

"Dark- Visioning"

***It's Holding Us Back From A
Better Future***

by Peter de Ruyter

AUTHOR:

de Ruyter, Peter, 1951 –

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Peter de Ruyter's Websites

Other eBooks By Peter de Ruyter

Lifenotes – a User's Guide to Making Sense of Life on Planet Earth

'Meditation – the how, where & why's to creating stability & peace in your life'

'Stress Management – how to step off the "conveyor-belt" & reclaim your life'

'Reincarnation – sequential or simultaneous? Exploring more liberating perspectives'

'Suffering within planet Earth-School – powerful ways to undo the pain'

'Creative Visualization – manifest physically to transform your life spiritually'

'Religions – stepping-stones on a soul's journey'

'Sluggish Thyroid Syndrome – why tests keep coming back normal yet you continue feeling unwell'

'Antibiotic Resistance - Calamity or Opportunity? Exploring Alternate Paradigms and Options'

'Cancer & Life Force – How an Ancient Concept Can Save Your Life & Optimize Your Cancer Management'

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'Heartburn or Acid Reflux – Natural Solutions That Really Work'

'Cancer & Needle Biopsies - Dangerous Diagnostics'

'The Flu Vaccine – An Wholistic Approach. To Have or To Avoid?'

'Chemo Brain - You Survived Your Chemo... But At What Price?'

'Whole Lemon Cleanse Drink - a remarkable, holistic health tonic'

'Light Visioning vs Dark Visioning - how our minds can make or break us'

'Budwig – a potent 'food-medicine' for cancer & general wellbeing'

'Unconditional 'Free Will' – Gift or Curse?'

*"You are a living magnet. What you attract into your life
is in harmony with your dominant thoughts."*

Brian Tracy

Don't Under-Estimate The Power Of Your Thoughts

“The bottom line is that ideas will control you to the degree that you blindly accept them. The alternative is for you to control ideas and use them as you see fit.”

Donald DeGracia

Surrounded by Violence

Violence and wars have always been with humanity. Despite assurances from many pundits that “*things are getting better*”, for many the reality appears quite different, as we presently find ourselves living in a time of unprecedented hostility and mayhem.

Some of that turmoil can be put down to “traditional” causes, such as various forms of warfare – Iraq, Afghanistan, Syria, Israel-Palestine; the PKK Rebellion in Turkey; the Islamist insurgency in Nigeria; ongoing war in Somalia, Dafur, Libya; the Yemeni Crisis; conflict in South Kordofan, & the Central African Republic; civil war in South Sudan; war in Donbass, and in North-West Pakistan; the drug war in Mexico; conflict in the Kasmir, Balochistan, and Myanmar; insurgency in Egypt, South Thailand, Northeast India, Katanga, Ogaden, ADF, and Maghreb; conflict in Colombian, Moro, Xinjiang, Ituri, Kivu, and Northern Mali..... and the long list goes on. (see: *Wikipedia* – “*list_of_ongoing_armed_conflicts*”)

Then There's The Poor Role-Modelling By Our Politicians

By the same token, let's not ignore the disconcerting amount of aggression and lack of respect set by the supposed highest echelons of our communities – our political leaders – as they engage with each other in their various Parliaments. In this respect, Australia is a particularly unfortunate example of how extreme this aggressiveness and disrespect can all too frequently become. No doubt, other Western Democracies run along similar lines. Nevertheless, shouldn't our supposed leaders be the most important role models for the people they govern?

Hence, if they can be so aggressive and disrespectful amongst themselves, why then our surprise if those in the community act in similar ways – at home; at work, and elsewhere – blindly accepting that such behaviour is “normal”?

Many would argue that politics “*has always been thus*,” it's just the “traditional way” in which politicians engage with each other. However, that does not automatically mean this is the *only* way in which humans can participate in politics. Nor does it deny the need for many different, as well as opposing views to be expressed when trying to figure out the best way forward in regard to specific issues facing a community, a nation, or the international community.

However, what is increasingly rankling many in our supposedly democratic communities is the sheer anger, venom, and disrespect with which present discussions are carried out within the political sphere, to the point where it's no longer seen as necessary to remain truthful either – Trump comes to mind! No respect; no compassion; no empathy; no truth, and no ethics seem to be the qualities now sought for the highest office in the land – and arguably, the world.

The problem is – whether we like it or not – that to date, the president of the USA is seen as the pinnacle of leadership within the entire world. Surely though, wouldn't that also necessitate an even *greater* degree of personal integrity, honesty, and compassion from such a person?

It may be high time for us in the community to mobilize ourselves, and demand better role modelling from *all* our top leaders – in *all* levels of politics, as well as *all* corporations, and other organizations commanding much power.

