

Mastering Life Meditation

Manual

Dr Peter Gruenewald, MD

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Benefits

Create harmonic goals for yourself and others

Call on your and other's Higher Self to manifest your harmonic goals and co-create your destiny

Enhance your creative manifestation power through utilising a deep meditative state

Manifest harmonic life goals for yourself, your family, friends, colleagues, communities, humanity and nature

Develop inner freedom, selfless love, and mastery of life

Develop and maintain health, youthfulness, and longevity

Use the guided 'Mastery of Life Meditation' and read the book 'Mastering Life'

Caution and Disclaimer:

Do not listen to the recordings whilst driving a car, operating machines or whilst under the influence of alcohol or psychoactive drugs.

Do not listen to the recordings at high volume, as this could lead to head aches, overstimulation of the nervous system or damage your hearing. The high carrier frequency in the brainwave entrainment (16 kHz) can negatively affect you at high volume. Therefore, listen at moderate volume only.

The meditation, instructions and recordings in the book and on this website are not a substitute for advice, treatment or counselling from a registered health professional or therapist.

A health professional or therapist should be consulted in the case of suspected physical or mental illness. If in doubt, always consult your healthcare professional or therapist.

For best effect, do not meditate for at least for 1 hour after eating.

Take extra caution if you have a cardiac pacemaker as the lowering of the heart rate as a result of physical relaxation may activate it.

About the Guided Mastery of Life Meditation

- Guided meditation for personal and spiritual development, health, and success
- Training profound meditation skills through accessing creative deep trance
- How it works and what it can do for you
- Brainwave entrainment at Sub Delta (Epsilon) 0.1 Hz to help regulating the Default Mode Network of the brain assists in time travelling (processing past - imagining future)
- Symbol and mantra to access deep meditative states
- Symbol and mantra to facilitate goal selection, alignment and success
- Some problems you may face, whilst meditating and how to deal with them
- Meditation as service to humanity
- Supplementary exercises to help developing skills for more effective meditation, magical practice, personal and spiritual development, goal alignment and goal achievement and social skills
- How often should I meditate and for how long?

Training profound meditation skills

The guided meditation trains your capacity to enter deep and transformative meditation at will over a period of six weeks. This is achieved through practicing the guided meditation once to twice daily, helping you to access a highly creative and spiritual state of deep trance. The state of deep trance can allow you to call more effectively on the support and protection of your higher Self to bring about permanent healing of ill health and trauma, and positive transformation. Through this enhance connection with your higher Self, which also represents your full human developmental potential, you can create harmonic life goals with ease and successfully and speedily manifest them. This may allow you to co-create your and other's destiny and to bring wisdom, beauty and power into your life and the life of others and to progress on your path of developing personal freedom, selfless love and mastery of life.

The depth of meditation

Once you have learned this skill you should replace the guided meditation with your own self-guided meditation practice. You will learn how to relax profoundly and stay completely focused, aware, awake and in control whilst meditating. Between this state of 'deepening relaxation' and heightening alertness and focus develops a meditative state that helps to align your conscious and sub-conscious mind with your higher Self. This happens through

meditation and contemplation, a form of self- conversation, which is initially guided by me, but then transitions in the second part of this meditation into an activity, which is exclusively guided by yourself.

Over time you will (approximately six weeks of daily practice) you will learn to practice contemplation (self-guided self- talk), meditation (focus on sacred symbol and words) and meditative listening to silence completely by yourself and without my assistance and the aid of this recording. It is important that you read, acknowledge the content of this guided meditation before listening to it, so that you can make a free decision, whether you approve of the content or not. (See 'Text' section on this website) After a few weeks you will create your own understanding of symbols and mantric words. The guided meditation proposes self-exploration, self- improvement and self- transformation. It also focusses on skill development regarding goal selection, goal achievement and success. And it encourages you to allow your higher Self to bring increasing levels of wisdom and truth; love and beauty; and strength and goodness into your life.

The meditation may assist you to overcome past trauma, and appeals for protection, mitigating of risks, and overcoming obstacles. It may support you in developing and maintaining better physical, emotional, mental and social health. And to experience recuperating good quality sleep.

How it works and what it can do for you

This guided meditation uses elements of deep relaxation and heightened focus. It is an aid to prepare you for deep meditation and contemplation. It is a supplement to the mediative and magical techniques that have been introduced in my book “Mastering Life”.

