

It is now eleven years since I physically met my Master, John de Ruiter. Much has changed in me and in John over the years. As I describe below I experienced many energy experiences in the beginning as did other meeting attendees. With time John's absolute honesty and depth of surrender has opened his capabilities into greater worlds and responsibilities. As he has allowed absolute honesty to transform his life his outer personality has changed. He has deepened remarkably leading him into ever so much gentler and quieter states of being. He truly lives in the world but is not of the world.

In the beginning in his presence I would experience unusual movements of energy within. Now my being has to become quieted gentled and softened in order to follow his lead and to even touch his much deeper level of existence in Truth. Only when I am focused within in stillness with no wish to experience anything do I sometimes notice an energy experience within myself. I realize that my development as an awakened spiritual being is not about having experiences at all. It is about my surrendering my outer unreal existence for the Truth and unity with all of my inner reality. The pull from the energy field of John's being entices and encourages me to follow his example and to attempt to match his depth of love and peace in Truth.

MEETING A MASTER OF TRUTH

I first met John de Ruiter at a session at Akashic bookstore in Edmonton during Thanksgiving, 1996. My friend in inviting me said that John was a very special spiritual being that I must meet. She advised that John resided in a state of "being" and didn't lecture, but just talked informally or sat in silence. Up until recently, she said, John had worked as an orthopedic shoemaker, but his counsel was valued so highly that John and his family were now being supported by ten families. They provide for his financial requirements so that he may be available to hold group and personal sessions. She said there is no charge to attend his sessions as is the case with a true Master.

A group of about thirty people had already gathered at the bookstore on Sunday morning before store opening, when we arrived. There sitting at the front was John de Ruiter, a very attractive tall young man, whom I later learned was thirty seven years old. His brown blonde hair fell to his shoulders in gentle waves. Bright intense blue eyes looked out at me from a kindly tanned and bearded face. Both his short beard and mustache were neatly trimmed and emphasized his gentle smile. The members of his audience were there to simply be with John, some just to sit quietly in his presence, others to ask him questions about their spiritual inner growth. After listening for a while, I asked him several questions about surrendering to my inner self and his answers touched me in some indefinable way. He had a way of looking directly at me so openly.

Between Christmas and New Years I was drawn to attend a retreat gathering with John and a group of seventy people from Edmonton that included twenty children. John's family, his wife Joyce and their three children were in attendance as was my friend. This first retreat that John had ever held took place at River Lodge, a retreat center operated by dear friends of mine at that time. Located on fifty five treed acres on the North Saskatchewan River it was located about forty minutes west of Edmonton. The

Lodge's rustic atmosphere was perfect for such a gathering. While outside it was bitterly cold at minus 30 degrees Celsius, inside we were cozy and comfortable, if a bit crowded.

From the very first of seven sessions I experienced with John that weekend, each of them from three to five hours long in duration, I went through some amazing internal experiences. These occurred directly as a result of holding his gaze. John, I had discovered, connects to people through his eyes and transmits the essence of his internal state of Truth. John has said that his purpose is to awaken Truth centers in other beings through a transmission of Truth essence in which he completely resides. Through continuous exposure to the Truth essence that flows from his presence and from my surrender to what is true within me I can go through inner transformation ultimately to arrive at the state of "being one" that John resides within. That surrender requires my complete honesty and acceptance of what is true.

During the first morning's session, we gathered around John in the meditation room, and for the very first time I held his gaze. For one complete hour our eyes stayed locked on each other. As misty veils would rise I pushed them down to maintain connection with his eyes. Within my body, my heart and throat energy centers became intensely activated as our gaze held and a flow of energy passed between us. During four additional eye connections with John that weekend, energy expanded inside my centers, eventually progressing through my whole body. During my second connection with John two new energy centers were activated behind my shoulder blades. Then later that day, while I watched John connecting with a young girl who had stretched herself comfortably on a cushion in the aisle, a large hollow area like a cave opened up inside the right side of my heart. It felt surprisingly empty. I realized that I was experiencing the "cave in the heart" that I had read about in mystical literature. I was now in awe of John and his extraordinary abilities.

On the following day, energy began to flow through me in an unusual pattern after my third connection with John's eyes. On that occasion I felt energy move out through the back of my heart, up to the medulla oblongata at base of my skull, forward through my throat, out and then up into my third eye finally flowing up through my crown. A flow was also noticeable down into my solar plexus area. I let go all the pent up power within me that I had not been able to express and it began to flow in strong torrents of energy into John's eyes. A man was attempting to video tape my face from about eight feet away during my connection with John. He was bowled over by the strength and heat of force moving between John and me and had to move away he later confided.

During my last connection that weekend energy expressed itself in a completely gentle way and I melted softly into John's eyes. Centers I had never experienced before were awakened. A gentle kundalini flow moved through my complete body, up from soles of my feet right through all my chakra centers and out through the crown chakra at top of my head. Along with it came an intense longing for the Divine.

Each of my experiences was an 'ah hah' confirming information that I had read in mystical literature over the years. My connections awakened strong desire in me to become like John, to surrender myself to Truth within. I felt a strong pull to continue attending John's meetings. In his presence something in me was awakening.

Some other participants gathered at that retreat also experienced mystical visions but a number in the audience had no particular experiences at all to relate except feelings of satisfaction. Some opened their

ability to see energy flows, in mists and swirling colors. In one case a man who had been working with John for a number of years had a very strong kundalini experience with characteristic writhing body contortions and animal sounds as the force of energy went through his body.

I yearned to stay to be with John, but alas it was time to drive back to Calgary. Before tearing myself away from John's presence, I inquired whether he would consider coming to Calgary to hold sessions and was so happy when he agreed that he would.

John de Ruiter is a heart master, I learned. He was born in Saskatchewan and while being raised by Catholic parents in Stettler, Alberta, was not particularly religious as a child. Something was always missing in his life, though, and John felt a constant ache for meaning in life. At age seventeen he had a mystical experience that led him to earnestly seek Truth and the meaning of life. His search led him to Christianity and scriptures and he attended a bible college which seemed to satisfy his longing for Truth for awhile. He became a Lutheran lay minister for a period of time but religious practices did not fulfill his need and the ache for Truth remained.

About fourteen years ago John's life was irrevocably changed. He gave up struggling and searching for answers that had consumed him for six years and went through the final process of letting go. He relinquished control of his life, through total uncompromising honesty and surrendering into Truth, by accepting all aspects of his "not Okayness." In accepting himself completely as he was, in being totally open, honest and completely vulnerable he awakened fully into unity with Truth. Having let go so completely without reservation of any kind he found himself flooded with something essential and satisfying, the Truth (God) within his heart. In releasing all of his needs, wanting nothing whatsoever, he was now given everything he had sought for and entered into the true state of "being" and oneness with Truth.

Then began a period of years where John was taught internally on a regular basis. John received transference of abilities that instilled in John the same qualities that resided within previous great masters. Now John is able to simply "be" with his followers and to transmit through his presence the essence of Truth.

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Forward August 2008
Nana

John de Ruiter's web page is www.johnderuiter.com