



June 2009

Changing the Paradigm Newsletter

WELCOME

Welcome to our bi-monthly *Changing the Paradigm* newsletter. In each issue there is an article by myself or a guest writer 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, 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 and 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

My goodness it feels like a long time since I sat to write to you! I hope you enjoyed the last 'transmission' of our interview with Master Kaye Lee. I really enjoyed his questions and his approach. I love his laugh too which you can hear if you listen to the recording. (It's available on our website under *Store*). It sets me off laughing. The first time I spoke to him we had a 20-minute conversation on the telephone. We spent 8 minutes of that time talking and 12 minutes laughing so we were lucky to catch any conversation in our interview. I think he was on his best behaviour!

Summer is in full bloom here in the UK. How I love the garden full of busy bees and birds. I am blessed to reside in an idyllic spot. Often when I am enjoying the beauty of the English countryside, I am reminded of the conditions I have encountered on



my travels in other parts of the world, and I am moved to silent compassion. The relative comfort of our western lives can sometimes cause us to become unintentionally forgetful of the difficult conditions that so many others face.

The human family is going through a challenging time. We have discussed in previous newsletters that the pace of life is picking up. This is affecting mental and (therefore) emotional stability, so as a result, many people feel destabilized. The economic situation is affecting the entire planet. And the West has now joined the rest of the world in realising that our physical circumstances are no longer immune to unexpected change.

It saddens me to see that with all our machines, technology, global industries and mass agriculture that people are still lacking basic human needs. Poverty and hunger are widespread. Wars still terrorise and traumatise nations. Soil, air and water quality is poor in most of the world. And the world population is growing in size more and more each year. We are huddled on a planet that is increasingly struggling to provide for our presence.

We can see from the circumstances in which many people find themselves that we are not yet finding consistently harmonious ways to reside with our planet, our fellow creatures or each other. Our presence on Earth influences our surroundings. We can assist the planet, both in its challenges and its transition to a gentler, more humane environment for all life here. Please do not underestimate the power of your presence on our planet. Although you may not see the effects you generate, I assure you that they are not lost into the ethers. Every gesture of kindness, love, compassion and goodwill transforms the energy in and around you towards harmonious energy patterns. These are then available in your environment where they influence others. They also sweeten the energies for the Earth and its creatures.

We often think that we must put forward a lot of effort and struggle to change the expression of life in the world. Whilst I do encourage you to follow whatever impulses you have to physically assist, I would remind you that one of the most powerful ways you can assist is simply to allow love and kindness to flow through you into the world. The vibratory rate of the heart has a healing, transformative and nourishing effect. It overrides slower, denser frequencies and draws them up into very beautiful, harmonious and light-filled patterns. These patterns have the ability to endure in the Earth's energy field and affect the entire planet. They restore peace and harmony to energy already affected by conflict-ridden thought. They are like sunshine burning off fog.



Do this for your own well-being. Do this for your family. Do this for your nation. Do this for your planet. Do this for life itself. Whatever your motivation, allow love to join you in your journey each day. You will find a true and lasting friend.

MESSAGE FOR MANKIND

At this time we are focusing on Earth to help mankind through its transition into being a peaceful planet. For each heart on Earth that reaches towards the light, that impulse is met with tremendous waves of assistance in Spirit. There is no turning back from the progression that has started. This planet is in the process of 'quickenning'. The vibratory rate of human frequencies is being raised by a strong impulse from the rapid vibrating frequencies in the Spiritual kingdoms. This causes a loosening of that which has previously been held. It will become more difficult to hold energy in contracted forms. In order to navigate through this transition, human beings must be prepared.

Physical efforts must be coordinated with spiritual consciousness in order to bring about the greatest benefit. Physical efforts on their own are losing their power to influence. The maturity of the consciousness within that determines whether human beings find their equilibrium during this time. Where all other methods take time, consciousness is lightning quick and does not require the usual physical processes of change. Steady integration of change will be a vital skill in the coming times. Consciousness can effect this for you.

As much as possible, we urge you to let go of all the old ways of seeing and being. Relinquish attachment to achieving goals through struggle and effort. An easier time awaits you. But it will not come through the old means. All of humanity is being educated. Every facet of the planet is engaged in learning how to allow this energy impulse to manifest within the human frequencies.

Please try to trust, stay steady and stay open. The energies are designed to carry you into freedom. So trust the direction that your heart pulls you in. It is uniquely capable of discerning these energies and translating them into usable human frequencies. Our presence here is to reassure you that all is well, that you are being cared for, that you are being assisted.

