



September 2009

Changing the Paradigm Newsletter

WELCOME

Welcome to our *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

Seeking Acceptance

Throughout this article, I refer to the word 'form' often. What I mean by this is any pattern or shape within awareness. So the definition covers the whole range of forms – from thoughts and impulses to emotional sensation and physicality.

As I tune into the planet to see the topic for the message this month, I am drawn to look at how many humans are striving for acceptance. It is a universal pull that we wish to feel content within our skin, to be at peace, to experience a mind at rest, to be satisfied. The notion of perfection, and the imagined state of satisfaction, is always seen in the future. And many are actively seeking this – indeed chasing it! To chase after a state of acceptance is a pretty powerful indicator that we consider our present state to be lacking the necessary conditions for acceptance. So we are longing for something different to occur in the future without realising that tomorrow is made of the exact same elements



as today. To see the future as giving us something we don't presently have access to, is to misunderstand the design of existence.

Existence cannot alter its qualities or change its nature (which arises from the qualities). These are set. The energetic presence of existence is so total and complete (nothing can exist in addition to it – there is only One) that attempts towards 'improving', 'adding', 'evolving' existence is impossible. And whilst existence can shape into any form (thought form, physical form) - these are manifest expressions of possibilities, not a demonstration of limitation. The essential nature giving rise to the form is always the same – unchanging, eternal, constant. And that has been the case since existence has been existing (which is forever). The likelihood of that scenario changing is zip, zero, zilch. So...today is it. This moment is it. Now is it.

Form will come and go, the essential nature of existence will not. Our understanding of this allows us to accept forms lightly. To let things go. Not to cling to conditions as if they were permanent. We set ourselves up for struggle when we demand that form answer a long list of criteria before we will consent to happiness. The tragedy of this approach is that the very expectation robs us of the opportunity to experience contentment now, despite so-called unfavourable circumstances. And the more unfavourable we deem them to be, the more we feel justified in needing them to change.

The conditions for contentment, arising from the nature of existence, are ever present. Where we hold our focus determines what we experience. So when we place our conscious attention onto the present moment existence and find it lacking, we are simultaneously giving away the opportunity for acceptance, satisfaction and therefore contentment. The experience we so desperately long for – that of deep contentment – is felt in a deep and genuine state of acceptance, not criticism or disappointment. It is our willingness to look past the form in the present moment and see the foundational nature it is formed *from* that is the key.

When consciousness alights on any aspect of existence and finds acceptance, appreciation, gratitude or enjoyment reflected back, there is an unmistakable warmth that emanates through our being. When you look through the form and find the *formative* energy holding it in place, you partake in the union of consciousness and awareness. And that is utterly satisfying. Your focus is no longer hankering after a certain form. You can see that every form is the result of thought shaping existence. And from this we come to accept, love and appreciate form. So far from being seen and felt as a nuisance or limitation to the experience of oneness, it can be embraced as the limitless expression of the nature of existence.



MESSAGE FOR MANKIND

Look After Each Other.

The coming times will be unlike any that this planet has yet seen. Change is certain and it will be constant. There are those amongst you who cannot care for themselves and we encourage you to help them. Due to the increased stress upon human beings during times of change, the children of this planet will need all the love and support that you can give. Steadiness, warmth, genuine heart-felt care, fun and kindness do more for a child than any gift. Be patient. They are working hard growing up in these times.

An outer flexibility combined with an inner resilience and steadfastness will serve you well. Please do not underestimate the power of maintaining your steadiness. It is a rock that will support you all in turbulent times. Hold fast to the truth that all life is an expression of harmonious sentient intelligence no matter the temptation to view it otherwise.

Our love is constant and unfailing. And we are there for you. All of you.

Blessings Be.

With great love,

The Brotherhood of Light

QUESTION & ANSWER

Q: Dear Jeddah,

Thank you so much for your teachings. I have been practicing with your meditations for several months. I am finding one stumbling block. The more awake I become, the more I can see how asleep the people in my environment are. I know that I can accept them and send them my light and love. I do... but I feel lonely. I know I am not alone and connected to all. I don't want to sound arrogant, but it is very difficult to be around blindness, when one can see. The more I am open the more I can see the darkness that so many live in. I feel compassion. The problem is I find myself holding back because sometimes I wish I was blind again. I wish that because without my illusions, I feel more connected to ALL but flying solo.. among so many. Sometimes I long to be a blind human again! That is when I feel the most resistance... the fear of my own true freedom and my own expansion. Any words of wisdom would be so deeply appreciated. Sheryll

A: Dear Sheryll

What you are experiencing is a common stage along the way. When we start to see the ways in which we have kept ourselves bound to illusion, the reminder of that by observing those around us tends to cause us discomfort. It is our own



discomfort that we feel, happening within our own being. As such, it is an opportunity to recognise another possibility for freedom. We can allow those thoughts of resistance to dissolve from the presence of a more rapid state of vibration. Compassion is an obvious response and one that many people recommend but it's more difficult to make yourself generate compassion instantly when you are experiencing the opposite. Better to gently encourage the underlying state of compassion which is understanding.

