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Jeddah Mali August 2008

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News & Announcements

*The *Changing the Paradigm* CD series Volume 1 is called *Seeds of Enlightenment*. It is available on our website at <http://www.jeddahmali.com/store.php> for US \$240 / £120. If you have ordered a copy, please go to the link above to complete your purchase. Learning Strategies will be hosting the mp3 version on their website. That will be available very soon. The next newsletter we will give you the link for that.

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 and put NEWSLETTER QUESTION in the heading. 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 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 Pathway to Enlightenment 20 week course is now finished (Aug 2). Learning Strategies will be running that again (date tba) for those of you who missed out and asked to join the next course.

*For those participants who have done Pathway 1 and want to continue, I will be hosting Pathway 2, a further 12 weeks starting on October 4 through to Dec 20. This will cover:

- o ■ Introducing spiritual hierarchies
- o ■ Reading energy of others so you can correctly ascertain what is happening and how to respond.
- o ■ Maintaining high vibratory rates and consistent conscious awareness.
- o ■ The wider implications of a unified field
- o ■ Manifesting (properly!)
- o ■ Awareness of global consciousness
- o ■ Diffusing situations / giving remote aid
- o ■ Purpose
- o ■ Meaning

We will follow the same format. I will record the session during the week. Learning Strategies will play it on the telephone, the same as Pathway 1, so that we can all connect at the same time. The downloads will be available on a special page on LS's website.

The price will be the same: \$36 a session. You can sign up for that by making a \$10 deposit online at Learning Strategies website. The balance will be charged in three equal payments beginning October 1.

*The interview I did on Nicole Whitney's News for the Soul radio show is available

Steadiness

I move around a lot even when I'm at home and travel regularly overseas. Last week I was on a plane crossing the Atlantic Ocean. A couple of days ago I was cycling across town. Right now I'm on a train heading to London. Next week I will drive across the UK.

I'm now the rule rather than the exception. Life is busy. If we look at the world we move around in, we can see that it is also busy. We are not moving through a static environment. It's full of flux. Other people's schedules, the pace of change, information available 24/7, the demands to keep up or just keep afloat.

We feel this pressure acutely. John Gray talks about the effect this relentless pace has on our physiology in his book *Why Mars and Venus Collide*. When we are under occasional stress (fight or flight responses) the adrenal gland issues adrenaline and cortisol to stimulate a lightning quick reaction. All well and good. But if we are under constant stress the continual release of these hormones undermines our ability to function on a daily level. Over time the sustained secretion of these hormones can disrupt our digestive and immune systems resulting in lower energy and susceptibility to illness. If the situation continues unabated, it can cause unhealthy fluctuations in our blood sugar levels leading to irritability, a sense of urgency, anxiety and general distress.

When we look at how our physiology is designed, we can see that peace and calm are the optimal conditions for human beings. But how often do we get this? We used to measure our movement against the steadiness of nature and its rhythms. Nature doesn't hasten itself for any man. It is a timeless constant. We were 'held' in this steadiness, some would say bound by it, because we couldn't move any faster than our own efforts could take us.

With the industrial revolution and the beginning of the global migration from the country to the city, it's no longer possible for 50% of the world's population to rely on the mitigating influence of nature. The report 'State of the World 2007' by the Washington-based Worldwatch Institute points out that "as recently as a century ago, the vast majority of the world's people lived in rural areas, but by sometime during 2008 more than half of all people will live in urban areas. Over 60 million people—roughly the population of France—are now added to the

to listen to at their website. [Click here to listen to the interview.](#)

The show talks about the upcoming Winter Feast for the Soul in January 2009 where I will be conducting a series of 40 morning mediations as part of a larger global, nondenominational practice which has received the blessings of his Holiness the Dalai Lama.

You can read about Winter Feast for the Soul at <http://www.winterfeastforthesoul.com/> or watch a short but very sweet DVD on YouTube at <http://www.youtube.com/watch?v=7-seejfdXi4>

More importantly, you can take part. Go to <http://www.winterfeastforthesoul.com/> to register. It's free. It's global. It's us making a difference to our world. With love, Jeddah

Pass it on

If you know someone who may be interested in receiving this newsletter, please forward this email along.

planet's burgeoning cities and suburbs each year, mostly in low-income urban settlements in developing countries. •Unplanned and chaotic urbanization is taking a huge toll on human health and the quality of the environment, contributing to social, ecological, and economic instability in many countries."

How then do we find steadiness to counteract the destabilizing forces of our modern world? Steadiness is not a word you hear too often these days. The buzz is all around keeping up, coping, managing the pace of change. There's rising evidence that trying to keep up is causing humanity to experience greater discord and discontent. Let us ask ourselves... What we are reaching for? Where are we headed? What is the cost of arriving 'there'? Will this imagined future of order and accomplishment be satisfying if we have to run ever faster to achieve it?

Do we really need to adjust our physiology to cope with more or do we need to find that place within us that is already steady and bring that steadiness into our environment? I often remind students that the thoughts they think turn their feet in a certain direction. Believing in and acting on these thoughts sets our feet walking in that direction. If we change the nature of our thoughts, we alter our direction. This is as true for the whole of humanity as it is for one person. As we make our individual choices, we 'steer' mankind collectively. Hence if we can find steadiness in ourselves, we can lend this to our environment, our fellow man. Disconnection and discontent arise when we imagine, or hope, we are headed in one direction (peace, fulfillment, success) when our thoughts, beliefs and actions are simultaneously carrying us in another (the pressure of attainment leading to exhaustion, disillusionment and sometimes despair).