Listening to this recording and practicing the meditation once or twice daily for a period of 6 weeks, may train your ability to enter a deep, restorative and transformative meditation, whenever you wish to.

Daily practice of the Mastery of Life meditation may benefit your health on all levels; rejuvenate you; and improve your sleep; and help you move towards achieving your life's goals successfully, through wise judgements, loving feelings and empowered actions, attracting good fortune and increasingly supportive life circumstances. Dealing effectively and constructively with extreme emotions, such fear, anxiety, anger, frustration, sadness and despair, and mitigating risks and overcoming obstacles during times of trauma, loss, challenge and crisis is part of the resilience building process that may come with the proposed regular meditative practice

Brainwave entrainment to enhance relaxation, focus and deep meditation and how it improves your health and success

Training the capacity to meditate and to deeply relax and maintain high focus is enhanced through brainwave entrainment with binaural beats at Low Delta (Epsilon) 0.1 Hz. In conjunction with the guided meditation, Epsilon brainwave entrainment may facilitate profound regeneration and healing.

Ultra-slow Epsilon brainwave patterns were found to be enhanced in experienced meditators during meditation.

Low-frequency oscillations with a dominant frequency at 0.1 Hz are one of the most influential intrinsic blood-oxygen-level-dependent (BOLD) signals, that contributes towards enhanced heart rate variability (which is an indicator for good health and youthfulness), and is also an important resource for emotion regulation.

Low Delta (Epsilon) 0.1 Hz one of the electrophysiological rhythms of the Default Mode Network of our brain and of the Amygdala, which relate to our capacity to process emotions, imprint memory and develop our Sense of Self: first-person perspective; embodiment and autobiographical memory; and the capacity to learn from past experiences and to self-reflect.

The Default Mode Network is also responsible for vividly envisioning ourselves in the future. It is the neurological correlate of our capacity to time travel between our biographical past and our envisaged future.

Brainwave entrainment at Low Delta (Epsilon) 0.1 Hz, combined with meditative practice may support our capacity to control the function of the Default Mode Network and the Thalamus, contributing towards strengthening health promoting body rhythms, such as sleep/waking rhythm, breathing and circulatory rhythms and emotion regulation. In conjunction with our meditation. it may enhance our capacity to manifest our life's goals through combining vivid imagination of our future self with enhanced willpower and focus.

Brainwave entrainment with tones in Epsilon frequency has shown to reduce stress, irritability, and anxiety, improved mood, deepen sleep and improve regeneration.

This can lead to increased flexibility and adaptability of the organism to challenges and pressure (autonomic nervous system balance and flexibility) and increased potential to maintain good physical, emotional and mental health.

These training effects increase with repeated listening to the recording, as the brain (and the whole organism) learns to follow the signals. T

he benefits may be maintained, once the recording is not used anymore and replaced by your own meditative activity (after approximately six weeks of use).

These digital sound patterns are imbedded in relaxing music. This is royalty free meditation music, called 'Hypnotica' was composed and produced by Christopher Lloyd Clarke.

To benefit from the brainwave entrainment effect please listen to this recording with headphones or earphones. The binaural tones cannot be perceived without headphones.

Please listen to the recording with moderate volume only to protect your hearing and your nervous system.

Fractioning

To achieve deep meditation, this guided meditation will lead you into deep relaxation and high focus, guide you back into daytime consciousness. Each cycle of being guided into deepening relaxation and heightening focus and being guided back into daytime consciousness is repeated three times within the 40 minutes meditation. The process of repeated cycles of guiding into deep meditation and guiding back into daytime consciousness is called fractioning and can be a powerful way of training deeper states of meditation.