Violence In Politics – Not A Good Example For Peace In The Home

No doubt, this aberrant role modelling, especially by our political leaders, doesn't help our domestic violence either, which is also rife within our communities.

Add to that the violence – mental or physical - we far too often see projected upon anyone who is “different”, be that different ethnicities, religions, refugees, minority groups, those with different sexual orientation, and more.

Then there is the frightening phenomenon of increasing violence from some within our younger generation. Again, this seems to be especially prevalent within the United States, but in other Western nations too, where the myths of equality and freedoms are still espoused as truth. Yet, innumerable and senseless massacres have taken place within these nations over the last decade or so, with the surprisingly young age of so many of the perpetrators making it all the more incomprehensible and shocking.

However, as we keep wringing our hands after yet another mass shooting, and asking each other: “*why?*” - is it in fact quite as incomprehensible as we choose to believe?

Explanations Do Exist – If We're Willing To Acknowledge Them!

Unfortunately, there is at least one powerful explanation to this and other examples of human violence, which does need to be aired – especially within the context of using our mind-power. It's something that is not often talked about, let alone perceived in any Conscious enough manner. Yet, the concept we're about to explore would appear to be a potent driver to this destructive Journey we modern humans have embarked upon.

Creative Visualization

The term “Creative Visualization” is one which most people in the West would have heard mentioned – even if some are not fully aware of what this entails. Yet, many know, or have had direct experiences of how the Conscious use of mind-power can be a formidable force, not to be trifled with.

However, the operative word here is: “Conscious” use, and we need to remember that the use of our mind-power can act like a double-edged sword. Unfortunately, “Creative Visualization” – when used in *unconscious* ways – does have a disturbingly dark side to it.

What we need to understand - with great clarity - *is the alarming reality that humanity is already in a constant, daily state of doing what could be termed “Dark-Visioning”*. Let’s explore exactly what this means, and why it is so important to bring to Consciousness.

When we as humans are blind to our patterns, it’s nigh impossible to make constructive change. However, having a better understanding of our patterns, or what’s driving our communal dysfunction, will automatically provide us with at least the opportunity for making more Conscious choices around our all too human tendency to engage in violence.

Hence, to better understand what is meant by “Dark-Visioning”, we need to keep in mind some basic facts:

- The effectiveness of simulator-training
- The effectiveness of Creative Visualization
- The existence of a “Morphogenetic Field”
- The reality that our minds do have a powerful impact on our reality.

Simulator-Training – A Powerful Modifier of Experience

The reality is that simulator training is now a recognized, scientifically validated, and well-established technique through which athletes, astronauts, pilots, armed forces personnel, and others, routinely hone their skills.

The irony is that when anyone does simulator-training, they are solely using an *artificial* version of reality – one could even call it a fantasy of reality - through which to nevertheless powerfully influence their minds, *and in turn their lives*. The aim of simulator training is to use such a “fantasy-reality” to both practice and enhance the user’s skills – be that on the sports fields; in aeronautics; the Space industry; the military, or elsewhere.

These varied fields of endeavour are willing to spend big dollars on the use of such “fantasy” - for the very simple reason that it works!

The core concept used in simulator training is the fact that the mind can't necessarily distinguish between "real" reality, and a "fantasy" version of reality. Nevertheless, a "fantasy" version of reality, used in this manner, does have a definite and powerful ability to not just influence, but in turn also change our real, daily reality.

Sports people can strongly influence and enhance the way they subsequently play their game. Pilots and astronauts will have spent many hours in a simulator, thereby generating a significant level of proficiency *before* they even enter a real cockpit or flight deck.

Our Lack of Awareness Around Electronic Games

The problem; the gigantic "elephant-in-the-room", is the reality that in the last decade especially, we've inadvertently allowed ourselves to become inundated, as well as far too deeply engaged in a wide range of "simulator-training" technology – for instance, all our electronic play-stations and other platforms with their endless, vivid, intense, emotionally-arousing games.

Even worse, from a very young age onwards, we have blithely allowed our children to spend many hours each day "playing" such electronic games, despite those games inevitably being filled with unimaginable violence and horrors.

Again, the "elephant-in-the-room" is the reality that humanity has allowed itself to become so desensitized to what we are doing via these electronic games... *that most people don't even perceive a problem!*

Playing games that involve blowing up people and infrastructure; stabbing people; shooting people; slicing and dicing them to pieces.... this has nowadays all become "normalized" as "entertainment"!

In fact, how many of you now reading this segment may be thinking that to even mention this as a possible problem is surely a bit "over-the-top", and perhaps even rather paranoid?

But, is it?

When people – especially young children who haven't yet effectively formulated a sound ethical basis to life – are constantly and deeply engaged in "playing" with such images of violence, death and destruction.... isn't this exactly what simulator-training is all about?!

