

# L I F E - N O T E S

A USER'S GUIDE

TO MAKING

SENSE OF LIFE

ON

PLANET EARTH

Peter de Ruyter

**PLEASE NOTE:** - This Is a Promotional Sample Only)

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## CHAPTER 1

***Some Background Data To Set The Scene***

*Argue for your limitations and they are yours. Argue for your possibilities and they are yours as well.*

Various Authors

***How my work aided my own journey of understanding***

As far as my professional life is concerned, I come from a rather eclectic background, having originally studied Agricultural Science, majoring in horticulture. Then, due to a whole range of life events, I made a huge U-turn and studied nursing, graduating from Prince Henry Hospital, Sydney, in 1979. I did several post-graduate nursing courses, worked in Pathology for a while, yet continued to feel rather out of place. My family origins were steeped in medicine, dad having practised many years as a medical doctor. With his European background, he had also studied homeopathy. As a child, therefore, alternate ways of dealing with health issues were a normal and fundamental aspect of treating illness.

But the science and nursing I'd studied and explored thus far still left me feeling out of alignment with life's purpose. So I drifted into studying homeopathy, thinking I would simply focus on becoming the third generation Homeopath in the family – dad's father also having been a homeopathic doctor, while his mother was a homeopathic dentist. But after attending a talk by renowned herbalist Denis Stewart, I came out of that experience feeling 'on fire'. I absolutely knew I had finally found my Path. Herbalism!

Now, nearly thirty years later, I find myself still involved in the field of wholistic healing, working – according to one friend's view – as a 'healing tour-guide'. I love this label, as I frankly don't believe many people, including myself, are true Healers. I'd much rather see myself as a 'healing facilitator'. From my perspective, true Healing occurs from Higher levels, as well as via the inherent body-wisdom of the person seeking help. All any therapist can really do is to catalyze or facilitate that Inner Healing capacity which every person does have within themselves.

My experience of dealing with thousands of patients over more than a quarter of a century has provided a rich resource from which to learn much about the human condition. It has helped me discover what works; what doesn't seem to work; and how to manage one's day to day existence on planet Earth in as empowered and productive a manner as possible.

***Healers and authors are not automatically fully Enlightened***

Over the many years of attending workshops given by various New Age 'Gurus', I've noticed a disturbing phenomenon. Too many participants tend to have an almost unquestioned belief about the status of such presenters. There seems to be an acceptance that these leaders truly have it all 'together'; that they have reached the final goal of Enlightenment, and thus live their lives in a state of complete health, fulfillment and happiness. But this is both an unrealistic, and an unfair

expectation to put onto them. If Enlightenment was indeed a requirement before they could start being a Healing catalyst to others, then they would have to be J.C himself ! Obviously ludicrous.

Healers, therapist, workshop leaders – they all have their own Journey to travel. Ironically, this frequently involves some rather challenging health or life issues as well. Often these are precisely the factors which got them into the field of Healing and teaching in the first place. Such challenges, therefore, were the situations which provided them with powerful means through which to do their true ‘apprenticeship’. It became their ‘school of hard knocks’, facilitating that deeper learning so necessary in creating better understanding, empathy and compassion. Attending University or College is all very well – and important. But the ‘school of hard knocks’ is the one which ultimately provides the greatest learning - although one doesn't end up with a piece of paper, a Certificate or Diploma, indicating you've attended this much harder ‘School’!

### ***Life - enjoyable for many... if born under good circumstances***

To any casual observer of life on planet Earth, it would seem that for numerous people life here is a bundle of fun. This is something which many who live in the Western, more developed and technologically advanced cultures almost expect as their ‘birthright’. By the same token, this is not to say that people can't experience happiness in other than Westernized cultures; far from it. But in the West, all too often we do tend to believe our culture somehow ‘owes’ us the maximum opportunities to play, explore and have fun. Indeed, many people do so with gusto and abandon, but often also conveniently forgetting the costs such desires do extract from others on this ‘Earth-ship’ planet of ours.

However, along with a propensity to want to maximize their own experience of fun and good times, there can be a tendency within too many humans – whatever their cultural background - to try and ignore the suffering of others. A bit of the... ‘I'm alright Jack’ syndrome. A clear example of this would be the outrageous level of luxury with which Mugabe of Zimbabwe and his cronies live their lives, compared to the people he is supposed to rule and be guardian over. But he definitely isn't the only example that could be highlighted! Many such abuses occur within the West, and all over the world in every culture.