Meditative focus on the sacred symbol

Symbol: Tau Cross with Sun

- Deepen your meditation to truly transformative levels
- Anchor this deep meditative state so that you can enter fast and easily at any time you wish to
- Access the wisdom, love and power of your 'Higher Self' for guidance, advice and assistance
- Access healing for past trauma and ill physical and emotional health
- Facilitate goal selection, goal alignment and success



Some problems you may face

You may initially fall asleep during listening to the recording. This may be even more the case if you have been sleep deprived, sleepy or exhausted. Chose the right time of the day to listen to the recording and practice your meditation and try to stay awake, if you can. There is no harm falling asleep initially, but over time you should learn to stay awake throughout the whole meditation session. If you fall asleep frequently, chose a less comfortable position, for example upright on a stool without a back to lean on. Adjust the comfort of your meditation position to the level of alertness, to achieve maximum levels of relaxation of the body and increasing levels of focus and awareness of mind. Excellent times to practice mediation are after waking up, to set the tone for the day and in the evening or before bedtime, to prepare for good quality sleep. Your mind may wander off and you may get distracted by memories, imaginations, thoughts, emotions, impulses or sensations. Focus with keen interest on what comes into your mind, ask it ,what it wants to tell you, then send it away and refocus on the voice in the recording or your symbol and mantra. If you tend to be hyper vigilant and over-alert and struggle to relax, you may try to do this meditation whilst lying down. Over time your attention span, focus, concentration. alertness, relaxation, as well as your loving and wilful connection with the symbol and mantra will improve during meditation, and you capacity to visualise the symbol with sharpness and clarity will improve too. Be patient! Learning how to mediate effectively is a skill that requires time. Improving your wellbeing and your life and that of others will also take some time.

Meditation as service to humanity

Your meditation shouldn't just help for your health and success; its effect is also supposed to make a positive contribution to the world: your family, friends, community, country, humanity as a whole and nature. Consider meditation and magic practice as a service and contribution towards self- improvement, and improvement of the world, humanity and

nature. Your happiness is intimately linked to the happiness of everyone. By practicing this meditation, you work towards creating relationships, communities and societies, build on truthfulness and wisdom; selfless love and compassion; and benevolence and charity.

Supplementary exercises

Please also consider supplementing the Mastery of Life meditation with the exercises described in the book 'Mastering Life', as they help developing skills for more effective meditation, magical practice, personal and spiritual development, goal alignment and goal achievement and social skills. This may lead you living your life more successfully, happier and with increasing physical, emotional, mental, spiritual, and social health.

How often should I mediate and for how long?

If you decide to listen to the guided meditation 'Mastery of Life' 1x or 2x daily for a period of six weeks, it will train your meditative and magical skills for spiritual and personal development, goal achievement and success.

Best time: in the morning after waking (other times are also possible).

Duration: 30 minutes.

Once you have listened to and practiced this guided meditation for a period of twelve weeks, you will be ready to replace this guided meditation with your 'Mastery of Life' meditation, practiced once or twice daily for 15 minutes.

The Mastery of Life Meditation

Guided meditation

Author: Peter Gruenewald

Learn how to shape and successfully manifest your harmonic life goals and co-create your destiny in collaboration with your 'Higher Self'

How you can benefit and how it works: see 'Benefits' and 'About' section

To deepen your understanding about harmonic goals and their magic manifestation read the sections 'Abundance' or read the book: 'Mastering Life'

Download it from the 'Meditation' recording (MP3) from the website www.mastering-life.com

For best effect, listen to these recordings with headphones or earphones.



The Meditation Script

Just begin by making yourself comfortable. Rest your hands on your side.

Now, inhale deeply, filling your lungs all the way up. Pause for a few seconds and allow your eyelids to grow heavy and to close down ... as you exhale slowly and patiently.

... Good.

Inhale deeply, filling your lungs all the way up. Pause for a few seconds. As you exhale, send a huge wave of relaxation from the top of your head down to the tip of your toes.

... Good.

Inhale deeply, filling your lungs all the way up. Pause for a few seconds. As you exhale, allow that pleasant, comfortable feeling of relaxation to flow ALL the way DOWN to your feet . . . Just feel your feet becoming very comfortable and very relaxed . . . If you don't feel it in your feet right away don't worry about it, for it will gradually catch up to you . . .

... Good.

You are warm and comfortable . . . Relaxing even more as all the sounds around you send you much deeper into relaxation . . . And as you relax, any sound that you hear, sends you even deeper.

. . . The sound of my voice sends you much deeper . . . So, as I keep on talking . . . You keep on relaxing much deeper into this pleasant, relaxed state . . . With each breath that you exhale, you go much deeper . . . The beat of your heart sends you much deeper.