What are we in fact doing to those still formative, young psyches, by seeming to "normalize" such bedlam?

We're Unconsciously Brainwashing Our Children Into Violence

It may be an unpopular point to bring to Awareness, but the bottom-line is that what we are in fact allowing ourselves – and especially our children – to do by playing

such intense, emotionally charged “games” is *ultimately nothing more than simulator training for killing and maiming people, as well as destroying property as spectacularly as possible.*

Such actions, done in reality, will either get you shot by the police, or – if you survive them – you’ll end up in jail for a very long time!

Yet, we’ve merrily turned all such destructive actions into a form of “fun” and “entertainment” - *if done within an electronic setting.* How ironic! Moreover, is this wise?

Again, just think for a moment of the shockingly high numbers of our young who have stormed into schoolrooms, and elsewhere – as if they were Rambo on steroids! – shooting, murdering, and maiming with abandon.

Admittedly, it's not quite as simple as connecting such actions *solely* to digital-games, because there are several other layers to this situation too - which are beyond the scope of this present discussion. Nevertheless, isn't it time to ask ourselves: *“why is this type of violence – especially mass shootings - happening so much **more lately**”?! This is a new phenomenon – certainly to the degree and repetitiveness with which it keeps occurring nowadays in places like the USA.*

Hollywood & The News – Powerful, Subconscious Training Grounds for “Dark-Visioning”

But... there is more; unfortunately! Over and above the ubiquitous and daily use of electronic games, we are also being deeply influenced - on a daily basis, albeit subconsciously - by our movie industries and News, with Hollywood one of the worst offender.

For instance, just for a moment do a mental tally of which movies are the biggest selling blockbusters? Certainly - within the Western world, but elsewhere too - the movies that make the most money, and hence are the most seen, talked about, and the most re-visited on mental and emotional levels are often precisely those that are filled with the greatest amount of violence, death, explosions, collisions, destruction, and other scenarios, which in real life could only be described as horrific.

Another layer to this is the sad fact that it's also those movies, which end up using the most sophisticated “special-effects” available – precisely so as to make everything portrayed as realistic as possible! Unfortunately, this inadvertently also creates a greater “simulator-training” effect. And then, we engage with all that in the name of “entertainment”!? How paradoxical – to put it mildly!

Obviously, not everyone who sees such movies then automatically runs riot on the street – *at least, not on a physical level.*

Nevertheless, if you're starting to recognize the power of the mind, then it should also be more obvious that feeding ourselves such a regular diet of violence and destruction is going to affect our minds. In addition, the reality is that more than

enough science now exists to prove that our minds *do* powerfully influence our reality – *even if done on **unconscious** levels!* ^(1, 2, 3, 4, 5, 6)

So too with our daily News. In fact, nowadays, our 24/7 News cycle is very effective in ceaselessly churning out a far greater prevalence of negative images and data, compared to positive images and facts.

What humanity urgently needs to do is to take off our collective blinkers, and finally wake up to what we are actually undertaking when we engage in all these various activities!

Creative Visualization – A Hugely Effective Tool For Change

The next layer to this challenging discussion is to more seriously take on-board how effective our imagination and mental powers can be, not just in influencing our reality, but in actually changing it too. After all, the entire concept of “Creative Visualization” is based on this premise!

We know that our Co-Creative powers – through influencing our minds via certain techniques, such as Creative Visualization – can result in positive outcomes. Yet, we simultaneously go into this weird denial where we seem to believe that the use of this same technique – albeit used unconsciously, and instigated via our electronic games, movies and the News – somehow, magically, has no real effect on our minds, *and hence our reality* ?!

How The Morphogenetic Field Fits Into This Discussion

The final point is to understand more about the “Morphogenetic Field”; what it is, and how it in turn has the potential to powerfully affect our human reality too. In short, Rupert Sheldrake ⁽⁷⁾ proposed that there is some sort of global, integrated and inherent memory "Field", deeply entrenched within all of Nature, and that most of the so-called laws of Nature are more like constantly uploaded "informational programs", rather than immutable laws.

From the 1920's onwards, numerous developmental biologists had proposed the concept whereby the ability to create orderliness within biological organisms depends on “Informational-Fields” – albeit different researchers have given that Field a range of different names, such as: Biological Fields, Developmental Fields, Positional Fields, or Morphogenetic Fields.

Within the arena of biology, Sheldrake suggests that Morphogenetic Fields – or the Morphic Field - operates by imposing inherently structuring templates on otherwise random patterns of activity.

He also proposes that the Morphic Field is not a static Field, but one which is constantly evolving, based on the input it receives from a wide range of Earthly realities - *especially human activities and thoughts.*

He also proposes that the Morphic Field, in turn, provides a fundamental feedback loop to *our* mental activity, as well as our perceptions.

