

CREATIVE VISUALIZATION

manifest
physically to
transform
yourself
spiritually

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ABOUT THE AUTHOR

Peter de Ruyter was born in South Africa in 1951 of Dutch migrants. In 1964 he moved with his family to Sydney, Australia, where he did his secondary schooling before going on to study at Sydney University. In 1975 he graduated with a Bachelor of Science Degree, which was used to obtain entrance to a specialized Nursing Course offered by Prince Henry Hospital. He graduated as a Registered Nurse two years later.

He worked in several major Sydney teaching hospitals, and did a second Certificate in 'Nursing Unit Management' at St. Vincent's Hospital. He then worked in Pathology, which provided a comprehensive experience in a multitude of orthodox diagnostic procedures. This background produced an excellent base from which to enter the Naturopathic arena.

It was during the latter years of his Nursing career that Peter became increasingly interested in Alternative or Complementary approaches to true healing. This desire led him to undertake courses in Reiki, Homeopathy, Iridology, Bach Flower Therapy, Tissue Salt Therapy, Diet, Massage and finally to major in Medical Herbalism, having studied this in a Diploma Course at the Southern Cross Herbal College, under the renowned herbalist, Denis Stewart.

Peter started practice as a Natural Therapist in 1982, specializing in Medicinal Herbs, at the 'Village Healing & Growth Center' in Paddington. He consulted from there for two years before being invited to practice at the former 'Euroa Center' in Balmain. He ran a highly successful practice from this Center for 12 years; between 1984 – 1996. He subsequently worked from several different clinics, and presently operates from Randwick.

From the beginning of the HIV/AIDS epidemic, Peter was involved in helping people deal with this health challenge, using a wide range of natural therapeutic techniques. Although no cures have been achieved, these protocols provided immense benefits to many people, frequently stabilizing them for long periods of time, as well as greatly increasing quality of life. Over the years, about 25% of Peter's practice involved dealing with HIV/AIDS clients. The remaining 75% of his clients came for a range of ill-health conditions, including cancer.

Peter has presented his work at local and national conferences, and lectured to a host of lay groups. In the early days of the AIDS epidemic, he organized and facilitated many intensive workshops, and several self-help groups in which people learned a range of techniques through which to help regain their health. In a number of radio and TV appearances, similar topics were addressed. He is author of '*Coping With Candida*', which went to a second edition. His next book, titled '*Living with HIV/AIDS – a practical guide to staying well*' was published by Allen & Unwin in 1996.

After 28 years of consulting with thousands of clients, Peter has recently taken a Sabbatical, during which time he finished his third book, '*Lifenotes – a user's guide to making sense of life on planet earth*'. Peter now offers a range of training workshops in the area of natural health, as well as some part-time consulting. Drawing on both orthodox and complementary methods, he finds himself well placed to continue being of service in a truly Wholistic manner.

Chapter 1

Creative Visualization – What Is It?

Miracles do not happen in contradiction to Nature, but in contradiction to what we know about Nature.

St. Augustine

Introduction

In this e-Book, we'll be exploring a very powerful technique, capable of truly transforming your life and circumstances. The knowledge of this system has been around for literally thousands of years, but in the past had been couched in such indecipherable terms as to make it incomprehensible to all but those who already understood what Creative Visualization was all about.

Over the last few decades, some in the New Age have resurrected this concept back into popularity, increasing general Awareness via many books, courses and DVD's. But much has also been left out or taught in a distorted fashion, causing this potent process to either back-fire or not work at all in far too many situations.

This is truly a shame, as it has had the unfortunate consequence of then causing people – who had tried it but found it 'didn't work' – to dump a process that could have empowered them in making positive and constructive change within their lives.

To that end, hopefully this e-Book will set right some of the miss-conceptions about this amazing life-tool, thus allowing you to realize what a great opportunity awaits you through which to make your dreams come true – but in a realistic and rational way. As will be discussed later, this is not a process that you simply read something about, or do a workshop on... and then hey presto, you've instantly become a master at what is ultimately a skill which needs to be learned and much practised.