. . . Any and all sensations that you experience send you much deeper . . . With each thought that you think go much deeper . . . DOWN into a pleasant very deep relaxed state . . . Just feel your muscles loose and limp . . . Feel your nerves calm and relaxed . . . Your mind is clear, focused, and relaxed, as you go much deeper. . .

Deeper and deeper relaxed, much deeper, letting go, loose, and limp, as you drift through this pleasant, relaxed state. Going deeper with each breath that you exhale.

... Good.

As you have been following these instructions, you find yourself deeply relaxed, from head to toe, so deeply relaxed in fact, that if I were there beside you, I could pick up either of your arms, and drop it into your lap, and it would simply flop down, as though it were a wet towel. Because physically, you are completely relaxed. Let your arms and legs be as heavy as lead ... You feel the heaviness in both arms and legs. And with each exhalation your arms and legs get heavier and heavier ...

... Good.

I know how deeply relaxed you are, but even in your deeply relaxed state, you sense in your own mind that there is a state of relaxation below the one you are in right now.

You know that you can clench your fist and make it tighter and tighter and tighter - and you might call that the height of tension.

You can relax the same fist until you can't relax it anymore. You might call that the basement of relaxation. I'm going to try to take you down to the basement of relaxation. To take you down to the basement of relaxation you must go down three floors ... I call them floor 'A' ... 'B' ... and ... 'C' ...

To get down to floor A, you must relax twice as much as you have relaxed already.

To get down to floor B, you must relax twice as much as you did at floor A,
and to get down to floor C, you must relax twice as much as you did at floor B.
But when you reach floor C, that is the basement of relaxation.

You will ride down to floor A on an imaginary lift or elevator, and you will use that same lift or elevator to get down to the basement of relaxation.

You are on that elevator now. When I snap my fingers, that elevator will start down. If you relax twice as much as you have relaxed already you will be down at floor A. Once you have doubled your relaxation, you will say the letter 'A' very plainly ...

It will only take a few seconds.

(Snap fingers) The elevator is starting down ... now.

... Very good.

Now you will go to floor 'B' . . . So, to reach floor 'B' you must go twice as deep as you did for floor 'A' . . . So, double your relaxation again, then you'll try to say 'B' and if you have truly doubled your relaxation, you will find it very difficult to move your lips to form the letter 'B'.
. . Again, it will only take a few seconds.

(Snap fingers) The elevator is starting down ... now. Continuing down to floor B ...

Very good.

Really give in to relaxation this time. . . Just let go completely . . . Going down now to floor 'C'
. . . To reach floor 'C', you must go twice as deep as you did for floor 'B' . . . So now double your relaxation one more time . . . Once you have doubled it and you are sure that it is doubled, you will try your utmost to say the letter 'C', and if you have truly doubled your relaxation, you will find that you won't be able to move your lips to say 'C' . . .

Again, it will only take a few seconds.

(Snap fingers) The elevator is starting down ... now. Continuing down to floor C ...

Very good . . . Deeper, much deeper relaxed . . .

Now, I want you to know that whilst your body and mind are completely relaxed, your mind is also highly alert, focused, and receptive, and aligned with your Higher Self. You maintain this ever- deepening relaxation and ever heightening focus, whenever you listen to this recording and whenever you meditate. As you relax deeper and deeper and focus stronger and stronger, you are staying highly alert during your meditation.

So, as you drift down much deeper into relaxation and ascend to heightened focused attention, while I talk, let me explain something to you:

Each day, as you return to this recording, you will relax much more deeply and focus much stronger than the time before. And soon, much sooner than you think, you find yourself in an extremely deep level of physical relaxation, and an extremely high level of focused attention

...

Your Higher Self imbues your whole existence with truth, beauty, and goodness.

Your Higher Self creates and manifests your life goals that are aligned with the life goals of those around you.

Each night you sleep restfully, peacefully, and deeply and wake up refreshed and full of energy.

Your higher Self helps you to manifest wisdom, beauty, and goodness within your life and the life of others, and to strengthen your development towards ever-growing freedom, love, and mastery of life.

You call on your Higher Self to manifest your harmonic goals for the betterment of your life and the life of others.

Your higher Self enables you to manifest your and other people's life goals with ease and speedily through wise, loving, and strong actions, as life meets you halfway with favorable circumstances and high fortune.