With great love,

The Brotherhood of Light



QUESTION & ANSWER

Newsletter Question from Stan K.

Q: Can you tell me what the relationship is between being continually 'aware' and such subconscious processes as lucid dreaming?

A: Sleeping is normally a time when you rest your body and step out of day-to-day human consciousness. Your consciousness 'travels' to frequencies beyond human cognition and you are said to be asleep. During this time your subconscious has a freer access because your consciousness has retreated from your human frequencies (body, emotions and mind). Dreaming is when the subconscious 'airs' itself through Awareness. Awareness never sleeps, it cannot *not* be. So it houses the content of both the conscious and subconscious. When you are continually conscious, you notice (and therefore experience) the presence of awareness in all moments. Being continually conscious means the subconscious has no power over you. There is no more belief in its energetic patterns. When you dream, you get to experience the stored patterns held in the subconscious. When you lucid dream, your consciousness makes an appearance whilst your subconscious material is being aired. You have an opportunity to take hold of a stored belief and directly challenge it with conscious presence (which weakens or dissolves subconscious material).

Q: Also, you yourself are psychic; do such things as ESP or out-of-body travel develop spontaneously from present-moment awareness?

A: Psychic ability is when we hone our conscious attention to specific frequencies to examine the energy formations at that frequency. Commonly psychics attune to the astral dimension where many beings 'reside'. Some, but not all by any means, can expand their consciousness beyond this frequency into the subtler realms.

There is also the state of being 'truth-realised' when our consciousness can be held steadily in expansion to perceive awareness in all frequencies. Furthermore, one can experience the union of consciousness and awareness where consciousness rests solely and directly in awareness without any thought, idea, intention or form arising.



Truth-realised beings are naturally psychic but these abilities are not perceived to be separate from existence. It is just a naturally arising faculty of consciousness seeing all. However, not all psychics are truth-realised.

With love and blessings

Jeddah

Question from Carol

Q: My name is Carol and I am a 13 year old girl who just started Seeds of Enlightenment, I ordered the course from Learning Strategies and had had it for a couple of weeks. The first week I tried meditation 1 and I just felt so frustrated with it that I just stopped doing it. About a week ago, I decided to try them again. I don't know if my emotional reaction is because I am not doing them correctly or maybe because I'm not at all in alignment. I do not know. I am an indigo child and I am more spiritually aware than most people my age. Your teachings taught in the meditations are familiar to me...they seem normal to me because I've known them all along. I've had many psychic visions and I am aware the vibrational level of the planet is supposed to change just like it was once in the lost civilizations of Atlantis and Lemuria. There is this expansive attitude I've been trying but I feel contracted... I don't know what's going on because I know that that expansive intention that my soul is trying to persuade that is it's life purpose. Maybe it's because I have been doing each meditation for three days each and then move on to the next. I feel like every expansive attitude I try out, feels contractive. Please help, this is confusing me. I feel like my potential is minimized instead of maximized....I feel frustrated!

Thanks Jeddah!!!

Love, Carol

A: Dear Carol

Thank you for contacting me with your question. I was intrigued to read your email and learn that you are 13 years old.

Any time we experience contraction, it can only be because there is an aspect of our being engaging in the belief of something untrue. When we say untrue, we mean that the belief is not in alignment with our true nature. It can be any assumption we have around our being . The belief can take place on very subtle levels and is often unconscious (subconscious). That we hold certain beliefs of this nature is not bad, it



is just limiting (as you say) because when we have any untruths operating our experience, in those moments we cannot simultaneously experience our fullness.

Now the contraction is not a punishment. It is also not there to show you that you cannot experience your fullness. Nor is it there to confirm that you are indeed limited. None of those! It is simply there because the unconscious thought of some limitation is based in belief. So it is very helpful. Think of it as a smoke alarm. It alerts you to the fact that there is a thought operating in awareness and producing experience. So every time you experience contraction, be grateful. It shows the mechanism of Awareness is working perfectly. You don't need to know the exact nature of the thought, just that it is there on some level. So even though consciously you are intending one experience, subconsciously you are intending another one which is in opposition to the conscious intention.

In every case, these contractions test our willingness, focus and trust in our conscious intention. The resistance in the unconscious provides us with an excellent opportunity to strengthen our commitment to our conscious intention.