So, let's get started on what should be a fascinating and empowering Journey for you. But, before we get to the actual nitty-gritty techniques associated with this creative practice, it's important to firstly construct a frame-work capable of holding all these disparate and seemingly illogical ideas together. Having created such a solid platform of understanding then also allows for a much more realistic – and powerful – use of Co-creative techniques.

It's also important to point out at this stage, that within this discussion you'll notice an atypical usage of capital letters for certain words, indicating that the reader is being alerted to perceive a Higher Dimension to what is being discussed. In other words, such capitalized words

are being utilized to signal the reader that they need to approach the concept or point under discussion from a much Higher level of Awareness or Consciousness than we normally use in everyday life.

So what exactly is Creative Visualization?

O.K, first let's look at a more formal definition of Creative Visualization and then, a little later we'll explore the significant difference between the use of the word Creative Visualization and Co-creation.

For those of you who absolutely need definitions... 'Co-creation, or Creative Visualization is a technique whereby we are capable of specifically manifesting into our physical reality those things we first dreamt of, or desired within our much more ephemeral mental ruminations'.

It is further based on a fundamental axiom that 'Thought is Creative', and we'll explore the power of thought shortly, as well as how thought can definitely *influence* our reality, let alone – in many cases – *create* our reality.

This concept is easy enough to understand in relation to many circumstances where we wish to create something; for example, a house. You can visualize it clearly in your mind. You can even dream how it would feel being in your new home, walking around; going into the yard; upstairs to the bedrooms, built exactly as you would like them. Windows there; cupboards here; ensuite in that corner.

So, this level to manifesting doesn't really stretch the mind. You simply get the idea of what you want, order in the appropriate material you'll need to build that house or get in the right builders to do it for you. Quite clear, obvious, and no particular problems thus far. It's something we do all the time, be that for obtaining a house or other material things.

The situation changes a bit though, if we still insist that 'Thought is Creative' in such circumstances as manifesting that perfect partner or that perfect job. Especially when we have specified that it needs to be that 'ideal' one, with a long list of explicit characteristics attached to our request. To then still say that 'Thought is Creative' does start to stretch things a bit more in regard to how plausible this might be.

After all, how could you possibly create or manifest some of these more detailed and specific things you're desiring – just out of thin air? Unlike the house example, we can't really gather bits and pieces of a human body, putting them together into the form of our ideal partner. Similarly with that ideal job, especially if we wish to include all the specifics we have listed around *that* wish.

Never mind how clearly you can visualize that partner or job, to the most minute detail, how could you possibly draw them out of thin air... just by thinking about it? Seems ridiculous

and impossible. Yet, such manifesting – or Co-creating – is absolutely possible, but it does require knowledge, and as with most other things in life, skill. And as with any skill, some people will do it easily, and for others it will be much more challenging and seemingly impossible.

I'm confused... why the two different words – Co-creation & then Creative Visualization?

These words get bandied around a lot within the literature, but what exactly do they mean, and what is the difference between these two words? Let's clarify therefore, why sometimes the words Creative Visualization are used, and then at another point the words Co-creativity. Is there in fact any distinction?

From one perspective, they both describe the same phenomenon. However, the word 'Co-creativity' does add a very important additional understanding to this process. Namely, that we are only *Co-creators* – not *The Creator*. Nor does it suggest we even attempt to somehow become, or play at being this Ultimate Energy, Being or Source.

*Keep in mind that God is Creativity; we are only able to tap **into** Creativity.*

This is a major point of distinction, which needs to be brought to our attention, because far too often the New Age tends to imply – if not even declare - that we *are* God. All we need to do is just wake up to this reality, they say. Yes, we are indeed powerful beings, and we can be amazingly creative, but only *through* Infinite Creativity.

One appropriate comment here would be to point out that the above over-inflated view of ourselves is precisely the sort of thing the human ego would love to believe. One of the characteristics of ego is to have a tendency to grandiosity. The problem is that this propensity is often the basis to much of our human dysfunction, and in the case of Co-creation could lead us into serious trouble.