And as you continue going into a more and more enlightening, loving, and empowering meditation with the Tau cross with Sun and the sacred words of your Higher Self, your personal, professional, and universal goals and achievements gain wisdom, love, power, and success.

You successfully mitigate all risks; overcome and transform all inner and outer obstacles fast and with ease; and you are protected and blessed with good fortune.

Your goals take effect faster to serve you, and the universal good of all.

Your physical, emotional, mental, and social health and wellbeing improve fast and permanently.

You co-create your best self and your best life with ever-growing truth and wisdom, beauty and love, and goodness and power. This happens today, every day and for the rest of your life, for as long as you chose.

Your higher Self will guide you into a more and more enlightening, loving, and empowered state of meditation, being physically deeply relaxed and mentally highly focused, transforming yourself and your life with wisdom and truth; love and beauty; and power and goodness, supporting your development towards freedom, love, and mastery of life.

You manifest your harmonic life goals through wise, loving, and strong actions.

You develop and maintain excellent physical, emotional, mental, and social health, and youthfulness.

You are protected from misfortune and experience high fortune.

As vividly as you can, imagine a golden Tau Cross with Sun. The Tau Cross is shaped like the letter T with a horizontal bar resting on a vertical bar. In the middle on top of the horizontal bar shines a golden sphere, the Sun...

So whenever you imagine the Tau Cross with Sun, your higher Self will guide you into a more and more enlightening, loving and empowering state of meditation, being physically deeply relaxed and mentally highly focused...

On the count of one you will open your eyes . . . In your own time . . . You will be alert . . . Both mentally and physically . . . You'll be rejuvenated . . . You'll be happy, contented and satisfied . . . Feeling marvelous in every way . . . So, five . . . Gradually, slowly start coming up . . . Four . . . Coming up more and more . . . Three, coming up alert and refreshed . . . Two . . . Almost all the way up . . . One . . . in your own time, eyes open, all the way up, feeling wonderful and fine in every way.

Abundant Life: Co-create Your Destiny

Choose, love and manifest your goals through connecting with the two sources of abundance

Becoming increasingly capable to change the trajectory of our own lives, the lives of others and the life of our planet, comes with an increasing responsibility to extend our awareness, our love, and our desire beyond ourselves to let our growing insights, our care, love and compassion and our deeds serve an ever-growing circle of people. In this process we may embrace not just single people, groups, and humanity, and the life of our planet.

Growing power without growing global responsibility may easily lead to corruption and ultimately to destruction.

The saying: “Be careful what you wish for,” has an even deeper meaning, considering the growth in will power through inner techniques (NLP, hypnosis) and outer technology.

The article attached will explore the following questions:

How can we apply the “law of attraction” in an ethical and sustainable way, that helps ourselves, others, and nature, and prevents us from potentially or actually causing harm?

What does abundant life mean for us and for the world?

What are the sources of abundant life within us and within the world and how can we tap into them?

What are harmonic goals and how can I effectively and speedily manifest them into reality?

What are the practical steps

- to consciously and purposefully co-create destiny with our and other people's 'Higher Self'?
- to shape our harmonic goals in alignment with our, others and nature's needs and destination?
- to create wise, loving and highly effective actions?
- to transform ourselves and our life's through wisdom, beauty and power as manifestations of 'inner abundance'?
- to develop inner freedom, selfless love and mastery of life?

- to invite benevolent spiritual beings in to assist us in the realisation of our harmonic goals?
- to attract a favourable life- circumstances as a manifestation of 'outer abundance'?

Read the book "Mastering Life." and/or read or download the article 'Abundant Life: Co-create Your Destiny'

Abundant Life: Co-create Your Destiny

Choose, love and manifest your goals through connecting with the two sources of abundance.

Anybody, who lives with the conviction, that we as human beings are responsible co-creators of our destiny, may also live with many burning questions.

Here are some of those questions:

- How can I make sure that “my requests” to the universe, my wishes, and desires, are not just a projection of who I already am, into the future? Like in the fairy-tale of Christian Anderson, “The Emperor without clothes” our life may change externally, but these changes may not be backed up with by inner growth and personal development.
- How can my “requests to the universe” become an act of a genuine creation?
- How can we align the choice of our goals with the the needs and the life of our family, working colleagues, friends, neighbours, communities, country, world community, humanity, and nature?
- How can we make sure that what we wish for, will not (unintentionally) damage ourselves, our loved ones, our neighbours, competitors, friends and enemies, nature, and/or humanity to an extent that is unacceptable to us and others?
- How can we learn to contribute actively and effectively to build a brighter future of ourselves, our communities, nature, and humanity whilst fulfilling our own self-defined needs?

