



### Introduction to SQ Wellness from Derek O'Neill

Hello. My name is Derek O'Neill and I am one of the founding members of SQ Wellness. We at SQ Wellness are a group of people who have come together because we have the same interests in life. Those interests being: (1) to help ourselves to realize our full potential, (2) to empower ourselves, and (3) to be able to serve other people with genuine love and genuine joy.

SQ Wellness is an organization that thrives on service. Our motto is "service to man is service to ourselves." This motto comes from an understanding that when we serve other people, we are, in fact, serving ourselves because the truth is that we were all, and are all, on the same path. There is a blueprint of life, in which each and every one of us has experienced great sadness and great joy in our lives. The way we do this, or the way we have experienced this, is unique to ourselves, and yet it is all the same.

We at SQ Wellness come together to re-engage old and ancient teachings that have stood the test of time. There is no hierarchy in SQ Wellness although the structure is set out the same way as it would be in any organization in which groups of people come together. For without that system being in place, SQ Wellness would all be so scattered that most of the time a lot of the energy put into it would be wasted.

SQ Wellness is an organization that has come to pass because many of us believe that this world can be a better place to live in. By sharing our resources, our knowledge, and our love we can support each other in a fundamental way, which is being as non-judgmental as possible. When I say non-judgmental I do not mean that we are a perfect organization because we are not. If we were a perfect organization we wouldn't need the organization.

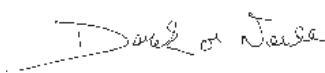
In this organization sometimes we push each other's buttons and bring up each other's issues, sometimes consciously but most times unconsciously. That is why we have come together. We have come together to grow, to learn, to laugh and yes, even to cry. This organization is based upon the knowledge of ancient sages, teachings from many traditions that have stood the test of time. That test of time has shown that even though the teachings seem quite ancient, they are as relevant today as they ever were.

During your time as a member of SQ Wellness, you will be given behind the scenes access to teachings that were once not so commonly available. With the advent of media these teachings have now become very accessible to all who need them. This is an experimental organization in that it doesn't have all the answers. Hopefully it will never have all the answers, because if we were to have all the answers the joy of life would actually be taken away.

You see, we have duality in this world. This duality is related to both sides of every being; the shadow side, as it is called, and the light side. You and I are just ordinary people about to have an extraordinary experience. This extraordinary experience comes from having the courage and the resolve to look at stuff, events in our lives, old programs that are still running that are causing us to feel confused, taking away our confidence in who we really are, and disempowering us. The truth is nobody can actually disempower you. You have to give away your power and you do this mainly because you have a program that says you are unworthy. Well, we at SQ Wellness are learning that we are worthy. We are worthy of love, we are worthy to love, and we are worthy to give love.

I hope over the next few years or maybe even for the rest of our lifetimes we can come together to share our experiences, to know each other, to get to know each other. To not judge each other but just to sit, listen, learn and experience and then of course to share. For how can you share something that you haven't learned? Only the ignorant would do such a thing. The wisdom contained on our website, in our workshops, and at our satsangs (group gatherings) is beyond anything you have ever experienced because it is shared as an offering. You are not being spoken to or spoken at. You are just sharing the teachings that have been there for us to inherit.. I hope to see you all personally and if not, to know that we are all one, because this is the highest truth you come to as you travel on this path and on this journey. I would like to thank you all for choosing to become a member of SQ Wellness. I would like to welcome you into this growing family and friends of the world. Thank you for listening to this message and may we all live with peace, for peace, and in peace.

Thank you all, I hope to see you soon.



Derek O'Neill  
CEO, Founder