Most importantly, however, is the suggestion that this Morphic Field allows humans – through their thoughts, feelings and experiences – to connect together with all other members of humanity, even though separated by space, and albeit mostly unconsciously.

In other words, there is a general Morphic Field, which provides informational feedback loops, which constantly influence every *individual* within humanity, and hence humanity as a whole.

Morphic Fields – Or Akashic Records?

Let's put this in more simple terms: “the thoughts, feelings and experiences of every *individual* member of humanity in turn appears to affect *all* of humanity – via an “Informational-Field”, as well as via endless, highly active, informational feedback loops between this Field and humanity”.

As explained in Wikipedia: ⁽⁸⁾ the philosophies of Theosophy and Anthroposophy had an understanding of something similar, which they called the Akashic Records. This was perceived as a compilation of all emotions, thoughts and events encrypted within a non-physical plane of reality; frequently referred to as the Astral Planes.

Sounds a lot like Sheldrake's “Morphic Field”, doesn't it?

Let's bring all this back to the “simulator-training” effect of our electronic games, movies and News. Unfortunately, humanity doesn't seem to have connected-the-dots between these simulator-effects - from such activities – and how they in turn have a very real impact on our psyches; certainly on subconscious levels.

Hence, here we are after many years of playing these so-called “games”, or seeing far too many blockbuster movies filled with violence and destruction, or gorging on the daily News inevitably filled with negative events, sorrowful situations, or mayhem. Why is it then so hard to fathom, that all this can have an enormous impact on how our psyches therefore perceive reality (even if only subconsciously), and how we humans subsequently interact with our *daily* reality?

What Sheldrake's hypothesis therefore suggests – an hypothesis which has already been tested numerous times, with results strongly indicating he is correct – ***is that all our present thoughts, feelings and experiences are impacting on the way our future reality will manifest.***

In other words, if we are constantly filling this Morphic Field with data associated with violence, suffering, murder and mayhem – enhanced by our electronic “games”, movies and News - then, this *is* in turn affecting *us* again – *but in a negative manner.*

It's a repeat of the Creative Visualization mantra: “*what you focus on is what you get.... or get more of!*”

Hence, why are we so surprised if evermore experiences of violence, war, murder and mayhem keep accumulating into our lives – personally or globally?

That is exactly what's meant by "Dark-Visioning"!

"Dark-Visioning" is The Flip-Side to "Creative Visualization"

Therefore, humanity has been seduced into using our mind-power in *unconsciously* destructive ways. We've allowed ourselves to become inundated with a whole variety of "visioning templates", which are heavily focused on death, destruction and violence.

Just as we try to manifest a more positive, Healing reality into our human existence through something like "Creative Visualization", the tragedy is that we are already using precisely the same tool, *but in a reversed, **unconscious**, and hence very damaging manner.*

Consequently, what science itself is starting to suggest, let alone validate, is that something like Sheldrake's Morphic Field is capable of facilitating either a positive – *or a negative!* – feedback loop, thereby influencing what we draw into our reality.

If we can take these concepts on-board, wouldn't that then also suggest we need to make more constructive choices as to what we engage with, or think about? And yes, on a daily basis!

This is certainly the case when it comes to what type of deeply influential, external input we immerse our minds and emotions, which in turn does have a profound effect on the sort of thoughts we constantly allow ourselves to play with – consciously, or worse, unconsciously!

To continue pretending that our way of thinking; our type of "entertainment"; or our means of informing ourselves via our News have no impact on how we then manifest more of the same would surely be rather naive?

On the other hand, do we finally acknowledge that what we've been doing may not have been such a wise idea after all – certainly, if we wish to make positive changes to humanity's many woes?

Mmmmm..... all a bit uncomfortable and confronting, isn't it?

However, that doesn't alter the fact that what's being discussed here is indeed a deeply significant and worrying issue – one we do need to look at, and at least acknowledge... *before there is any possibility of changing it.*

Many people reading this may feel that this is an over-the-top assessment of our human condition, or will be resistant to accepting that what's being described here does in fact have such a profound and negative impact on our human psyche, and hence our human destiny.

Nevertheless, it's a bit like a fish in water. We have become so used to what we have been immersed in, that we have lost the capacity to objectively perceive what we are in fact drowning in.

However, if we could just step back for a moment, and be as objective as possible, as well as tapping into the scientific knowledge we already have access to, then it isn't really so far-fetched to suggest that simulator training is not only an extraordinarily effective tool, but one that is "double-edged" too.

Connect that reality with what we are constantly and unrelentingly marinating ourselves in – via our electronic games, movies and News – and it should be equally obvious how we are in fact brainwashing ourselves into a future of potentially more wars, death, destruction and suffering.