Becoming increasingly capable to change the trajectory of our own lives, the lives of others and the life of our planet, comes with an increasing responsibility to extend our awareness, our love, and our desire beyond ourselves to let our growing insights, our care, love and compassion and our deeds serve an ever-growing circle of people. In this process we may embrace not just single people, groups, and humanity, and the life of our planet.

Growing power without growing global responsibility may easily lead to corruption and ultimately to destruction.

The saying: “Be careful what you wish for,” has an even deeper meaning, considering the growth in will power through inner techniques (NLP, hypnosis) and outer technology.

Here are a few examples of challenges we are confronted with:

- We live with knowledge that the world’s nuclear power can destroy the earth.
- We are aware that the economic and social inequality, based on the greed of a few, destroy the fabric of our society.
- We are in the process of destroying the earth through global warming, intoxication of our land, air, rivers, and seas, with enormous consequences, for global warming, climate change, flooding, reducing of the biodiversity. Industrial farming may contribute towards an increasing risk of virus infections passing from animals to humans. an increasing passing of allowing virus to pass the barrier between animals and humans, possibly preparing the ground for further pandemics.
- Digital technologies replacing direct human interactions (screen time, social networks, computer games) from earliest childhood onwards, with significant negative consequences for the development of the consciousness of the child, their social skills and physical, emotional, and mental health.
- Principles of collaboration and social responsibility are being replaced by Darwinist principles of adaptation, ruthless competition, and the survival of the fittest.
- 'Fake news' has replaced striving for compassionate truth.

From this backdrop, let us revisit this statement: ‘Be careful what you wish for’, once again. If individual and collective selfishness and egotism has a potentially destructive effect on society, humanity, and our planet, then the resulting question may be:

How can we apply the “law of attraction” in an ethical and sustainable way, that doesn’t ultimately harm ourselves and others?

There are several answers to these questions:

To extend our conscious awareness, our compassion, and our benevolence beyond ourselves and our loved ones, including our neighbours, community, country, world community and ultimately our whole planet, allows us to transform selfishness into altruism. It’s not so much about the overcoming of our ego, but more about making our ego wide enough that it ultimately embraces the needs of the whole world, and responds to them in a knowledgeable, authentic, truthful, compassionate, and benevolent manner. As we move away from a “me” perspective to an “us” approach, we experience a widening of

our consciousness and conscience that can become over time more global and inclusive, without losing the touch for our next and the details.

Including others into our goal setting, affirmations, visualization, and meditation can help us to grow in our capacity to transcend our ego and connect with our true self and the true selves of others.

Contemplating about our goals in a courageous, inner conversation with ourselves, by sincerely exploring what impact our potential goals and values have on our loved ones, communities, country, the world at large, can help us to carefully select our goals, before committing to them.

This exploration is not retrospective, rooted in the past; it is a prospective and creative process: it allows us to design and pursue a future.

It also allows us to explore, what we want to achieve for ourselves, others, and the earth. It also makes us aware why we want to achieve our goal; and how achieving it will impact on others; what inner and outer obstacles we may face in implementing these goals; how we will mitigate identified risks and obstacles through collaboration and concrete actions. Such a prospective and truly socially inclusive thinking is not purely abstract; it is an ethically creative thinking that involves our higher feelings, such as passion, compassion, enthusiasm, love, and gratitude, and our good will to serve others.

This contemplation, practiced regularly, can fundamentally change the trajectory of our lives, the life of others and that of our planet. It is a skill, which we as individuals must acquire for the sake of the future of those generations following us.

Connecting the results of this contemplation process, our life goals, with an understanding of abundant life, can take the process of co-creating our destiny in conjunction with the destiny of others, humanity, and the earth, to a next level.



What does abundant life mean for us and for the world?

“Abundant Life” is not only about the status of our power, influence, reputation, and possessions in the world.

“Abundant Life” should rather be understood as a creative process on all levels of our existence, encompassing health, wealth, social engagement, purpose, and sense of fulfilment, widening the scope of the law of attraction and the idea of creating our own destiny in harmony with our and other people’s and our planet’s needs.