If we were to believe what our Western culture promotes about itself, then one could expect to find a greater degree of happiness for those who are fortunate to find themselves in congenial and ‘lucky’ life situations. This is especially so if one considers the many other areas on Earth a person could have been born, such as Somalia, Nigeria, Rwanda, East Timor or Iraq, where life is not quite as smooth. But one thing my 28 years of experience as practitioner has clearly shown me is that even those people whose desire is *not* to experience suffering, do eventually hit this ubiquitous human experience within their own personal life journey.

Most humans do try to enjoy themselves here on planet Earth, and if things get a bit rough, they put on a brave and cheerful face. Yet, get them to sit in my clinic room, and really open up as to what is actually happening in their reality, and a far different picture appears; one often of quite deep suffering. I'm sure this will resonate for anyone who is a practitioner – medical or natural – who allows themselves to get to know their clients on a deeper and more heart-felt level.

For others, although planet Earth itself is a most beautiful and fascinating place, they can't help but see that it also is a plane of reality steeped in much pain and misery. It's all very well to sit comfortably in our Western home; with a good Western job which provides food for the table; a roof over our heads, and in fact so much more than just the basic needs for survival. But life may not seem so rosy to those who live in Third World countries; starving; ill; living under dictatorships; having to deal with constant war and chaos. How do we then make sense of such disparate experiences; such realities – as remote as they may seem to our own daily lives?

There are many ways in which we can try to ignore or distance ourselves from our own and others' suffering. One effective method is to keep ourselves distracted from reality via a wide range of materialistic diversions. 'Let's do some retail-therapy'; 'let's just go to the footie'; 'see a movie'. Actually, let's do anything at all, as long as we don't need to dwell on the very real distress which is so much a part of the human experience. It's precisely this side-stepping which a lot of people tend to do in the West, which then becomes an important basis for the continuation of these very same miseries we see within the human family.

For those who already find life fraught with pain, it becomes vital to have some sort of construct through which to be able to survive or manage this suffering as productively as possible. And humans, with their insistent and insatiable desire to understand things, do need to formulate a workable way of dealing with the suffering which is a reality to billions of lives here on Earth. Life can be a challenging ride for countless people.

How do we make it a much smoother, more joyful and more fulfilling experience? How can we maximally empower ourselves, despite many life situations which often leave us feeling quite powerless? How can we find a sensible format which helps to see ourselves as so much more than just a lump of flesh? How can we view ourselves as more than human beings who are pathologically focused on only accumulating as much materiality as possible, hoping or expecting that this will make life more worthwhile and enjoyable?

Yes, we can get involved in fascinating jobs; raise a family; accumulate a lot of money or power. But is any of this ultimately enough to satisfy that inner psychological itch, which for numerous people is constantly seeking attention; needing to be scratched to a point of satisfaction? How then does one create a world-view or structure, which gives support if not meaning? Enter philosophy... and its more problematic cousin, religion.

### ***Need for guidelines***

Guidelines we certainly do need to enable us to navigate our way through the many ups and downs of life; its countless inconsistencies and confusions. For many, such guidelines are still provided by religions. As narrow and restrictive as religions can be, they nevertheless do offer a means of holding on to one's sanity for the duration of a human life.

The issue is not that we've come into a world where there aren't any fundamental set of rules by which to live. The guidelines themselves usually seem simple and straight-forward, but the interpretation and subsequent dogmatic *enforcement* of such rules is where the distortion and confusion sets in. The end result is that even though religions provide some basic and useful

guidelines to living life as a human on planet Earth, the organizations promoting them are all too frequently hypocritical in their execution. In recent times this has particularly been seen in some of the ‘televangelists’, as well as priests and other Church leaders. Again and again they are found not to be ‘walking the talk’. Those overly immersed in these religious situations, and who don’t question what they are told, are also the most likely to be blind to such discrepancies.

One fascinating and most refreshing book which explores this phenomenon is ‘The Scandalous Gospel of Jesus’,<sup>1</sup> by Peter Gomes, a book you are highly encouraged to read and take to heart. The reality is that most religions have strayed from their original teachings as given by Christ, Mohamed or Buddha for instance, and become increasingly hypocritical and lacking integrity. Hence the crucial need for religions to be questioned and assessed as to what they are actually putting on offer. This assessment of religion can be best perceived if one is coming from *outside* the religion, looking *in*.

