

# MEDITATION

the simple how,  
where and why's  
to creating  
stability & peace  
in your life

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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 practicing 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.

# Meditation – enhancing your life & wellbeing with this powerful tool

*All those who have achieved great things have been great dreamers.*

Orison Swett Marden

Put on the kettle; brew yourself a cuppa, and get ready to settle in for a fascinating exploration of some of the basics about meditation. In this e-booklet, we'll delve into not just the how, where and why to meditation but also discover how this process is associated with an exciting new way of perceiving your life.

Some of the topics we'll look at include:

- A brief peek at the many different forms of meditation, whilst focusing primarily on mantra meditation
- The many ways in which meditation can be used in your life – from simple stress management to potential Enlightenment
- Being adept at meditation also provides a potent basis to being successful at creative visualization, or Co-creation
- How by having a spiritual perspective to our human existence greatly enhances the extent and power with which meditation can be practised
- Exploring a practical and realistic angle to Enlightenment
- Learning to be in the 'Witness State', and what that means
- The how, where and when of meditation
- Looking at nine different mantras with some suggestions on how to use them
- What to expect during a meditation session
- And finally, the very real need for something like meditation in our 24/7 lives

Within this discussion, you'll also 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 employed 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 meditation? The Penguin Dictionary <sup>1</sup> defines it as: '*systemic reflection on religious topics*'. Unfortunately, this makes it rather restrictive in its scope, as meditation is much more than a religious practice, and has more to do with providing a spiritual *experience* within your life.

Barry Goss succinctly explains the difference between Spirituality and religion in that the former has to do with our *personal* experience in how we relate to God/Source - or however we conceive of this Ultimate Being. In comparison, religion provides a specific, structured and often dogmatic format *through* which one is then allowed to relate to God, thus making it a far more vicarious experience.

But for now, it's important to realize that there are a multitude of layers and purposes to meditation, depending on what you want – or know – you can achieve from it. This practice can be used from one end of the spectrum, simply as a powerful stress management technique, right to the other extreme where it becomes a pathway towards Enlightenment.

But somewhere in the middle, meditation can also become a very useful tool to get us to an *experiential* understanding of what it feels like to access that special Inner mind-space of deep calm and centeredness. This state can be described as the Higher Self; an Inner Space from which it is easier to hold our ground amongst the often chaotic confusions, challenges and distractions of life, much like finding the 'eye-of-the-storm' .....

### .....**Learning to be in the Witness State**

Another great benefit of meditation is learning the skill of 'watching the mind' – or entering what's called the 'Witness State'. This is a mental space where an aspect of your Awareness becomes increasingly skilled at observing the content of your mind. As you first start the practice, this usually appears to be nothing more than an unbelievable amount of 'mental chatter'. So much so, that for many people it is enough to put them right off meditation.

They find it virtually impossible to achieve that experience of supposed calm and centeredness so many proponents talk about. However, this internal 'mind chatter' is really the result of many years of accumulated, unprocessed mental 'stuff'.

We are bombarded and overwhelmed each day by billions of stimuli, many of which also cause subsequent mental stimulation, in turn producing floods of random and chaotic thoughts. We find each second of our life crammed with things to do, especially with our predilection to multi-task as much as possible. So many experiences happen to us, which we never have the time – or never *allow* ourselves the time – to fully process.

The mind is flitting from one thought to another; torn from one area of concern to another. No wonder we feel so restless, and just can't seem to find a sense of peace in our life.

Inevitably the result is internal confusion, mental chaos, physiological and biochemical mayhem, all more likely to drive us into breakdown and disease.

To further explore these concepts, and how they impinge on our wellbeing you might like to read the e-booklet titled: *'Stress Management – how to step off the “conveyor-belt” & reclaim your life'* by Peter de Ruyter.

## **I've got better things to do than sit and cogitate**

This is where the average Westerner finds themselves in a quandary. In our 24/7 conveyor-belt life-styles, we can barely get through our daily agenda as it is, without now also being expected to somehow simply sit there and contemplate. 'Such a waste of time' would be the inevitable response. Yet such 'contemplation' is a process which is extraordinarily vital, not only to our mental health but our physical wellbeing too.

## **All religions use some sort of meditation**

Let's explore this point a bit more. In the 'olden days' – pre-New Age - the word meditation would not have been used much, but most people would certainly have understood exactly what the word 'contemplation' meant. Every religion, from Christianity to Hinduism to Buddhism to Islam to Judaism - and not just the New Age – has its own format of meditation.

This is important to realize, because too many people think that meditation is some sort of weird 'cult thing', associated more with the New Age than with religion. Not so! In many religions, this sense of meditation, of entering a calm, centered internal Space is often achieved by the use of repetitive prayer; by doing endless rounds of the rosary; one prayer for each bead.

The Catholic version of a rosary is a string of beads containing five sets of ten small beads each. In the Hindu and Buddhist rosary, there are 108 beads, while the Muslim rosary has 99 beads. Even though each style of rosary may come in different colors, sizes and designs their primary purpose is the same. Each time, the aim is to pray in a repetitive manner, often allowing the person to drift into an altered state of reality.

## **How to do a meditation**

Now let's explore a range of practicalities associated with doing meditation. Firstly, there are countless different ways of meditating, but essentially you need to find yourself a quiet, comfortable place where you are guaranteed not to be intruded upon, either by people, phones or pets – and especially children!

Ideally, find yourself a chair in which it is easy to sit comfortably; some people like to use cushions to sit on instead. In either case it is important to keep your back straight and

upright. These latter two options would be better than a 'bean-bag' where the strong temptation is towards leaning right back... and subsequently falling asleep. Lying horizontal on a bed virtually guarantees this will occur!

Next, if you're sitting on a chair,.....



If you would like to buy the entire eBook, *'Meditation – The Simple How, Where & Why's To Creating Stability & Peace In Your Life'*, you can do so from the e-Store of your choice i.e. Amazon, iTunes or Kobo.

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