As our questions, that we ask ourselves in our courageous conversation with ourselves grow deeper and wider, including our heartfelt and genuine sense of responsibility for others, community, country, world, and earth, our goals, motives of our actions will lead us to results, that are born out of love, and can contribute towards the betterment and survival of humanity and earth.

Altruism is not just about others; it also includes our own personal and developmental needs; otherwise, it may turn into co-dependency.

An abundant life ultimately means abundance for everyone, and it would not be true abundance if the abundance of the universe could not be potentially accessed by everyone.

Summarising, let’s look in this context at three elements of abundant life:

1. “Abundant Life” meets our and our companion’s needs on all levels, but not as something given, but as a process, which is being brought into existence through manifesting our personal goals to fulfil our holistic needs in harmony with the goals that further consciousness development and life of humanity and the life of our planet.
2. “Abundant Life” is the source of creativity within us, an expression of our higher Self, that creates life goals and purpose and manifest them through our personal development and our conscious and responsible actions, co-creating our destiny.
3. “Abundant Life” is the source of all creation; human, earth, and cosmos; containing the architectural plan of creation as ultimate wisdom; the love for all creature and the power of manifestation. It is what ancient cultures described as the “Word that became Life”, TAO, Prana, or VRIL, a universal form of life that constitutes all existence.

In our Mastery of Life Meditation we encourage people to use the Tau Cross with Sun and a sacred mantra to daily connect with the source of our inner “Abundant Life”, which is our Higher Self, which can access all our developmental potential in free choice, embrace it with love and manifest it through visualisation and actions, creating new life circumstances.

And with this affirmations we also deeply connect during this meditation with the other source of creation, the source of creation of cosmos, nature, and humanity. It's also the creative universal spirit of nature and human destiny, to which we connect in our meditation. The contemplation process helps us to explore our goals in a socially inclusive and responsible way, and to embrace our goals with love and passion.

Through creative visualisation we impregnate the subconscious part of our will with our freely chosen motives and intentions.

By aligning our goals with the 'Abundant Life', the Higher Self within us, and with the creator in the outside world, we align our goals with the life goals of others, embracing all levels of needs and development: physical, emotional, mental, spiritual, and social.

Let's summarise the steps of this process once more:

1. We explore our goals and conscious motive of our actions, chose them and embrace them with love and enthusiasm.
2. We apply the technique of creative visualisation, imagining how we conduct ourselves to achieve our goal, and picture what it looks like and feels like, when we will have achieved our goals, picturing the future, and all this, as if it is happening now.
3. We develop a concrete strategy to mitigate risks and overcome obstacles.
4. We commit to the actions required to implement our goals.
5. We approach our meditation, and conceptually, emotionally, and intentionally link our goal to the sacred symbol and words, that relate to the inner and outer abundant life. We link this goal purposefully to the two sources of inner and outer creativity.
6. Finally, we are deeply grateful now for having achieved these goals, as if they have manifested already now.

Having taken in account during our goal exploration the developmental needs of others, communities, humanity, and earth, manifestation can become an integrated part of self-actualising, leading us to thoughts, feelings, intentions, and actions, that are sustainable, truly responsible, highly effective, and impactful.

The meditative techniques that can lead to the results described above are outlined in practical instructions in my book, "Mastering of Life" and in the guided meditation, 'Mastery of Life'.