Interestingly, in parts of Western societies, we’ve now had several generations with very few guidelines. We’ve had a situation where it’s been more of a free for-all attitude on many levels – political, economic, religious, societal, and personal. Some would say that this appears to have only increased the chaos and disquieting lack of life-direction. It makes one realize that some form of structure or ethical worldview would seem a pre-requisite to support us through the human Journey.

Humans need a sense of meaning to what so often seems meaningless; to be given courage to go on when suffering enters our life; to have a sense of purpose, which also provides collateral value to those around us; to receive guidance when critical forks in the road of life occur, where we need to make vital decisions.

### ***God not so certain now; less guidelines; more mystery***

In former days, religions provided a set of truths, constructs or guidelines that seemed to be absolute, clear, certain and well-defined. The God of that time was far more black and white; a God of very strict laws and clearly defined regulations as to what was to be considered a righteous life.

Nowadays, a lot of those constructs or securities have been ripped away. We’re left with a God who is far less certain, and a life situation that seems far more complex and confusing. For many people, today’s God seems less well defined or knowable. The God of yesteryear was understood more within human terms. God was a ‘He’; God was very demanding; God could get angry; God could become very jealous... strangely, God was almost human in so many ways. It’s said that God made man in the image of God. It would appear that far too often, man has made God in the image of man... not a good idea!

In this day and age we do seem to deal with a God who is more of a mystery, in a life that is less certain. Perhaps the challenge in today’s world is to live within a plethora of such uncertainties, and yet to live a life fully, productively, with much joy and strength. Perhaps it is high time we find a way to connect to our own Inner Spiritual Center, capable of sustaining us despite the mystery and uncertainty of life, rather than necessarily having to find it *outside* of ourselves.

Today, many more pertinent, searching and often unanswerable questions are being asked of religion, particularly as the power and strangle-hold such various religious organizations have had over people's ability to think for themselves appears to be declining. Alternate paradigms through which to understand and live our lives need to be explored, which may previously have been actively discouraged or prohibited.

### ***How else can we gain a sense of guidance?***

Other ways of achieving an ability to re-empower our own life Journey do exist, and one example is via the concept of Creative Visualization. Much has already been written about this subject, but hopefully this book will allow you to discover nuances and angles to this potent way of living your life which haven't been expressed in quite the same way before.

Sometimes we simply need to hear a message from different perspectives till the penny finally drops and we've 'got it'. Suddenly it all makes sense, and we can see how to apply a new perception to our lives. Such insight allows us to become less the victim to our circumstances, and more empowered in how we can respond to our life challenges.

Ultimately, Creative Visualization is truly a Spiritual Journey, although for many people their initial focus may be more on how the *material* aspects of this process can enrich their lives. In fact, and strangely perhaps, either way is O.K. And we'll explore the reasons why as the book progresses. One major thread therefore of this book will be to investigate how the essence of Creative Visualization ironically forces us into Spiritual mode, whether we initially understand this or not.

A major reason for this lack of understanding is precisely because we ultimately have much too narrow a perspective on what it means to be Spiritual. In so many books and workshops on Creative Visualization, what's often left out, or just not understood is that this process can only work by going via a Higher, more Energy-based or Spiritual Dimension.

We can visualize all we want, but it is only when we allow ourselves to become congruent with what it is we desire, that it can then manifest into this material reality on Earth. So the end result is that this process forces us to grow in Consciousness, to the point where we first need to manifest inside us precisely that 'State of Being' which is resonant with what it is we desire – but then are also already living and experiencing *within* our being.

Confused? Let's re-phrase it then: we first need to create an *Inner* change before we can effectively create an *outer* manifestation of our desire. This is an extraordinarily crucial, yet very subtle point when dealing with the process of Creative Visualization, and one we'll explore in more depth as we progress further into this book.

### ***What's all this 'resonance' about?***

Perhaps some of the issues raised in relation to Creative Visualization seem at this stage to be more like double-Dutch. But a quick example may help to clarify the point. Imagine that you want to have a relationship. Your ideal partner is someone who is not only kind, considerate, romantic and good-

looking, but also loves you deeply, with great commitment. Sounds good? Mind you, feel free to embellish this basic visualization as you wish!