So, now what? Well, in order to effectively resolve an issue, the first thing we need is an understanding of what we're dealing with, thereby seeing it in a more clear and objective way.

Secondly, we need to at least start to *decrease* the "diet" of violence and havoc we're inadvertently tapping into, by making different – and more constructive choices – as to which movies and electronic games we engage in, as well as how much News we allow ourselves to be mesmerized by.

Humanity needs to Awaken, and clearly understand that we have arrived at a very potent choice-point.

Do we continue focusing on adding negative images, thoughts and feelings into a Morphic Field - already saturated with such? Alternatively, do we more Consciously choose - through the power of our feet; our wallets, **and our minds** - not to fuel technologies, products or situations, which are ultimately driving humanity deeper and deeper into a morass of negative situations?

Another thing you could do – god forbid some will say! – is to discuss these concepts with others. However, no doubt you'll need to be careful with whom you select to share these concepts! Initially, it may be better to do so more with those you feel may be even slightly open to seeing these realities in a more objective and clear manner.

Now What ?

Well, if you've made it thus far in this discussion, now you have a choice. You also need to make a decision – either you click out of this discussion, because you've decided that: *"it's all too hard"*!

Or, you make a decision to start becoming more Aware of when and how you might be unconsciously engaging with this "Dark-Visioning" process on a daily basis. Hopefully, by now you're also understanding the urgent need for change within our increasingly chaotic world, and the reality that all of us ultimately need to take some sort of personal action. "Mind-Power" does indeed work. Quantum Physics has more

than vindicated that fact! However, the question remains: *how* are we using our “Mind-Power”?

If you’re still not convinced about the power of the mind, then you’re strongly urged at least to read some of the books listed in the “Reading List” below – especially those by Lynne McTaggart. She does a powerful job of providing much of the science behind the many experiments already done to confirm the power of our minds.

It is all a bit overwhelming, isn’t it?

No wonder so many people prefer to simply put their head in the sand; do nothing, and hope for the best!

However, doing nothing will definitely guarantee more of the same – until we come to a catastrophic endpoint from which it will be too late to turn back.

Becoming more Aware of the amount of “Dark-Visioning” each of us may be engaging in is at least a potent first step in turning this unconscious tendency into a situation where we can make more Conscious choices.

Humanity is indeed in crisis, not just with all the violence we are perpetrating against ourselves as humans, but by the violence we are also enacting against our environment, as well as our planet.

Thus far, we’re not making enough of a dent in the amount of violence in our societies, if not our lives. More likely than not this is because we keep hoping the answers will manifest through external powers, such as our Governments, religions, or other entities such as WHO or NATO “fixing things” for us. However, in so many ways, and all too frequently, these entities seem to be only adding fuel to our fire of violence – as just one example, think here of the many religious institutions and their abuses.

In the end, perhaps we need to look more to ourselves, *as individuals*. Mahatma Gandhi said something along the lines of needing to understand that we must first *become* the change deep *inside* us, which we desire to see *outside*. One potent way to allow this to occur is to have a better understanding of at least some of the drivers to our violence.

Soooo..... why not give this concept of reversing our innate and mostly unconscious tendency to “Dark-Visioning” a go?

Also, be willing and brave enough to share this concept with others you feel are ready to hear it – and act on it.

Conclusions

It would be fair to say that violence seems to be a deeply engrained and inherent aspect to our humanity. There is no way that a discussion like this is going to somehow magically or fundamentally change that reality.

However, what this discussion has hopefully managed to do is to allow you to have a deeper and more Conscious understanding of at least one important driver, which seems to instigate this destructive tendency within us. Firstly, it's important to acknowledge the reality that our "Mind-Power" is extraordinarily real and powerful, and secondly, then deciding how we subsequently use that "Mind-Power".

As trite as it may sound, "Knowledge is Power". It offers us the ability to make more Conscious choices, and in the end, perhaps this is one of our best options for better managing our innate tendency to violence.

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- 4) Dyer; Wayne; “Change your Thoughts – Change Your Life”
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Resources

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- McTaggart, Lynne; “*The Bond: How to Fix Your Falling-Down World*,” April 19, 2011
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Other Books That May Help In The Journey

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- Bartholomew; “*I Come As A Brother*”
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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, which was later used to obtain entrance to a specialized Nursing Course offered by Prince Henry Hospital, graduating 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 platform 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 lead 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 renown herbalist, Denis Stewart.

Peter started practice as an Herbalist & Natural Therapist in 1982, at the '*Village Healing & Growth Center*' in Paddington, specializing in Medicinal Herbs. 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, subsequently working from several different clinics within the Sydney area.