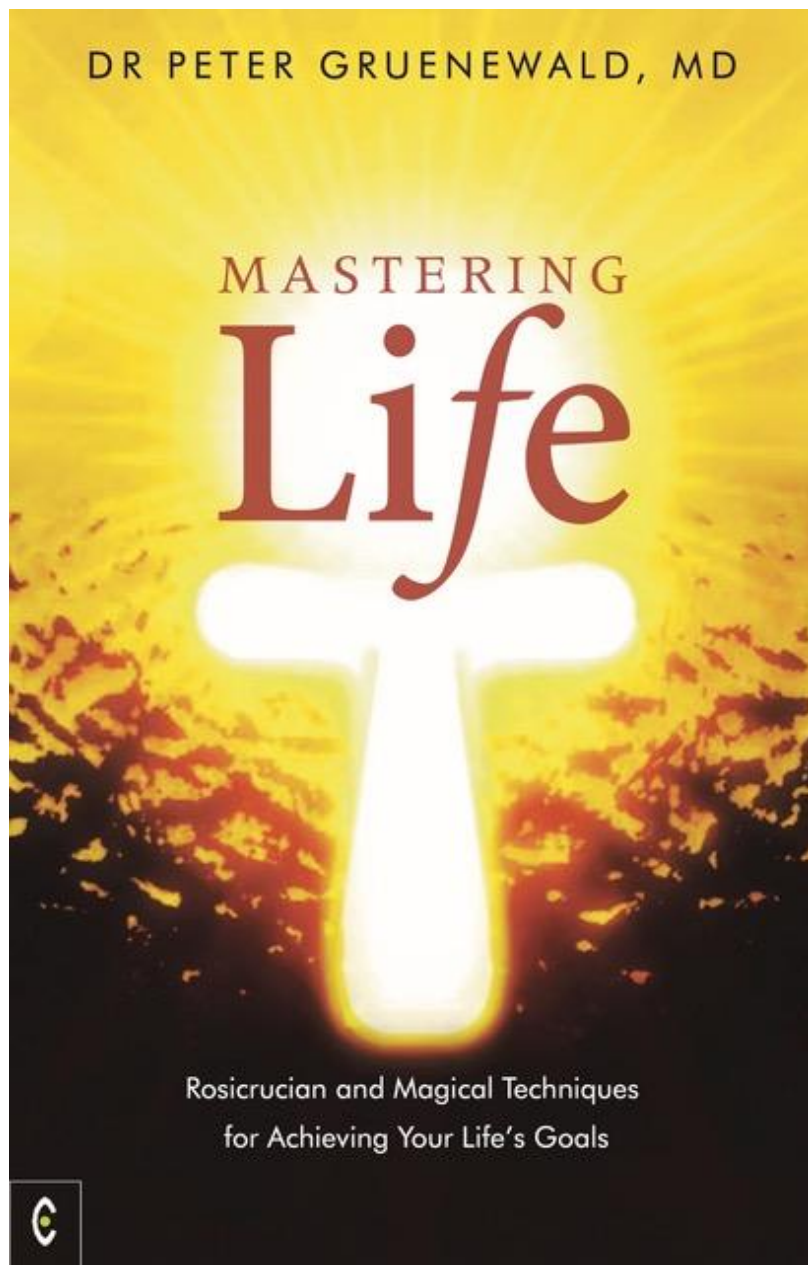
The Book: 'Mastering Life. Rosicrucian and Magical Techniques to Achieve your Life's Goals'

How can we best achieve our personal goals – not just to benefit ourselves but also our loved ones and wider communities? Mastering Life introduces comprehensive and effective methods to transform the self, enhanced by the meditative use of magical symbols and sacred words. These help us identify our aspirations, combining goal contemplation, visualization and meditation techniques. Through these processes, we can gain control over spiritual forces that work within our destiny, attracting favourable outer circumstances in our everyday lives.

Dr Gruenewald offers a set of practical tools:

- A spiritual symbol and mantra for meditation that can enhance our capacity to manifest harmonic goals.
- Contemplation – courageous conversation with our resourceful self – to enrich imagination and willpower
- Resilience building techniques, active listening, mindful nature observation and transformation of negative emotions.
- Harmonization of our goals with the developmental needs of others, in freedom and love.
- Contemplative work with the initiatory Temple Legend narrative (featured in the book).

In this accessible handbook, the author shows how we can call upon the assistance of spiritual beings and masters who serve the development of humanity – including Christian Rosenkreuz, whose pupils have long used magical symbols and verses for meditative and ritualistic work.



'Mastering Life' will be published in Clairview Books on 17th October 2022. 21.5 x 13.5 cm. paperback. £11.99. ISBN 978 1 912992 42 3.

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Peter is an internationally recognized expert in the field of adaptive resilience, stress, and performance.

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He also provides workshops and trainings for senior civil servants and lawyers at the United Nations.

Peter is the author of the books:

- The Quiet Heart: Putting Stress into Its Place (Floris Books 2007)
- Manifesting your Best Future Self (Building Adaptive Resilience, 2020)
- Gold and the Philosopher's Stone (Temple Lodge 2002).

www.mastering-life.com