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Jeddah Mali October 2008

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PROJECTS

These are two worthwhile projects that I am personally involved in. I'll go into greater detail next issue when I do a feature on Global Community. If you'd like to take a look now I've provided the links.

Global Coherence Initiative (GCI)
www.glcoherence.org

Winter Feast for the Soul <http://www.winterfeastforthesoul.com/main.html>

NEWS & ANNOUNCEMENTS

* We've had a few glitches recently with our website functionality. Thank you to those of you who took the time to point out what wasn't working. There will be work going on during the next week on the website so thank

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

you for your patience as we get things ironed out. In order to streamline processes and enhance user-friendliness, we're making the following changes:

- we're moving all purchases to the store page
- all applications for programmes and courses on the application page, and
- all contact will be through the contact page only

*The interview I did with Leah Landau will be available any day now on our website. It's fairly long but she's a great interviewer and asks some wonderful questions. The transcript will be available at the same time (all 18 pages of it!). The audio download is \$10 / £5 but the transcript is free.

*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.

*Pathway to Enlightenment 1, the 20 week course will be running again (date tba - but looking likely for early 2009). If you would like to join the next course, please visit <http://www.jeddahmali.com/programmes.php>

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

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

REFLECTIONS

Living Life

Living life, having a life, enjoying life are all phrases we're familiar with but what does it really mean? It's often alluded to in adverts. If you use this product then you automatically start to enjoy life on a different level, you gain access to a stream of contentment that magically kicks in. We know it's not how it really happens but these messages tap into a hope that there *is* something out there which will make us happy, carefree and enjoy every second of life. There is continuous encouragement to invest in external factors to do it for us. And this encouragement is everywhere.

If we are really honest with ourselves, are we waiting for something to come along and make it all better? If we look at our life in 24 hr segments, what proportion of that 24 hrs do we invest in external factors to make us happy? And if we think about the future, what sort of thoughts come to mind? Do we imagine our relationships will have sorted themselves out, our finances will be on a more even keel, our contentment levels will have risen.

What is the biggest downside of waiting for external circumstances to arrange themselves in our favour? Is it that we are at the mercy of external factors, commonly referred to as Fate. Is it that we become dependent on things looking a certain way before we can experience some form of

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

<http://www.learningstrategies.com/jeddah/12sessions>

Till next time,

Jeddah

contentment? This is all true but I would suggest the biggest drawback is that reliance on other people, other things, other ways *automatically robs us of the opportunity to direct our own life* . And we've heard the advice many times before, yet the subtle pull of expectation persists.

And if you are starting to get suspicious that I am about to suggest that you give up your chosen pleasures in life - chocolate, a hearty claret, a good book and so on, then rest assured that I will never trespass on that territory. It's yours to keep. But even these things are decidedly more enjoyable when we don't *need* to have them. We choose them, appreciate them and remain conscious all the while that they are temporary and were never intended to be otherwise. Once we start to *rely* on them, the pleasure seeps away and the activity is bound up with expectation and anxiety.

We need to look at what we find enjoyable, or think we do, in the quick fix of acquisition. Does it provide consistent long-term benefit? Or do we need to repeat the process over and over? If there was something inherently satisfying about it, if that approach was working for mankind, then the first person who... bought that car, went on that holiday, drank that beverage, married that man/woman, got that job....would have entered into a state whereby he/she was free from all anxiety, all need. And it would follow that the biggest consumers on the planet were the happiest. And we know *that* doesn't stand up to examination!

If we're going to talk about external factors, there must be such a thing as internal factors. They are often considered qualities - that we either have them or we don't - but they are actually faculties, abilities that we can draw on. These internal faculties are the expression of your innate wisdom. We don't need to acquire them - they are encoded into your

being - just utilise them.

They include Discernment, Equanimity, Trust, Balance, Willingness, Courage, Openness, Perspective.

What do they have going for them that external circumstances do not?

They are completely accessible in every moment.

They are not dependent on ...our partner liking us, the income going into 6 figures, the holiday working out, the car being reliable, our children being grateful...

They are user friendly (we can't overeat them, get a hangover from them, get into debt because of them, need counselling after them...)

We don't need to repeat the experience immediately after in order to feel good. They are incredibly long-lasting, with no detrimental side-effects.

They bring about a harmonious inner equilibrium.

To find your way into the feeling state they bring ask yourself " What would it feel like to be full of Trust / Discernment / Courage etc? " The experience of that will follow. Why is that?

Reliance on external factors has an underlying belief - that we need to add something in order to feel whole, that this mixture called Life is inherently lacking - and so that's **exactly** what we experience, lack! Self-worth is born from a belief that whatever we are is good enough, full enough, wise enough, beautiful enough - and then that's exactly what we experience - enough (ie-no lack!).

How would Life look if we invested our waking hours in that? How would it be if

we could manage our own happiness levels? How would it feel if our happiness was completely independent of all external factors? (Remember we can still enjoy all of them, but we would no longer be dependent on them, rely on them to bring us a feeling of ongoing contentment). Well there's only one way to find out...

In love and remembering,

Jeddah

Message for Mankind

Love

So much is written on this subject. We offer you our humble perspective. Love is the great healer - it is the ultimate physician. Love leaves no stone unturned. It can access even the darkest of places, blocked to reason, and bring comfort and ease.

Friends, it is so readily available, so accessible. It is so easy to send it, feel it, watch it grow and see it mend even the most torn of ways. Love is so pure. In its spiritual form it is impossible for it to be tainted.

Love is flowing to you from Spirit in so many ways. Allow it in. Feel its warmth. Receive its blessing. Dear friends we love you. We send you love ceaselessly. You are not lost to us. We do not see you as remote humans on some distant shore that is hard to reach. We are standing amongst you. This outpouring of love has within it our blessings, our encouragement, our goodwill, our recognition of your beauty and our enjoyment of you as fellow beings.

Just knowing that it is there for you, freely available, will start to make the connection for many of you to receive this gift. Use it as you will. This love we send has nothing

to do with deserving. It has everything to do with Life and its ways.

Ceaseless Blessings,

The Great Brotherhood of Light

Questions & Answers (Q&A)

Larry: When in the heart center I see the emerald green light and in alternating waves the violet lights whenever I close my eyes but have great difficulty seeing or even sensing the warm sunshine or white cone sphere around me. I also have a lot of trouble keeping my mind on the sideline. I have been going back over the past lessons and reviewing. Is there anything I can do to help hold more steady and get a clearer picture? Thank you

Jeddah: To steady the mind, try to do some breathing exercises before you meditate. Also exercise before meditation, if not too strenuous, will help to still the mind.

As far as seeing colours goes, try to let go of the need to see anything. It's not necessary. The main thing is to feel calm and peaceful and to sense the energetic textures and nuances in each state, whether you perceive them with inner sight or not. Obviously you have a sensitive system because you can see the other colours so clearly. Work on letting go of thinking about what you are seeing and just notice whatever is present. I guarantee you something will be present, so notice that and let that lead to your conscious awareness in that moment. Once there, you'll notice other aspects of your experience and from this your experience will broaden.

Much warmth and many blessings to you,
Jeddah