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 were 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 - particularly in the early days of the epidemic; pre-AZT. Other clients came for a wide 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 empowering 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 3+ decades of consulting with thousands of clients, Peter has written a further series of books, with *'Lifenotes – a user's guide to making sense of life on planet earth'* released in 2009; *'Sluggish Thyroid Syndrome – why tests keep coming back 'normal', yet you continue feeling unwell'* released in early 2011, and *'Antibiotic Resistance – Calamity or Opportunity. Exploring Alternate Paradigms and Options'* released in 2013. Peter is now retired and continues to live in Sydney, Australia.

Peter de Ruyter's Websites

www.articlesandbooks.net

www.holistic-hypothyroidism-solutions.com

Other eBooks By Peter de Ruyter

Some of these books are available from Amazon in both print-copy, and e-format, while iTunes and Kobo only stock the e-format.

Lifenotes – a User’s Guide to Making Sense of Life on Planet Earth

A Self-Empowerment Book For Making Constructive Choices And Changes In Your Life. If you have ever asked yourself these questions:

- *'What’s Life about?'*
- *'How can I live a purpose-filled life?'*
- *'How do I even go about discovering my life purpose?'*

...then you will find *'Lifenotes'* a powerful book, which delves deeply into unearthing answers to such questions as touched on above.

By exploring the human condition from a Metaphysical perspective, you'll find that this book will help facilitate a fundament shift in your world-view.

It offers effective ways with which to find your purpose in life, as well as practical ways in which to deal with life's challenges - especially for those going through a midlife crisis.

For those of you going through a 'dark night of the soul', *'Lifenotes'* will help by providing lots of practical information on how to deal with this common, yet challenging human experience.

You'll find that the author's step-by-step advice will guide you in the use of a range of self-empowering techniques, providing powerful options for looking at Life's numerous challenges through entirely different eyes.

After reading this self-empowering book, your perception of what a human life is all about will be altered forever in many constructive ways. In turn, such fundamental changes to your world-view can become the beginning of an entirely new and exciting chapter to your Life Journey.

‘Meditation – the how, where & why’s to creating stability & peace in your life’

Meditation really is easy! Anyone can learn to do it, but there are a few simple guidelines to follow if you want to be successful with this ancient technique. This self-help eBook provides a quick, straightforward exploration of the do’s and don’ts, as well as what to expect during a session, allowing you to maximize the many benefits to be gained from this daily practice - mentally, emotionally and spiritually.

‘Stress Management – how to step off the “conveyor-belt” & reclaim your life’

Science has clearly vindicated that stress is one of the major causes to much of our mental and physical ill-health, and even death. This self-help eBook provides an easy-to-read exploration of how stresses impact our wellness; how our communication technology and Western lifestyle have outstripped our ability to manage them... and much more. Many self-empowering and alternative ideas are presented through which to reclaim a more peaceful and healthy way to deal with modern life.

‘Reincarnation – sequential or simultaneous? Exploring more liberating perspectives’

This ancient concept, believed by many in the East, but also held as truth by Christianity for almost 1500 years, offers an alternative and more empowering way of viewing - and living - our Western life. In this self-help eBook, the author explores an alternative and intriguing twist to how reincarnation is normally believed to occur, seeing it more as a simultaneous, rather than the usual sequential phenomenon. This altered perception offers a powerful, self-help tool through which to better manage challenging issues - and especially those problematic people in your life! A fascinating and compelling read.

‘Suffering within planet Earth-School – powerful ways to undo the pain’

Every human will experience the debilitating effects of suffering at some point in their lives. This eBook explores fascinating, alternative ideas whereby you can better manage this ever-present human phenomenon, at the same time learning

how to increase your level of Consciousness, and ability to more productively live your day-to-day life.

‘Creative Visualization – manifest physically to transform your life spiritually’

The market is already swamped with books on Creative Visualization, so why read this one? The answer is: simply because many of those alternative books have left out rather crucial concepts about this powerful technique. Such omissions have caused many to ‘fail’ when attempting to use Creative Visualization, thereby assuming it to be just another New Age fad of little value. This self-help eBook provides a step-by-step guide to the basic ideas underpinning Creative Visualization, through which you can truly transform your life on all levels - health, wealth and ironically, spiritually as well.

‘Religions – stepping-stones on a soul’s journey’

Many in the West have thrown out religion as an obsolete perspective on life, especially when it has also been the source of so much of our human strife and suffering. This eBook explores an alternative approach, whereby religions need to see beyond their differences, and work more co-operatively together rather than endlessly trying to convert each other. Such a core shift in perception could offer a basis through which to unite humanity in an ability to live together in peace and harmony, via our points of commonality rather than our differences, and to finally live out the core principles each religion espouses - of compassion, love and mutual respect.