Steadiness comes about from noticing that it is already present within us. When we multiply that noticing by the thousands of moments that life presents us with each day, we realise that we have an abundant opportunity to bring it to our conscious attention. In each moment we are offered the opportunity as to how we view ourselves and our world. We don't often take full advantage of this freedom but it's available nonetheless.

Steadiness is strengthened whenever we choose those thoughts, those responses, that bring our internal environment to a state of calm. Every time we pause before replying, take a full deep breath before going out the door, we consciously remove ourselves from the ups and downs of life - we literally 'take a moment'. This moment of timelessness is enough to alert our

physiology to the opportunity of expansion, of release. And we are so beautifully designed that our physiology makes good use of this opportunity - however rare or slight.

Whenever we 'take' a moment (which is really giving a moment) we add spaciousness to that moment. And spaciousness predisposes us to greater possibility, greater choice. We feel more centered and grounded. We are less bound by the pace of our environment. We switch over to an older rhythm, the one for which we are designed, and this releases us from being on automatic pilot.

These moments are windows into Truth. We start to see the correlation between our internal state and our perception of our world. Just who is calling the shots? Who is thinking, believing, acting? Who is setting our feet in the direction we're heading? And of course the answer is that we are doing it to ourselves. There's something so reassuring about realizing that each moment is an opportunity and that we are free to respond consciously. This ever-present opportunity gives us a sense of steadiness.

And this steadiness is not dependent on someone doing it for us. It's not dependent on catching up, staying ahead or staying afloat. External circumstances, other people's behaviour, the pace of change - they are powerless to sweep us into a hurried response. Or physical body relaxes, our emotions calm, our mind settles and peace is restored.

*In love and remembering,
Jeddah*

Message for Mankind

Purity

Each month that we relay a message to you, we would like to share with you our view of the world, of life and particularly, how we see humanity. We have chosen purity this month because it's not often associated with Earth in the minds of man, except perhaps when drinking water is discussed! What does it mean when something is pure? In essence, it exists in a form that is free to express its inherent nature. When there is nothing added to its original form. In the case of water, it is pure when it is only H₂O and nothing else. No pollution, no chemicals, no thought. *No thought?* Now we are curious!

Thoughts send out influence all the time. They influence the

patterns of existence. The forms you find in nature, the form of man, the form of energy itself - they all have a pure state. A state in which there is no influence from thought. They exist by continuous connection to the original law that brought them into being. How do we allow things to exist in their pure form and what is the advantage of doing so?

Allow the mind to be still. Allow light to enter the mind and notice how peaceful and still it can become under this influence. Know that life is happening all the time, whether we are thinking about it or not. Life is not dependent on thought passing thoughts. In these moments, feel your ability to engage in conscious perception. To feel the incredible wonder that is life unfolding in all its forms. Your willingness to allow this energy to move, without needing to help or hinder it - in its pure form, is the cornerstone of being able to experience it.

When you experience life in its pure form, you can sense the incredible beauty that went into its creation. You can sense the intelligence, the subtlety, the magnificence and the intricacy that brought it into being.

Purity invites us to recognise awareness itself. Purity also allows us to see that in its original form, life is expansive, light-filled and radiates an inner beauty. You see that you are this intelligence, this light, this unfolding beauty. You can then appreciate your all form and know the truth of your origin.

Ceaseless Blessings,
The Great Brotherhood of Light

Questions & Answers (Q&A)

Q: I'd like to know about is a good technique for 'recharging' the body when it is feeling worn out physically, emotionally, or mentally. --Rob

Jeddah: Rest and sleep have been known to work! You can override these to some extent but you tend to draw on the kidney energy and the nervous system. They both need quiet, rest and sleep to rejuvenate. Any thought, belief, visualisation or activity (such as meditation, massage, sex, sunbathing) that causes your cells to open will release tension and benefit the body. The stress on the body is from being held in a constant state of contraction. Obviously some forms of expansion have more long-term benefits than others (meditation over

sunbathing). And all these only work if you enjoy them!

Rob: How specifically should one consciously recharge the Physical body? Emotional body? Mental body?

Jeddah:

- A serene mind will do wonders for all levels.
- You can go through each level using light (green for balance and healing, white for cleansing and recharging, gold for protection and nourishment, pink for gentleness and tenderness, blue for clarity and peace, violet for transformation and maturation) and apply the ray that seems needed.
- Appreciation has a wonderful benefit on the whole organism.
- Rest is not to be underestimated!
- Nature has a very healing effect on the three levels you mention.
- Exercise that you enjoy (enjoy being the key word). And only if you are just sluggish. If you are really tired, do something more relaxing.
- Intention. Intention. Intention.

But remember in all things, there is nothing more 'holy' about spiritual energy than physical energy. It is all the same energy, albeit in different frequencies. When the physical body gets tired, it is expressing a need according to the laws governing its existence, just the same way that a mental or emotional tiredness does. They are all strands in the same spider web. To encourage health, we allow balance. To encourage balance, we accept the continuity of spirit right into the everyday physical needs of the body.

In sickness and in health, we are all one.

Fondly, Jeddah