The experience of aloneness is only possible with the thought of aloneness. As this thought surfaces, instead of looking towards others as the source of this, we can trace our own experience back on itself. We can feel the presence of Awareness within our experience and follow this feeling outwards. There is no place where it stops, where it changes its nature. It is present in this way throughout all of existence. It does not belong to us, to have any kind of existence, we are reliant on this source of Awareness. And this is true for all people, hence it is within all others. It is there in others even when they do not see this or feel it. If we reject others, we also reject the light within them, the same light that gives rise to us.

Our responsibility if we see Awareness directly is to see it everywhere. It is this which draws it out of others and draws us towards others. In this way it becomes a service for mankind. Then compassion is possible and we remain free.

With love
Jeddah

NEWS & ANNOUNCEMENTS

Jeddah Mali 4 Day Advanced Retreat

Sunrise Springs, Santa Fe, New Mexico

Sunday, October 18 through Wednesday, October 21, 2009

There are still some spaces available for my forthcoming retreat in Santa Fe. The retreat will be small - between 30 and 35 participants - including many of the lovely participants from the Minnesota retreat in July. The meditations will be longer so that we can go deeper and get better with navigation. There will be some outdoor activity to balance the meditations. I will be able to offer more one-on-one guidance throughout the retreat and there will be more flexibility with the teachings - in line with what the group needs.

The Retreat will be held at Sunrise Springs, Santa Fe, New Mexico. This 70-acre compound, located in the ancient La Cienega Valley, is Santa Fe's original eco-resort offering fifty-eight elegant rooms and spacious casitas. The owner



promises a tranquil, aesthetic, and inspirational experience for guests within this already beautiful mountain setting.



- Exploration into deeper levels of conscious awareness
- Maintaining high levels of conscious awareness
- Rewriting physical, emotional and mental history
- One to one sessions
- Question and answer time

Please see our website for more information and to book your place on the retreat: <http://www.jeddahmali.com/retreats.php>

Facilitator Training Programme *by Jeddah Mali*

Starting in January 2010.

This is an exciting opportunity for people who would like to work as Mentors, Healers, Therapists, Consultants and Speakers in the field of Unified Energy Principles, and to awaken the seeds of potential inherent in the teacher within.

As each of us awakens, this growing potential serves to facilitate awakening in others, which is a natural process that occurs through the catalytic nature of our living presence. If you would like to be a living inspiration to others and kindle the radiance of their divine spark, we welcome you on the journey!

Programme Focus and Content:

- Practising exercises that develop and refine the sensitivities;
- Developing enhanced experiences of the energy field;
- Fine-tuning the inner guidance system and learning enhanced navigation techniques, skills and abilities;
- Developing advanced skills in the following areas: empathy, humility, commitment, service, healing, inner sight, being an example, business practice, ethics, attunement, ego-free teaching, responsibility, spiritual communication, global awareness, planetary issues/healing.



To read further information about the Facilitator Training Programme please click here: <http://jeddahmali.com/facilitator-training-programme.php>

Transformational Business Summit, Brighton, UK

Friday October 23 to Sunday October 25, 2009

I will be one of the Keynote speakers at this event in October. Please join me on a free preview call on Tuesday, September 29th, 2009, 7 PM London Time 11am PDT, when I will be talking with Alan Forrest-Smith and his partner Katharine Dever about this wonderful event. The theme of my talk is going to be:

'Understanding the Laws Of Existence that Govern the Results you get in Life'

Preview Call Link:

<http://www.transformationalbusinesssummit.com/preview.html>

"Our goal is to heal the world and expand human consciousness, through business, spirit, lifestyle, health and philanthropy...with absolute integrity, honesty and trust based on a higher vibration and new paradigm"

Transformational Business Summit

<http://www.transformationalbusinesssummit.com/>

June 2009 Interview with Robert Scheinfeld

I was interviewed in June by Robert Scheinfeld, the author of the New York Times bestseller 'Busting Loose from the Business Game'. The 40 minute interview has now been uploaded to my website and is available as a downloadable transcript and audio file.

Till next time,

Jeddah