Whenever we experience contraction, it brings us awake into the moment. As such, it has already done its job. To make us wake up to what we are entertaining in our being. Once present and alert, we can consciously reiterate our intention and strengthen our willingness, our focus and our trust. We can relax into it (allow it) rather than try to create it. Any attempt to forcefully create will result in the opposite experience because the underlying message in feeling we must create our good is that it is not there already. This is perhaps what is happening to you.

I also feel intuitively that you need to practice steadiness of focus. If you have these abilities, they will serve you better under the influence of steadiness.

That way you can reiterate your intention and allow the consistency of your focus to hold the intention for you as you relax and allow the natural beauty of your being to carry it out.

Always remember, we are beings of light. We are never truly anything else.

Everything else is just an appearance.

Travel well my little friend.

With warmth and love, Jeddah x



Carol's Response:

Dear Jeddah!

I've been meditating upon what you wrote to me in this message. And to be honest with you, I think that's exactly what's going on and it helps me to better understand what I've been feeling and how to deal with those feelings. While in meditation I know that my intention is pure, it's just that there is a slight contraction and I definitely think it's because there is an underlying doubt. I couldn't find an explanation for it and so I started to feel frustrated, I thought I was too young to be doing the meditations... or I was doing them wrong...I started coming up with so many excuses. But indeed your explanation truly makes sense out of all of mine!

Thank you so much. You have been the most inspiring and empowering teacher on my journey!

Love,

Carol

NEWS & ANNOUNCEMENTS

Minnesota Retreat July 2009

There are still some spaces available for my 6 Day Total Transformational Retreat

Monday, July 27, through Saturday, August 1, 2009 in Minnesota

The Retreat will be held at the beautiful Radisson Hotel and Conference Centre in Plymouth, Minnesota. The retreat will use the same basis of gently enabling you to operate from a Unified Paradigm. There will be talks, meditation, Q & A. This year we are going to be working in depth on transforming struggle, conflict, doubt and fear. We have daily singing and yoga from amazingly trained teachers. We will also have a section each day for global education. The group attending is such a wonderful, warm bunch so if you'd like to join us, we'd be delighted to see you there.

Please see the Learning Strategies website to book your place on the Retreat:
<http://www.learningstrategies.com/Seeds/Retreat?aff=6Mali09>



'Embracing Freedom' CD & MP3 - Available now on our website

The 2nd volume in the Changing the Paradigm series is '**Embracing Freedom**' (the follow-up to Seeds of Enlightenment). It is freshly completed and we are all so pleased with its fulfillment. In Embracing Freedom we explore the common areas in life where human beings lapse into forgetting their true nature. We examine how to use our present relationship to our everyday life as an opportunity to recognise the ever-available presence of awareness. As with Seeds of Enlightenment, the beautiful music on each meditation of Embracing Freedom has been specially composed by Phil Aaron and his team.

To purchase Embracing Freedom follow the link:

<http://www.jeddahmali.com/store.php>

Summer Feast for the Soul

7-day Spiritual Practice

Theme: The Wisdom of the Heart

I have just finished the 7-day Summer Feast for the Soul: a refresher for those who participated in the 40-day Winter Feast earlier this year. It was also an opportunity for those who did not participate in the 40-day Winter Feast to begin to experience the benefits of a daily spiritual practice. This year's theme, the Wisdom of the Heart, expanded the benefits of our practice beyond the borders of our personal lives to help us connect with the world in a larger way.

Here is the link to the 7 Summer Feast For The Soul meditations:

<http://www.talkshoe.com/talkshoe/web/talkCast.jsp?masterId=52378&cmd=tc>

June 2009 Interview with Robert Scheinfeld

I was recently interviewed by Robert Scheinfeld, the author of the New York Times bestseller 'Busting Loose from the Business Game'. The 40 minute interview will be uploaded to my website shortly as a downloadable transcript and audio file. His excellent understanding of spirituality and consciousness made this a particularly interesting interview.

'For more than 20 years, Robert Scheinfeld has been helping people worldwide create extraordinary results, in less time, with less effort,



and with much more fun. He captivates audiences through his unique and memorable stories of personal growth, spiritual growth, and transformation and by sharing valuable and empowering insights from his own life.'
His website is: www.robertscheinfeld.com

PROJECTS

If you are interested in supporting the projects that I have talked about in recent newsletters, please go to the websites below 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.

Winter Feast for the Soul www.winterfeastforthesoul.com

Global Coherence Initiative (GCI) www.glcoherence.org

Till next time,

Jeddah