

SUFFERING

WITHIN PLANET

EARTH-SCHOOL –

powerful ways to undo

the pain

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ABOUT THE AUTHOR

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

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

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

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

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

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

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

Suffering – simple ways to manage it

There is nothing either good or bad, but thinking makes it so

Shakespeare, Hamlet.

No two ways about it: suffering is a major issue for the majority of humans experiencing life here on planet Earth. Many attempts have been made by religion and philosophy to try and explain it, and in this e-Booklet we'll explore this ubiquitous human phenomenon in an intriguing and empowering way. One compelling metaphor we'll look at involves a rather unusual idea presented by the Metaphysical teacher, Eckhart Tolle, which he calls 'the Pain Body.'

Despite using a range of concepts through which to make sense of suffering, nevertheless, all too often it remains difficult to even begin to understand what could possibly outweigh the amount of anguish humanity has gone through, thereby somehow validating or counter-balancing this all too human phenomenon.

This is especially so when one considers the wail of cumulative agony emitted from the planet as a result of the misery accrued over the eons of time that humanity has existed: the tortures, the wars, the lies and deceit; the murders, the manipulation through power and ego to strip people of basic human rights. And then there is the suffering created by planet Earth itself via earthquakes, volcanic eruptions, tsunamis, drought, floods, devastating fires, and much more.

So, let's explore this ubiquitous human reality in as empowering a way as possible. 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.

Suffering – can the good things in life ever balance it out?

For those wrestling with the enormity of human suffering, to even suggest there might be some redeeming value to this occurrence seems to make a mockery of a God who is supposedly the epitome of Love, Justice and Compassion. One possible response is to be mad as hell at God for allowing such a colossal fiasco to occur within Creation.

But then the question is whether this attitude will ultimately serve us? Will it actually make suffering go away? Or will such seemingly valid anger at God then only leave us with a sense of frustration, rage, confusion, betrayal and powerlessness, in turn potentially drawing us

into an implosion of mind and soul? How else then can we deal with this very real phenomenon of suffering, in as productive and empowering way as possible?

Seeing suffering more as an issue of mystery

In regard to dealing with suffering, perhaps we can boil it down to three primary issues. Firstly, we have to accept that suffering is an integral component of the human condition. That's the 'no-brainer' part to it! Secondly, what do you do with the suffering? Do you try to understand it? Figure it out till you can come to some sort of rational conclusion?

But after a lifetime of trying to understand it – via the left brain – the only conclusion about suffering seems to be that it inherently doesn't make much sense at all. Sure, we can learn from it; we can see why some people may be suffering, based on their actions. But ultimately these explanations don't seem to be good enough either, when compared to the intensity and horror of so much of the suffering that humans are exposed to.

In the end, and after a lot of heartache in trying to really understand suffering, it therefore seems that one potent conclusion is that *you can't really understand it*. Ultimately, when logic fails so miserably in trying to get a handle on it, all you can do is to finally live with the *mystery* of suffering.

Despite not being able to perhaps understand suffering in a logical, rational way, how does one then deal with it on a day-to-day basis, in as positive, constructive a manner as possible? And this is where we'll explore some of Eckhart Tolle's concepts about suffering, thus providing a useful platform from which to achieve at least an empowering response to this all too human phenomenon.....

..... Therapy – seeing the patterns and simply side-stepping them

In our Western, counseling-orientated culture, there is a widely held belief that unless we can figure out *where* our dysfunction or suffering comes from, we won't be able to get rid of it. Now, counseling is an extraordinarily powerful and valid way of dealing with so many of the issues we humans find ourselves confronted with.

But sometimes we just can't figure it out. Ultimately then, it may be so much more empowering to just *Be* with what's happening, rather than to *understand* what's happening - especially if we have already gone down the path of trying to comprehend the problem or suffering via a range of other techniques or approaches.

Sometimes, never mind how long we live; how many Consciousness Courses we do; how much counseling we engage in, etc. etc. – in the end it's perhaps more about *recognizing our patterns*. And for that, such 'work' - the courses; workshops; counseling - can indeed be most useful. Totally acknowledged.

Eventually however, it may have more to do with becoming really skilled at not *engaging* with the patterns, once seen. Rather, we can also choose to just Witness them. 'Ah, there's fear again'. 'Oh my, there's anger again'. No judgments; just observe and name the patterns as they arise.

We'll probably go to our graves still dealing with a long list of dysfunctional behaviors and patterns experienced on a daily basis, but hopefully what will have been achieved in our life Journey is a vastly enhanced skill at not having to automatically buy into these dysfunctional patterns. Additionally, we may be able to increase our skill and ability to *choose* to allow our experience of such life scenarios to be more from Higher Self versus ego self.

Just look for the ballast - and dump it

The point is to increasingly train our Witness State to be able to.....

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