An e-Booklet exploring some intriguing ideas associated with the concept of ego and Higher Self, and the ramifications these two parts of our Being have within our lives, is titled: '*Reincarnation – simultaneous or sequential? Exploring more liberating perspectives*'.

In regard to ego self however, and its tendency to grandiosity it's like someone working for the Queen of England who starts to believe they *are* the Queen, simply because they are in such close and constant proximity to that personage. It's about a loss of sensible boundaries to who is who.

Unfortunately, ego self has a great tendency to such loss of boundaries. If it starts to believe it is God, and able to do so much more than it was ever designed for, then this will only cause a huge distortion in ego functioning – indeed, gross *malfunction*. The effect would be a

bit like running far too strong a 'current' through the 'wiring circuits' of the ego, causing the 'fuses' to blow.....

.....**Blame as a major block to accepting the concept of Co-creation**

Probably the biggest stumbling block to the entire topic of Co-creation is the strong, negative, knee-jerk response so many people have to the concept that 'we create our own reality'. Immediately, the doors slam shut with a resounding thud. End of discussion. Why? Because many people – especially those coming from a more religious background – feel such a statement implies blame for whatever may be in their reality.

Not only does such an ostensible accusation sound outrageous, but it also pushes a lot of uncomfortable buttons in our psyche, simply because deep-down, almost subconsciously, many do realize there just may be a grain of truth to the fact that we do play a role in at least influencing many situations in our reality.

But it is not about blame

People can become irate when they misunderstand the essence of 'Thought is Creative', and feel they are being *blamed* for creating their suffering. For many people, their response to being told they are Co-creating their own reality is to not just feel blamed, but also feel stunned that anyone could possibly believe 'such obvious rubbish; it couldn't possibly be true'! Who would want to do something so utterly foolish and irrational? As if a person with cancer, multiple sclerosis or AIDS would wish to consciously create their disease.

What is needed here is a reversal of a deeply entrenched, destructive mind-set. What we truly need to be able to understand is that the concept of 'thought being creative' *has absolutely nothing to do with blame*. Ironically, it has everything to do with empowerment!

Based on the fact that far too many of my clients, friends – and even colleagues - have found this point to be so extraordinarily difficult to grasp, let's re-emphasize this line of reasoning potently and repeatedly... it has absolutely nothing to do with blame! One more time... it has absolutely nothing to do with blame! Have you got that then? 'Yes, but...' would come the immediate and inevitable response from many clients. Soooooo, let's say it again:-

...The 'thought creates reality' concept has absolutely nothing to do with blame!...

Please... just let that one in, and accept it! Being told you are a Co-creator to your own reality is *not* about blaming you for all the woes and sufferings that may be in your life – past or present. It *is* about being offered an incredibly powerful opportunity to break out of that previously *unconscious* Co-creative cycle. For now, just hang in there! As the discussion progresses, hopefully this seemingly outrageous proposition will make more sense.

It's not about guilt – it's about empowerment

It is indeed true that for every choice and action – even if made unconsciously - there is a consequence. That's just how this reality works on planet Earth. But as Dr. Bruce Lipton states... '*You are personally responsible for everything in your life... **once you become aware that you are personally responsible for everything in your life!***'⁷ Not before'. (emphasis added).

However, for those who strongly dismiss these Co-creative concepts, some worthwhile questions may be... 'O.K, so is your present explanation of why myriads of things “keep happening” in your life really satisfactory to you? 'Does it truly provide you with an *empowering* and realistic explanation to your sufferings'? 'Or is it all just bad luck which has nothing to do with anything you might be doing'?

Perhaps, if you think about it, affirmative answers to these questions might be seen to be rather disempowering, because what is it then going to take for you to break through this run of 'bad luck'? If it is God doing this to you for some reason, does this mean you are basically stuck till God decides to have a 'good day', and changes Its mind as to whether to continue torturing you? Or, if it is all just a roll of the dice... then this way of looking at your suffering is even more disempowering!

At least with a God in the equation, you could argue there's still a possibility that It may be persuaded, cajoled or even blackmailed into reversing Its attitude to you, and allowing some good things to happen in your life for a change. Particularly if this God is supposedly Just and Loving.

