done.

What are our 'natural' elements? Which bits of us do we recognise as being the gift of nature? How freely do we let these elements shine? We have the strength and the warmth of the sun within us in our ability to love, give and experience joy. We have the vast spaciousness of the sky and sea in our innate freedom to respond uniquely in each moment – truly a limitless horizon. And this is just the beginning. We bring together so many natural elements in each and every moment. We are literally combining the raw material of existence into our moment to moment experience. To what extent do we recognise our creative power, our natural ability to bring forth a nourishing and harmonious environment? The same elements that form the stunning beauty in the Mediterranean are the same elements we build our lives with each

day. Nature is our constant reminder of that. Free from thought, it knows not how to limit its existence and always shows up in its true form. It says, "This is how beautiful Life can be. This beauty is the very *nature* of your origin."

We have heard it said many times that the entire created universe is made of energy and that this energy forms the basis for all existence. This is certainly true. But what is the *nature* of existence itself? Does it indeed have a nature? Or is it an impersonal energy source? The English language leaves a few clues\*. When we look at the *natural* world, we see the qualities of our shared *nature*. And that nature, unrestricted by confining thoughts, will always reveal itself as we see daily in the natural world. The magnificence, the wonder, the power, the complexity and the intelligence of nature are our building blocks too. We are literally made from a substance that gives rise to beauty and harmony effortlessly (Hmm you wonder, has she ever been on the subway at 8.30am on a Monday morning? Yes I have. And the same beauty is there too. Waiting patiently to be discovered.)

If it's so effortless, why the *seeming* lack of beauty in our world? The answer lies in the agility of this energy to be shaped. Thought has an instantaneous effect on it. Every thought is creating and combining energy into form. If we want to create harmonious circumstances, if we want to bring about beautiful form, we *must think in alignment with the nature of the energy we are creating with*. Remember, this energy is predisposed to harmony and beauty. Thoughts which are in alignment with its nature produce effortlessly harmonious results. Those thoughts which restrict its natural beauty and harmony, even seemingly harmless doubts, will manifest the nature of the thought and not the inherent nature of the energy that created it.

How do we reconnect with our inherent nature in a world where we are taught how to be, think and feel? Remember the awe and grace you feel in the presence of nature's beauty. Start to appreciate those same elements in yourself. Remember that they literally *are* the same elements, it's not just a metaphor. Share your sunshine freely, give of your warmth. Sit quietly as you would to take in a beautiful vista and experience the spaciousness of unlimited horizons. Remember how freely nature shares its beauty. Yours is there in equal abundance, waiting patiently to be discovered. Allow your natural harmony and grace to reveal itself. For as sure as the sun will rise tomorrow to greet me on the hill, so too will the beauty of your being rise to greet you every day.

With love and remembering

*Jeddah*

## **MESSAGE FOR MANKIND**

"Greetings. How wonderful to send you our love and good wishes. First we want to say, that we are so happy to have this opportunity to connect with you personally. It

is our great joy to communicate with you. We in Spirit are such an intimate part of your lives and yet much of the time, people imagine that we are remote. Please know that we are never far away. In fact we are never away at all. There is nowhere we could go! Let us give you this image. There are many layers of experience all existing simultaneously. Literally co-existing right in the same 'place' as it were. The layers are not separate but a continuum of experience and are differentiated only by the vibratory rate of the energy from which they are made. We 'reside' in these layers that intersect with your experience on many levels, although you are not conscious of it. Even the physical body, which we do not inhabit, is intimately connected to our presence with you. So there are many more layers that we share in common than not.

What are we doing all day? Are we just sitting around watching? No no, not at all. Our combined source means that we do not need to visit the physical planes in a body to connect with you. You have heard it said before that your Angels and guides are 'with' you. This is an exact statement but we are with you in the sense that we are made of the same energy and inhabit the same territory. The vast majority of your being is in non-physical form and it is that root we share. The same root that nourishes the whole tree of life.

Many of you yearn for closer contact with beings of Light and Love. Our common root doesn't just mean that we are closer to you but that you are also closer to us. Much closer than you might think. We do not possess a physical body, but you do possess spiritual bodies. When you become aware of your own spiritual continuum, you automatically become aware of the planes where we 'reside'. There is never any separation even in the physical body, which is seen as the bastion of separation.

The love, light, support and peace that you associate with us is also the truth of your own spiritual heritage. You are all beings of love. You are all beings of light. You are all beings of peace. It is impossible for us to have a different source to you. The apparent difference lies in perception only. We directly perceive our true nature. The gift of life on Earth is to perceive your true nature, despite the appearance of solidity. The body you inhabit is not so solid. That is body is also made of light and love. There is no other building material in existence.

We send you our friendship."

*The Great Brotherhood of Light*

## **Q & A**

**Leah:** How important is Buddhism or Buddhist thought in your training and background?

**Jeddah:** Well, I've studied a lot of the disciplines that are out there. You know in my early years, I did a lot of Buddhist training, I did a lot of Hindu philosophy and meditation, and they all gave me a good grounding. They all gave me the ability to discipline my thoughts, to discipline my practice; and they gave me a philosophical framework to work within. But what I didn't find there, that I subsequently found later, was that understanding of myself as the Presence, because I was always waiting for the information to give it to me. And I think that's why eventually, I moved away from a philosophical approach to Truth and Reality because I was always waiting for *that* to lead me somewhere. And when I stopped looking outside of myself into a teaching or a teacher that I started to look for the answers within, and that's when I found what I was looking for.

**Leah:** And did you develop a methodology so that each one of us can have that experience of ourselves?

**Jeddah:** That's a very good question. Yes, I have. I mean, one could say that it comes out of, you know, looking at what I did and recreating that for other people, but it's actually a lot more intuitive than that. And when I'm sitting with people, I just have an intuitive sense of what to say and what to do and how to lead people through these experiences. But the nicest thing is that all of these methodologies are very, very simple, very accessible, are very easy to do – anyone can do it. It doesn't require previous experience with meditation. It doesn't require previous understanding of any philosophy or doctrine. It doesn't actually even require that we believe in God or an afterlife or universal energy because the methodology that has worked for myself and for other people that I teach is using our moment to moment experience as our laboratory. And when we use that as our laboratory, we find that what previously were mysteries or secrets about life become revealed, they become self-evident. So the answers are there all the time.

## **NEWS & ANNOUNCEMENTS**

\*The *Changing the Paradigm* CD series Volume 1 is still in its production stages and should be ready in a couple of months. We look forward to making that available for you as many of you have waited so patiently for the series. Once the CDs are ready, we'll also make the mp3 version downloadable from the website.

\*The *Katherine Dever Interview* (audio and transcript) are very near (editing) completion and will be sent out in April.

\* This month the Pathway to Enlightenment 20 week course starts on Saturdays. Hosted by Learning Strategies, the course covers the curriculum of the 6 month mentoring programme. I am so looking forward to sharing that time with the many hundreds of you that registered. If you would like to join us, you can do so up to and including week 2. After that point, registration will close and all applications will go on to a waiting list for the next course.

Course Start: Saturday 22 March at 9am US Central Time, 2pm UK Time, 3pm Western Europe, 1am (ouch) Sydney, Australia. **PLEASE NOTE: The United States has already started Daylight Saving so when the UK and European clocks go forward later this month, the time of the course for those parts will move to one hour later. Australia and NZ when they change from Daylight saving, will be one hour earlier.** Fortunately the present is still NOW!