



December 2008

Changing the Paradigm Newsletter

WELCOME

Welcome to our *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

Global Community

As I said in our last newsletter, I am involved in a couple of projects that aim to bring coherent unity to our planet. The Winter Feast is a yearly global event. This year it will have close links with the Global Coherence Initiative, which is ongoing, because we recognise the shared intention. In the current times, it is essential we know where to turn when we feel we need support to cope. I'd like to share these projects with you.

GLOBAL COHERENCE INITIATIVE <http://www.glcoherence.org/>

I am on the Steering Committee of the Global Coherence Initiative with fellow members Gregg Braden, Claudia Weiss, Rollin McCraty, Howard Martin & Deborah Rozman. The scientific impetus comes from the HeartMath Institute. Rollin McCraty is their principal scientist.

The Global Coherence Initiative is a science-based initiative uniting millions of people in heart-focused care and intention, to shift global consciousness from instability and discord to balance, cooperation and enduring peace. This project has been launched by the Institute of HeartMath®, a nonprofit 501(c)(3), a recognized global leader in researching emotional physiology, heart-brain interactions and the physiology of optimal health and performance. The Global Coherence Initiative is designed to help individuals and groups work together, synchronistically and strategically to increase the impact of their efforts to create positive global change.

Together we will:

- Increase personal coherence for the benefit of ourselves and the planet
- Help shift the planetary consciousness baseline from self-centeredness to wholeness care
- Increase connection and social harmony
- Empower our ability to navigate through global changes with less stress and more ease
- Empower environmental responsibility and stewardship of the planet

Some of GCI's accomplishments to date: More than 8,409 active GCI members in over 54 countries have been building personal heart coherence. Their efforts are helping to create a global coherence wave that is going out to help offset the stress associated with severe natural disasters, environmental problems, wars and social upheaval and to the hundreds of millions of people around the world experiencing hardships and anxiety from the current global financial crisis.

We have completed the design and construction of a specialized ultrasensitive sensor that detects and records the magnetic fields created by the earth and ionosphere. This was the first step toward completing the goal of implementing a global network of sensor sites that will enable us to monitor the interactions between people and planetary energetics.

We are also finalizing research protocols for a series of experiments that are set to begin soon on the effects of coherent heart-aligned intentions on living systems.

What is the next step?

In order to deploy remote sensors around the planet, the next essential step is to complete the **Data Communication Network**, which will allow data from multiple sites to be sent back to the central data acquisition and analysis center in Boulder Creek, Calif. Our goal is to raise \$100,000 for this essential technology, and the nonprofit GCI depends on the generous contributions of its members and other supporters of this important project.

Why do we need the Data Communication Network?

Once the system is completed and built, we'll be able to deploy remote sensor sites and begin to conduct experiments with the GCI community. This will allow

us to expand and further validate recent studies that have shown profound interactions between the rhythms in the earth's magnetic fields and human health and behavior, including acts of crime, terrorism and wars. Most important, deployment of the GCMS will allow us to test one of the central hypotheses of the project: Collective, coherent heart-aligned intention creates an outgoing wave field that interacts with and modulates the planetary magnetic field, thus potentially affecting everyone within the field.

We invite you to look at GCMS plans and review a more technical description of the system at ***Tech Talk*** on the Global Coherence Initiative Web site.

The Global Coherence Initiative empowers co-creation with others for the benefit of all. This project has been initiated because millions of people sense that this is an extraordinary time; that a paradigm shift of human consciousness is now under way; that we are at the crossroads of change and must move toward the healing of ourselves and our planet. ***Earth is our responsibility, now is the time.***

WINTER FEAST FOR THE SOUL www.winterfeastforthesoul.com

A Winter Feast for the Soul

A 40-day worldwide spiritual practice period for people of all faiths everywhere
January 15 – February 23, 2009

I'll be leading 40 meditations over 40 consecutive days as part of this worldwide event. The focus of my meditations will be to attain a state of peace and to be able to maintain that state indefinitely, thus impacting directly upon the levels of peace on our planet.

The mission of A Winter Feast for the Soul is to support individuals around the world in making a commitment to daily spiritual practice for forty days. A life grounded in daily practice is one that knows inner peace. It is that peace which translates into peace throughout our lives and ultimately to peace and healing for our planet.

We know that it only takes a few committed individuals to change the world. We are here to do that. Please join us this coming winter for

OUR VISION

We hold a vision of a world at peace that surpasses the imagined boundaries of creed, culture, and philosophical belief.

We hold a vision for individuals to find a way to access their own inner peace through a daily practice of meditation and prayer.

We hold a vision of a world where there is sufficient abundance to support all sentient beings.