But here comes the crunch... are you, deep inside your soul; in the very core of your Being, *resonant* with allowing such a wonderful person into your life? Or are there aspects – obvious or subtle – within your mind and emotions which might just feel a bit unworthy of such a gorgeous creature becoming your life-partner? Do you feel you are good enough? Lucky enough? *Lovable* enough? Because unless the answer is an emphatic ‘YES’, you are not *resonant* with the Energy of what it is you desire. And it’s precisely this lack of resonance which acts like the reverse side of a magnet, more likely to actually push away or keep at bay what it is you desire.

### ***Making change outside is first about making change inside***

So, to allow our desire to manifest through the process of Creative Visualization, we also need to work on *ourselves*. We need to learn to come from a Higher Dimensional perspective; a more Loving Plane of Reality - and *then* our desire is also more able to manifest. But that entails becoming more Spiritually aligned within ourselves. Hence, this whole play with Creative Visualization is ultimately a Journey of growing in Consciousness or Spirituality – something that is often glossed over or not mentioned at all within some New Age circles.

One of the criticisms often thrown at the concept of Creative Visualization is that its entire focus seems to be on materiality. Yet, as noted above, ironically the outcome is the opposite. It’s only by increasingly learning how to access the Higher level of who we are - shall we call it ‘Higher Self’ - that we then can truly be successful in our Creative Visualization.

The reality therefore is that something happens to us as we progress along this Journey of Creative Visualization. Eventually, we realize that although there is nothing wrong with material ‘stuff’, neither is it the answer to our life dilemmas, nor does it fill that sense of emptiness and lack of connection which so many Westerners seem to carry around within themselves. That’s why it was stated a little earlier how it was alright to solely focus on the material aspect of Creative Visualization, as we initially play with this process. Eventually, people will get to the more Spiritual aspects, once they’ve burnt through being so enamored with the material aspects of the process, and are ready for the next phase.

Creative Visualization therefore is an invitation to re-connect with Higher levels of who we are, beyond just the physical body – never mind whether we call this Higher Self, God-self, Universe, Source, The Matrix, etc. So it is by working through this level of Higher Consciousness that we ultimately become more skillful creators on this physical dimension of planet Earth.

Hence the ultimate goal of Creative Visualization is actually to transcend beyond materiality, into Spirituality. From personal observations of life, it seems that a fundamental source to our human woes is really our disconnection – experientially – from Source; from God. What Creative Visualization asks of us is to learn, one step at a time, how to re-connect back to our Source. And hopefully out of that, we will become increasingly able to choose manifestations of a Higher and Higher level of Consciousness, as we amplify the Spiritual Awareness inside ourselves.

### ***Humanity’s inherent empowerment neutered***

What is a problem is the reality that although we can all inherently do Creative Visualization, our awareness of this fact remains so elusive. This has been the case for the greatest majority of people, for most of human history. It’s a sad fact that an important way in which humans could have empowered themselves into a Higher level of Consciousness has been denied them. This seems incredibly unfair.

Indeed, books abound which do explore some of these Creative Visualization concepts. Even Christ taught it, as will be explained in greater detail in chapter 10. However, in the past, this knowledge was inevitably couched in such mysterious terms, that generally speaking only those who already understood the process could make any sense of it. This powerful technique has been actively stifled, and kept hidden from the masses. This was even the case within religion. Some of these Creative Visualization messages are indeed found within the various Holy Texts, but are well and truly glossed over or ignored, or their religious interpretation so distorted as to neuter them.

The other problem has been the contradictory ways in which this information has been presented – when made available at all. These are some of the reasons why Creative Visualization concepts could seem so unclear and confusing that the average person would have just shrugged their shoulders and ignored what basically seemed an unfathomable concept.

### ***Only do what seems easiest to start with***

In this book, you don’t need to do everything being suggested. Just start with whatever process most appeals to you. Focus on that till you feel more skilled or at least have made some headway. Then go to the next stepping-stone. It’s all about being on a Journey, made up of many individual steps.

The aim of this book is to provide a series of such stepping stones. Individually they may not seem so rational or make immediate sense. Nevertheless, by the end of the book, and when seen as a whole, hopefully these ‘stepping stones’ will generate a usable ‘picture’ or world view for you - one which does somehow hang together, providing a powerful platform or construct. This world-view can then be used as an empowering guideline to living life on planet Earth, and dealing with its many challenges along that Journey.