‘Sluggish Thyroid Syndrome – why tests keep coming back normal yet you continue feeling unwell’

A sluggish thyroid can be the basis to a wide range of symptoms and ill-health. The problem is that there is a ‘grey zone’, during which this gland is only *under*-functioning, yet causing many health issues. Unfortunately, this level of thyroid disease is not ‘visible’ to the tests normally used by doctors. Result? Most times your symptoms are dismissed as being due to ‘stress’ - or you’re seen as a hypochondriac. This self-help eBook explores the many reasons why your symptoms are valid, despite being invisible, and what alternative choices you *do* have to get better again.

‘Antibiotic Resistance - Calamity or Opportunity? Exploring Alternate Paradigms and Options’

Antibiotic resistance is real; it is happening now; it’s getting worse, and it could result in the collapse of many of the modern, medical miracles we presently take for granted.

With ever decreasing numbers of viable antibiotics left to choose from, we urgently need to re-assess *how* we are currently managing infections and health, in addition to gaining a better understanding as to *why* we’re now dealing with this grave crisis of antibiotic resistance.

This eBook will also take you into a detailed investigation of at least a few - of the many - alternative and complementary options that already exist, with which to better manage antibiotic resistant infections, as well as how to minimize the potential of future antibiotics being lost to this devastating phenomenon.

The eye-opening revelations discussed in this eBook will also offer you a self-empowering platform from which to regain and maintain a better level of health.

‘Cancer & Life Force – How an Ancient Concept Can Save Your Life & Optimize Your Cancer Management’

Cancer research and treatment have been stymied, due to many in medicine and science still being trapped in a long out-dated scientific paradigm – the reductionist, Newtonian worldview. Quantum Physics has been around for about 90 years and more, yet most doctors don’t operate from this paradigm, thereby grossly limiting the way they view cancer, and hence, how to treat it.

Life force, Chi or Prana are concepts that may seem rather old fashioned and unscientific, yet, they far better help explain how cancer comes about, and how to more productively prevent and treat it too. This eBook explores how these ancient concepts of Life force, Chi or Prana offer a powerful and far more Quantum Physics orientated, wholistic platform from which to approach our modern epidemic of cancer.

‘Cancer – Why The Present Medical Model is Fatally Flawed & Needs an Urgent Upgrade’

Modern cancer research, let alone cancer treatment, is stuck in a serious rut. Despite billions of dollars having been thrown at this disease, the stats – for most cancer remissions, never mind cures – have not improved much over the last 45

years since President Nixon signed the National Cancer Act of 1971, and declared a 'war on cancer'. In addition, the incidence of cancer is now at epidemic proportions.

Something isn't working, and there is an urgent need for medicine and science to do a thorough re-assessment of the core concepts presently informing their research and treatment protocols. This eBook explores the many alternate ways that *already* exist through which to view this disease, thereby fostering more holistic and curative treatment options too.

'Heartburn or Acid Reflux - Natural Solutions That Really Work'

GERD, or gastroesophageal reflux disease, also known by such terms as: reflux, heartburn, or indigestion, is a rapidly escalating health issue in recent times. Not only can its symptoms be most uncomfortable, but this health issue can in fact also become deadly. Modern medicine's approach is to throw various "magic pills" at the problem, from PPI's (proton pump inhibitors), to histamine-2 inhibitors, to antacids, to oral suspension meds... and more.

However, although these "quick-fixes" definitely have a role to play under certain circumstances, they also come with a swathe of serious side effects, such as: increased fracture rates; poor mineral and nutrient absorption; increased risk of bad bugs proliferating in the stomach and intestines; an increased propensity for autoimmune disease... and these are just a few examples!

Using such "quick-fix" treatment approaches are far too general, and only end up *suppressing* symptoms; not figuring out *why* that person got the symptoms in the first place - something that can be different from person to person, and hence needs to be managed in a more individual manner too.

'Cancer & Needle Biopsies - Dangerous Diagnostics'

Cancer is massively on the rise, and along with that increased incidence, there has also been an immense escalation in the use of biopsies to confirm a cancer diagnosis. They have become such a 'normal' and routine part of the cancer diagnosis arena that few people nowadays even think to question their safety. However, are they as safe as medicine would have us believe?

And, the answer is a resounding 'No'! Nor does it take rocket-science to understand why. Go through each step of what is done during a biopsy, and soon it becomes crystal clear why this very simple technique can exacerbate the formation of metastasis; something that studies have already shown to be the case. Yet, medicine blithely continues doing this seemingly innocuous diagnostic test. This

eBook takes you on a step-by-step exploration of why science and medicine urgently need to reassess the routine use of biopsies, which medical dogma still insists is safe.

‘The Flu Vaccine – An Wholistic Approach. To Have or To Avoid?’