OUR GOALS

To create an annual worldwide period of spiritual practice for people of all faiths to come together in prayer and meditation.

To support people around the world in finding inner peace in their lives through the creation of a daily spiritual practice.

To recognize that every person and every group is entitled to their own unique form of expression of these goals and is encouraged to practice them without discrimination.

To work toward a global consciousness of peace.

WHO WE ARE

A Winter Feast for the Soul is a non-profit organization operating under the auspices of Rising Tide International, a non-profit corporation located in Sarasota Florida. Our organization was originally formed in Sun Valley Idaho in partnership with the Light on the Mountains Spiritual Center in order to create the first Winter Feast which took place January 15 - February 23, 2008. Based on our experience with the first Feast, we have created a separate organization and expanded our outreach to a worldwide level. The impulse for our work is one that came out of the stillness of a daily meditation practice. We support one another in maintaining that practice as a source of strength, wisdom and compassion.

ABOUT THE FOUNDER

Valerie Skonie is a resident of Hailey Idaho and an experienced business woman. Valerie moved to the Wood River Valley from Northern California after her retirement from corporate life. Since her retirement Valerie has taken her business experience and merged it with her passions for the world of meditation and Spirit to create A Winter Feast for the Soul.

For more information about this event, contact Valerie via the Winter Feast site.

I really recommend the lovely 4 minute DVD
<http://www.youtube.com/watch?v=7-seejfdXi4>

In love and remembering,

Jeddah

MESSAGE FOR MANKIND

Giving

You have certain times of year when you give presents to one another. You have to think about what the other person would like. You have to shop for it. Wrap it. Deliver it. And then it's called a gift. Many people have a long wish list for items they wish to acquire. Some of these items are needed. Some are useful. Some are just a treat.

Humans have access to a store of gifts that is available all year round. They're free to obtain, easy to wrap and deliver and *everyone* wants them. We encourage you to consider giving kindness. You can afford to give it to everyone. It's wonderful to receive. And it never goes out of date. We also encourage you to give understanding, compassion, encouragement, acceptance, love.

Notice how welcome they are and how good they feel to give.

Ceaseless Blessings,

The Great Brotherhood of Light

Q & A

Todd:

How come it seems that the more I "focus" on what I want, the more it runs away from me? Also, would it be asking too much to ask you to say a prayer and send me some of your energy?

Jeddah Mali:

Dear Todd,

Existence is designed to form itself into our exact thought patterns. So if we are experiencing something we didn't consciously seek, we must be *unconsciously* holding thoughts that bring about these inadvertent results. It can be no other way. The beauty of this however is that our results reveal to us our unconscious programming. Once we notice/acknowledge/accept that we ourselves must be producing these results, what was previously unconscious has now been made conscious, through the materialisation of the thought as experience/event. So even so-called unwanted experiences/events are blessings because they assist us in fine-tuning our consciousness on what we wish to bring into being. When we can hold our intention, despite outward appearances to the contrary, then it is free to manifest without hindrance.

I will most certainly send you love, warmth and blessings.

My fondest regards

Jeddah

PROJECTS

If you are interested in supporting the projects mentioned in the above article, go to the following websites and register your name. You can be an active participant or just use it as a way to stay in touch with movements dealing with global consciousness.

Global Coherence Initiative (GCI) www.glcoherence.org

Winter Feast for the Soul www.winterfeastforthesoul.com/

NEWS & ANNOUNCEMENTS

*For those of you who have enquired about **Retreats** and waited patiently for a definitive answer, I am in negotiations with Learning Strategies at present to set a date. Unfortunately they were not able to offer the Springtime retreat due to scheduling commitments so we are now planning a Summertime retreat at a lovely facility in Minnesota. Details of the retreat location with firm dates and activities included will be announced in our next newsletter.

*We have a **Question & Answer Forum** at www.wordpress.jeddahmali.com. I offer guidance, advice and direction on spiritual practice and discovery. If you need some assistance with your spiritual practice or discovery, we will endeavour to answer your enquiry within the week. All replies will be posted on the site (when we are unable to answer all questions due to high demand, we will post those that offer the most benefit to all). This is a wonderful way for others to learn from your enquiry, so if you have a question, please consider this avenue.

*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 (you can pay in any denomination at the checkout. It will automatically charge the equivalent in your currency).

*The MP3 version of *Seeds of Enlightenment* is now available for purchase and download on our website <http://www.jeddahmali.com/store.php> for \$240 at present. It includes a pdf booklet to accompany the audio files.

***Pathway to Enlightenment 1 and 2**, the popular teleseminar courses, will be running again (date is most likely February 2009). If you would like to join the next course, please visit <http://www.jeddahmali.com/apply.php>

Till next time,

Jeddah