

REINCARNATION –

SEQUENTIAL OR

SIMULTANEOUS?

Exploring more

liberating perspectives

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TABLE OF CONTENTS

- Chapter 1 - Reincarnation- a potent therapeutic tool through which to heal major life traumas
- Chapter 2 - Reincarnation – a sequential or simultaneous phenomenon?

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

Reincarnation- a potent therapeutic tool through which to heal major life traumas

Imagination is more important than knowledge...

Albert Einstein

Planet Earth Touchdown

You're suspended in a warm ocean of fluid; comfortable; at peace. Suddenly you notice that something has changed, and you are no longer floating. It seems the warm fluid, so long taken for granted has somehow drained away, and now you feel instead the rub and squeeze of walls closing in on you. Then waves of pressure begin to build, till it seems you might be crushed to pulp.

This frightening situation continues for hours, with its painful pressure, and a myriad of other unfamiliar sensations. Reality seems to have become quite chaotic, and you feel like you are no longer in control of your environment, particularly as this dreadful pressure starts to force your body to squeeze through what seems like the most ridiculously narrow tunnel.

Then after much discomfort and even pain, suddenly you're blinded by bright lights. There's a few more waves of this awful squeezing, and next you find yourself experiencing many totally alien feelings. A breath-stopping sense of coldness never felt before; rough hands pulling at you, and before you know it, you're hanging upside down... and slap!

Welcome to Planet Earth!

So, you did finally make it to this plane of reality. Now what do you do here? And how? What is this plane all about? So many questions.

In this booklet we'll be exploring some interesting perspectives around the concept of reincarnation, with powerful ramifications to how you can subsequently manage those painful and challenging events which so often fill a human's life.

By daring to step out of the square, and re-evaluating reincarnation from quite a lateral point of view it becomes feasible to realize that our obsession with reincarnation being a sequential phenomenon is nothing more than a distortion brought about by our blinkered and very earth-bound perspectives. We'll look at:

- the equal possibility that reincarnation is actually occurring simultaneously
- that the earth realm could be viewed as a form of 'school' with a very specific 'curriculum'
- that such a view of a human existence also brings about significant alternate ways with which to handle the ubiquitous phenomenon of suffering found on this earth plane
- another exciting concept that will be explored is how we humans have perhaps got the emphasis wrong when it comes to perceiving ourselves as just human flesh, albeit with a begrudged concession that there may also be an Energetic or Spirit aspect to this body
- ... and much more!

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 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.

Life meaning - usually born into – not self-explored

Well, you have made it to planet Earth, but there seems to be no clear 'user's-guide' as to how to now proceed. Yet, time goes by, and you do find yourself exposed to definitive sets of rules and regulations – usually courtesy of parents, governments, cultural traditions as well as religion, the latter inevitably defined by your birth circumstances.

Or you find as you grow older, that there are a plethora of different ideas and concepts being presented as to what this experience is all about, and how you *must* proceed. It's strange, though, how often there is so much contradiction and confusion between these different sources of information.

One thing really needs to be made clear in this part of the discussion. For numerous people, the particular religious paradigm they find themselves born into may well give them all the meaningfulness and support they'll ever need in their earthly Journey. On the other hand, the reality is that for many westernized people, religion no longer provides a true sense of meaningfulness to their life. For them, what religion offers is not enough, or doesn't adequately answer those deep and gnawing questions which nevertheless keep arising from within, despite being adamantly told what 'The Truth' is.

In such cases, their meaning of life is often something that has to be pro-actively searched for, rather than being served up on a specific, religious or culturally determined 'plate'. For a lot of people, where the meaning of life *is* presented to them on a plate, this may only provide an inevitably unquestioned, and therefore relatively shallow answer to life's conundrums; almost a façade behind which they live their daily lives.

One important question that needs asking therefore is... 'why do people believe their particular perspective on life'? Is it only because that's what their parents used to believe – and their parents before them? Or, that's what their religion or society has forcefully told them *is* the answer to life and its dilemmas? And if this way of believing was good enough for their forebears, why not for them too?

Yet in such cases, this 'knowingness' as to what life is all about comes from without, and is not necessarily vindicated by their own internal explorations or experiences. A personal experience inevitably provides a much deeper and more genuine understanding about something.

Again, a sense of meaning, *imposed from outside*, doesn't automatically negate the option that this can be more than enough to empower many people's lives. However, for others, such an external imposition of what constitutes meaning, far too often won't gel with what they have already experienced from *within*, and thus creates conflict.

We need a map if we are to start the journey

Hence, the importance of having some sort of map, which allows for guidance to a person's individually chosen life Journey. Just as we have road maps which give us guidance as to how we can go by car from A to B, inevitably such maps also do provide more than one route to our destination.

It's then up to the individual to choose which way they would like to travel to get to their goal, while including other vistas and places they might like to explore along the way, as dictated by their specific needs and desires. One thing seems certain; humans do appear to need some sort of layout or blue-print of what life on Earth may be all about, before we can make the most of this experience here.

Metaphorically, as humans, we therefore do need 'maps' which can guide us on our life Journey. But such 'maps' ideally should cater to our own specific idiosyncrasies and needs, rather than a 'map' which offers a single dictated route – and you'll be damned forever if you do not choose that sole, mandated option.

One Life and opportunity only?

Mainstream Christianity seems to come from the perspective that we get just the one chance on Earth. One life, one death, and then an eternity in either heaven or hell, depending on how well we did in that one earthly life Journey. However, that perspective seems to be inherently unfair. On the one hand, someone may be born into say a royal family; a wealthy family; a family living in a Western setting, in a modern era where Life is a relative ‘picnic’.

Compare this to someone born in Africa as an AIDS-infected child - a life where the mother dies shortly after birth; where the father is long dead, and living relatives may see such a child as nothing but an extra burden for them to deal with; just another mouth to feed when they are already starving and struggling to survive themselves.

Obviously one can conjure up numerous such examples where life is either relatively easy or one of abject poverty, suffering, and a constant challenge to even stay alive. Life seems to be inherently unfair for billions of people on this planet at any one time.

Answers to such dramatic life differences, as given by many religions don’t seem to come close to providing any really satisfactory solutions. Indeed, those same religions’ only sense of redress to this dilemma is to state that those suffering now end up with greater rewards in the life hereafter. Perhaps. But this seems a limited and unsatisfactory answer to those suffering right *now*.

Such explanations also place people in a disempowered position where they inherently have no influence on what sort of life situation they may find themselves in. They just have to put up, and shut up till it’s over. The only point of power is that they at least do have the choice of how they might *respond* to their life situation – but more on that aspect later.

Maybe reincarnation makes more sense of it all

So, we need a theory; some sort of construct that allows for maximal empowerment on this human Journey, while also providing everyone the right to choose specifics about such a Journey, as long as.....

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