Vaccinations have become a controversial, let alone a highly emotionally driven topic, the latter tending to foster a less than objective examination of this medical procedure. Every year, this vexing question of whether to have that flu shot – or not - pops up yet again, surrounded by a lot of misunderstanding and confusion.

Many people don't really know whether it's a good idea to have that flu vaccine, while others simply take the inoculation without any further thought... *“because their doctor has suggested it”*. Unfortunately, what may seem like a ‘small jab,’ can have some nasty consequences.

This eBook examines some of the issues associated with the flu vaccine, while also offering both complementary as well as alternative ways of helping prevent flu, or better managing it if you have already caught it.

‘Chemo Brain - You Survived Your Chemo... But At What Price?’

Chemo brain; inevitably an under-explained, and hence unexpected consequence of medical cancer treatments. Not only have you been through the stress and discomforts of your cancer diagnosis and its treatments, but now you may have chemo brain to contend with too! This condition can seriously impair your quality of life via a diverse range of cognitive issues, which can often last for months, if not years after your formal cancer therapy has finished.

Because chemo brain can so significantly impair cognitive function, it can also cause many to struggle once they return to work, even forcing some people to stop work altogether. Not only does this eBook allow you to learn more about this challenging health condition, but more importantly, it also offers a range of simple, safe and self-empowering treatment options, that can help promote a return to better cognitive function and wellbeing.

‘Whole Lemon Cleanse Drink - a remarkable, holistic health tonic’

Lemons have been part of our diet since antiquity; and, with good reason. What many may not know is just how healing this humble fruit can be. When people first

hear about all the diverse health challenges lemons are supposedly able to benefit, their initial response is often one of skepticism: *'how could one simple fruit possibly help in such a vast number of different diseases'?*

The answer is simple, and relates to the fact that far too many people nowadays find themselves battling a body chronically burdened by metabolic acids, causing all sorts of mayhem within their cellular biochemistry. Bring those high acid levels back to a better alkaline balance, and so too do a great number of various health conditions improve, or disappear. This eBook offers you a simple, easy, delicious way in which to do just that.

'Light Visioning vs Dark Visioning - how our minds can make or break us'

Humanity is in crisis, and we're running out of time. Hence, there is an urgency to better understand how we got to this dangerous cross-roads, as well as how to direct ourselves away from a precipice on which we're already tottering. Therefore, it's imperative for us to Awaken to just how much we are being influenced subconsciously by our digital and informational technologies, allowing our minds to be manipulated, our creative capacities to be sabotaged, and driving humanity into a spiral of increasing chaos.

Quantum physics more than validates the power of our mind to influence our reality. However, there is a flip side to this creative power, which equally can be used to our detriment. This phenomenon could be termed 'Dark Visioning', which is causing so much of our human chaos - albeit unconsciously. Unconscious or not, this phenomenon continues to sabotage our ability to live in harmony with each other, and our planet. This eBook gives a detailed explanation of what 'Dark Visioning' is; why it can have such devastating effects on us as individuals, let alone globally, plus provides an extraordinarily simple, yet highly effective way in which to re-empower ourselves to still turn things around.

'Budwig - a potent 'food-medicine' for cancer & general wellbeing'

What if two simple foods – cold-pressed, organic flax oil and quark (a style of soft-cheese commonly used in Europe) – could offer significant health benefits for anyone challenged by cancer? What if these same two foods could equally help in a wide range of other health issues, such as arthritis, eczema, psoriasis, heart disease, diabetes, acne, fibromyalgia, hypertension... and more?

Dr. Johanna Budwig was a German doctor who treated thousands of cancer patients in the early 1900's with the use of this special flax oil/quark mixture, and achieved surprisingly good results. If you have any health issues at all, then you might like to explore the science behind this safe and simple 'food-medicine', as well as learn how to easily prepare your own 'Budwig' mix.

'Unconditional 'Free Will' – Gift or Curse?'

Be warned; this eBook is not for everyone! It would be best if you've already done a fair amount of reading within the Spiritual/Metaphysical arena. Having said that, if you've got a Spiritual curiosity, and enjoy expanding your philosophical boundaries, then this will be just the book for you.

Maybe, we humans need to re-examine our all too humanized notions of who or what God is; where humanity fits into the scheme of things, and, more importantly, how do we – as individuals – find our ability to be truly empowered in this overall human experience? Is there such a thing as genuine free will? Are we able to change humanity's ultimate destiny – collectively or individually?

Many thought-provoking ideas are presented, as well as several simple, yet truly empowering solutions to the dilemma we – as Spirit, incarnated within a 'physical vehicle' – find ourselves in.

Fasten your seat-belts, and let the Journey this eBook will take you on begin.