

IT IS IN OUR

Destiny

TO MEET

by Paul King

'Eureka'. That was my first thought on hearing these words from Buddhist Master, Dechan Jueren. Now I knew why I was sitting on the floor at the back of a small crowded, retreat centre on Big Island Hawaii.



Six months earlier, I was an ordinary Driving Instructor from Essex struggling to follow my spiritual path that I had embarked on over 20 years ago. It all started when I failed my Accountancy degree and was forced to re-evaluate my life. I read a book, Jonathan Livingston Seagull by Richard Bach, which brilliantly described the search for the inner meaning to life. I intuitively related to this and being unemployed, I had the time to begin my quest of trying to find this for myself.

After a number of years of reading and training, I had become a senior Tai Chi Instructor, I managed to get glimpses of this 'inner peace'. But, like most people, I found it really hard to put this into practice in the real world. The pressures of running my own Driving Instructing business, paying the mortgage, relationships etc always got in the way.

Then my Dad died suddenly in December 2004. I had never felt close to my Dad, my parents had divorced when I was young. But the day after he died, I felt a tremendous sense of loss and grief yet also a very strong connection to my Dad, something that I had never experienced while he was alive. The only way I can describe the feeling I had is to say that it is as

if his spirit was there with me and this proved to me that all the ideas of the spirit surviving death that I had read about were true.

My Dad left me some money, a small amount initially and then a larger sum when his business was sold. I decided to change my profession to a more healing and spiritually orientated one, so I started a part time course in Osteopathy. But I struggled on this course, mainly due to the lack of sensitivity in my hands. But on my course was an acupuncturist who I became friendly with.

In May 2006, the larger sum of money came earlier than expected, and the idea came to me that I should go and study acupuncture. Even though I knew very little about it and had never had an acupuncture treatment, I went home and typed the words 'acupuncture schools' into Google and saw on the list the Traditional Chinese Medical School of Hawaii. Although I didn't know why, this felt the 'right' school. I later found out that this was one of a handful of places in Hawaii, that the poster advertising the talk by Dechan Jueren was displayed and the only reason that I went to the talk.

I started making inquiries about enrolling and found out that I had to prove that I had

taken 2 years of University education. All I had was a small examination card with my name on and my examination number. So I got back in touch with my old polytechnic. After a lot of phone calls, I was amazed to find out that I had actually passed my degree after all, an administrative error had caused the wrong information to be given out.

It was a huge shock and the only way I could deal with it was to believe that it was one of those things that happen in life. But after hearing those words about destiny from Dechan, I realised that if I had of known I had passed my Degree at the time I would have never had the time or incentive to start this Spiritual quest. It was as if I had been dropped into a current that was guiding me in a certain direction without me being aware of it. This was also quite a shock, because like most people in the West I had been taught that we had control over our destiny by the choices we make.

This was only just the start of my journey, I practiced the meditations that Dechan Jueren taught and they had a profound effect on me. I had always struggled to meditate in the past, due to my busy mind, but by using the combination of

Mudra, Mantra and Visualisation, I found that I got real results.

Almost immediately the energy flow in my body improved, increasing the sensitivity of my hands and I went from the bottom of my acupuncture class, to the top. Within 3 months I had overcome a serious wheat intolerance and I began to experience that inner peace in everyday life, something that I had struggled for so long to find.

I was so impressed that on my way home for a short visit in May 2007 I stopped off in Los Angeles, for 2 weeks to learn more from Dechan Jueren. At the end of the visit, while I was waiting for my lift to the airport Dechan Jueren suggested that I invite him to England. I explained that I was only going back to England for a short visit, and that I would be in Hawaii for the next 3 years, so could I invite him again to Hawaii. The answer was very direct. "No, but if you invite me to England I will Definitely Come".

These words were ringing in my ears as I left to catch my flight and I was in turmoil for the whole journey to England. My mind kept telling me all the reasons why this would not work: I was not a Buddhist and had no Buddhist contacts. I knew nobody to help organize this, I would be 8000 miles away, 11 hours behind in time, how on earth could I do this? But in my heart I knew that this was the right thing to do. I had trusted that inner feeling in the past and that had led me to Hawaii.

So I decided to trust it now and on my return to Hawaii, I stopped off again and formally invited Dechan to England during September 2007. He accepted my invitation and then he asked for my full name and Birthday. After telling him, he looked away in the distance for a few moments and then said "this visit will be a successful one". Although I didn't understand how he knew, I trusted him.

This was to prove very important because my initial attempts to organize his visit all ended in failure. All the local Buddhist organisations were not interested because he was from a different lineage. All the retreat and spiritual centres had already organised all their programs. He was supposed to go to England in 5 weeks time and I had nothing arranged!!!. Then I

remembered his words and thought there must be a reason why he had asked me to invite him. This made me realise that I couldn't be the only person in Essex who was looking for answers, so I decided to take the unprecedented step of renting local theatres in and around Chelmsford for him to give public talks.

I was only able to get one local newspaper article and put a few posters and flyer's up, but there was an overwhelming response, with over 250 people coming to see him. Although they came from all walks of life: hairdressers, van drivers, cleaners, Reiki Masters, most of them had a similar story. They were not Buddhist's but had just 'happened' to find out about the talk and just knew that they should come.

From this success, I organised another visit in April where exactly the same result happened. Then on 12th May 2008, the Chinese Earthquake destroyed the monastery that Dechan Jueren was going to stay at during the Summer; and so I invited him to England instead. Dechan Jueren stayed for 3 months sharing his knowledge. As a result, a group of students are now able to teach the techniques used by Eastern Spiritual Masters, which were hidden for thousands of years. When we promoted this through a small advertisement in a local paper, one of the staff at High Spirit Magazine got in contact with us.

Their office just 'happened' to be only a mile away, and I invited the Editor Michelle and her assistant Stacey to see him when he came back in November 2008. After the initial meeting, their visits continued and they suggested that I share my story.

So is it just a coincidence that you are reading this article, or is it destiny? Think about it!

Paul King became the UK's first Vajracharya, empowered teacher of the Esoteric School, in 2008 and has received personal training by Dechan Jueren during his visits. For more details about the Meditation classes and Workshops that he teaches please contact Paul on 01245 830888, mob 0784 6069713 email: paul@wisdom36.com.



Stacey and Michelle from High Spirit with Master Dechan Jueren and Paul King

When we were first invited to a healing session with Master Dechan Jueren, I had little knowledge of Buddhism. I went along with an open mind and no expectations.

The first session was strange to say the least, I sat on a chair for over an hour with my eyes shut while Dechan sat at the other end of the room. After the session Dechan explained that I would need at last another 4 sessions to clear emotional blocks from the past that were causing stress in my body. To be honest, at first, I found the whole thing quite surreal but decided to persevere.

Sure enough, almost immediately after my first visit and over the next few days my head ached and I felt what I can only explain as if I was on the worst day of a detox. My emotions were all over the place and at one stage I felt so bad that I considered not going back at all.

However, I persevered and I am glad I did. After a week of feeling dreadful, I feel much better, less stressed and more focused. Dechan also gave me a mediation cd to listen to, I have tried different cds before and after the first few minutes I am usually more focused on the things I have to do the next day than the meditation itself. Dechan's Calming & Relaxing cd was different and I was able to completely relax and consequently had a great night's sleep. Dechan Jueren is a truly inspirational man who dedicates his life and wisdom to teaching his healing techniques to help others.

Michelle Smith, Editor, High Spirit Magazine.

Medicine Buddha

Awaken your Inner Seed of Wisdom
with the power of
Mantra Light
to get a
Pure Body, Pure Mind

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