However, if it truly is all simply a matter of 'bad luck', totally unrelated to a God, then the chances of such a run of 'bad luck' suddenly changing, is about as good as you finally winning the Lottery. I wouldn't hold my breath if I were you!

But what if we are indeed generating a lot of this suffering into our reality – *albeit unconsciously*? Then, if this is so, doesn't this at least provide us with the *possibility* – however vague – of actually having the power to change this run of 'bad luck' *ourselves*? Again, we need to invoke this primary concept of... 'it doesn't ultimately matter if these ideas are 'The Truth' or not; simply ask yourself... are they useful'?

Could such concepts possibly provide you with a point of leverage through which to then try to change your 'bad luck'? After all, the way you are presently looking at, and dealing with this reality doesn't seem to have changed it much.....

..... **The Laws governing Co-creation are beyond morality issues**

Let's play with a few analogies to help clarify all this. There's a lot of correlation between the concepts of Gravity and those of Co-creation. Gravity simply exists - whether we like it or not. And to someone who has decided to step off their 20th storey balcony because they wanted to get to the ground floor faster than by using the stairs, Gravity is not going to be kind!

To humans, Gravity for so long 'just was'. People weren't aware such a Force even existed, which kept them to the Earth's surface; made them fall if they tripped; caused things to plummet to the ground if dropped from a height. There was no name for it, let alone an understanding that knowing the existence of such a Force would also allow people to start using it to their advantage.

The capacity to keep satellites whizzing around Earth, or our ability to now send space probes to the outer fringes of our solar system are all based on an ability to utilize the Laws of Gravity. Gravity, for so much of our human Journey, and until fairly recently, was nothing but a background level of reality; something we were utterly ignorant about.

So too with the Laws of Co-creation. For the majority of humanity, and until recent times, this phenomenon just wasn't even known to exist. It had no name, let alone having the capacity to be consciously utilized. Nowadays we acknowledge and utilize the concept of Gravity – despite still knowing little as to exactly what it is or precisely how it is generated. But we know the *effects* it has on the human system, and everything else on this planet.

So, we have learned to respect it, and live within its constraints. Or we have learned to use it to our advantage, for instance, when we create water storage on a higher level to a city, thus providing adequate water pressure to feed pipes to each home in that city.

Similarly with Co-creation. It is a fundamental Law of reality that simply exists – whether we like it or not; whether we know about it or not, and even whether we know how to use it or not. The reality, *and the problem*, is that all of us are Creatively – or destructively! - visualizing all the time.

But the greatest majority of us are also doing it *unconsciously* most if not all of the time. Yet, our lack of Awareness around what we're doing doesn't lessen the effect of such unconscious visualization. It's just that the process becomes a highly random and often chaotic one.

It's a lot like someone who has stepped into a car; has absolutely no idea of how to drive it, yet attempts to do so. Such efforts would only result in a wild careening of the vehicle, crunching of gears, and a possible accident waiting to happen!

Certainly, during this phase of unconsciousness about our inherent powers of Co-creation, there can be no blame attached to our unwitting outcomes.....

Chapter 4

Co-Creativity – Actual Techniques

If we don't change directions soon, we'll end up where we're going.

Professor Irwin Corey

We've spent a lot of time investigating some of the foundational concepts underpinning this entire process of Co-creation, and how 'Thought Creates Reality' works itself out within our lives. Hopefully, at this point you have enough grasp of these fundamentals from which to now use the relatively simple steps necessary through which to start manifesting your desires into your physical reality.

If you have been able to grasp all the concepts discussed thus far, then most of the hard work has been done. Now it is simply a matter of a few more ideas, followed by applying the 'recipe'... and then practise, practise, practise!

Techniques - step 1 - setting goals

If we want to do Co-creation effectively, the first thing we need to do is establish a clear focus on what our goals are. Most of us are just flopping around in our day-to-day discomforts and sufferings, without doing anything particularly useful about getting out of our less than optimum situations either.

So, the first thing on the agenda is to become very clear as to where.....

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