Perhaps this book can become a starting point for those who have not really been that interested in the Metaphysical aspect of life, or who felt Metaphysics was all just a bit too hard or weird to comprehend. Hopefully those already well on the Path will also gain further insights as to how they can refine and hone their skill in this life arena. See this book more as a series of ‘seed-thoughts’ or concepts, around which you can now develop *your* own personally appropriate ‘pearl’.

### ***Life rarely offers instant, magical answers***

But it does need to be understood that in a person’s search for meaning there may not be any quick, instant answers. In other words, the search for meaning to life, is itself a Journey within a Journey,

and may take an entire lifetime; in fact I think it does. That search just alters and evolves from one level to another.

Also expect that a purpose or meaning which may have been workable at one stage, may not be right for the next stage. As much as most of us don’t want to hear this... life is anything but static! Such changes in our beliefs and sense of meaning to life should be seen as OK. Not a judgment of failure, but rather a sign of progression in the Consciousness evolution of who we are. Some of the things you believed as a child may not serve you as an adult either; that is just the nature of life.

Ultimately, it can be said that whatever meaningful metaphor or protocol we choose doesn’t really matter, as long as it allows us to intrinsically work through the ‘lens’ of expressing Love on as High a level as we possibly can. So if your calling is to be someone in the money market or advertising world or selling cars or... whatever, then do it from as High a Love-Space as you can, with great integrity and honoring of other people. By doing so you are nevertheless living your life from a very High Consciousness perspective – never mind the exact format you might be using at any particular point in time.

### ***Need to find our own purpose through our own choices***

Finding a meaning and purpose to life is therefore about you searching amongst all the various options as to what suits you best, and gives you the deepest sense of value. That doesn’t mean the purpose you might choose now is going to suit you for the entire length of your life here. But for the time that it does serve you, it needs to be honored, even if it is perhaps the pursuit of money, sex, drugs or power as some examples.

To an outsider, such choices may be judged as less than constructive or ethical. By the same token, there are some people who still have to go through these type of experiences in order to ultimately learn the emptiness of such life choices, and thereby finally burn those desires out of their system.

So, let this Journey of exploration begin... and may it be a fruitful and empowering one for you. Some people love doing exercises to help them focus and clarify a concept. For those of you who do find this method useful, a series of questions will be provided at the end of each chapter. For those of you who don’t like doing such exercises... please feel free to skip them, and go to the next chapter!

### ***Exercises***

- Make a list of 5 things that give you a sense of purpose in your life.
- Write a brief description of how you would describe the God/Source/Universe in your life

## ***Summary of thoughts thus far***

### Preface and Chapter 1

- Focus more on something being *useful* versus '*The Truth*'.
- Learn to resonate 'truth' within yourself, and trust that Inner, intuitive knowingness', rather than automatically and solely accepting external 'authorities' as to what is 'true'.
- Understand that such intuitive wisdom is not incompatible with science. Many of science's greatest breakthroughs occurred initially through intuitive hunches.
- Be curious; dare to ask questions, and expect to receive answers that make sense.
- Wisdom obtained via personal experience is inevitably more powerful than 'wisdom' achieved via externally dictated dogmas or rules.
- Healers, Authors and workshop 'Gurus' are not necessarily or automatically Enlightened Beings. They inevitably have their own 'stuff' to contend with.
- Due to the ubiquitous nature of suffering, there is a critical need to have a workable system through which to deal with life's suffering – personally and globally.
- There is a great need to not only acknowledge the value of organized religion, but also its limitations.
- The reality is that self-empowerment has been so often actively suppressed – not just by political systems, but far too often by many religions too.
- One potent way of empowering our lives is through the concepts of Creative Visualization.
- The reality is that Creative Visualization is ultimately a Journey of Spirituality – not just materiality.
- In Creative Visualization, it's all about creating *Inner* change before we can have any hope of creating *outer* manifestations of our desires.
- It is vital to be in 'resonance' with our desires before they can manifest.
- The Journey of Life is more often made up of many small steps, rather than the quantum leaps so often promised by the New Age.

## REFERENCES

1. P. Gomes, *The Scandalous Gospel of Jesus – what’s so good about the good news?* Harper One, NY, 2007.

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If you would like to buy the entire eBook, ‘*Lifenotes – A User’s Guide To Making Sense of Life on Planet Earth*’, you can do so from the e-Store of your choice i.e. Amazon, iTunes or Kobo.

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