

Alexander Peck's Websites and Blogs

Websites

Since 2012, I have created the following websites and blogs. In looking back, each reflects where I have been in my spiritual journey at the time. However, the underlying theme has always remained a heartfelt interest in spirituality.

(1) spirituality-for-life.org

The purpose of this website is to share information about spirituality that is instructive and helpful. The theme is spirituality for life – a practical spirituality to enhance life's journey and to help fulfil one's divine destiny.

The intent of the website is to bear in mind an inclusive view of spirituality, recognizing that the divine Spirit works beyond any one faith tradition. While Christian spirituality is emphasized, the wisdom of other religious traditions is also respected.

(2) prayer-of-the-heart.org

This website deals with prayer of the heart or meditation. It is covered from a mainly Christian perspective – and yet, since meditation is a universal spiritual practice, the website may be of interest to all.

In sum, the website is about a journey into the realm of the heart – the abode of the Divine within. Three aspects of this journey are silence, stillness, and simplicity. When pondered, may the reflections on this website lead you to the silence and stillness of your own heart – and in so doing, encounter the Life, Light, and Love within.

(3) buddhist-spirituality.com

This website seeks to present Buddhist spirituality as timeless principles of living taught by the Buddha over 2,500 years ago. From the reality of experience, these teachings remain universally relevant. An underlying theme of the website is how to become free from all forms of suffering.

As a Western lay Buddhist with goodwill toward all beings in all worlds, I have created this website in my love for the Dharma and a vision of a way of life inspired by the universal Four Noble Truths. All articles and charts, as well as photos (personally taken, unless otherwise credited) may be freely downloaded (either in PDF format or as a Microsoft Word document).

(4) buddhist-spirituality.org

This website presents Buddhist spirituality and offers a proven path to awakening. Awakening, or enlightenment, is a deep inner realization, a profound new perception of life, an overturning of former values and goals. It means no longer drifting through life, living for sense pleasures, or yielding to unsatisfactory social norms. An authentic reality is now seen; illusion and reality are separated; and a genuine end of suffering and lasting happiness beckon us. This involves having a new vision for life. It is something direct and immediate, a spiritual experience in a sense (although it can be expressed intellectually). It is a vision of the nature of existence.

(5) buddhist-spirituality.net

Buddhist spirituality is a way to awakening that offers a Path to attain wisdom and compassion, as well as freedom from suffering. Understanding will come directly from one's practice. Needed is a willingness to explore the Path and a rigorous testing of it against one's own experience. Confidence and conviction in the validity of the Path will then emerge from the practice — rather than from a belief in the teachings. (Initially, one will not have had direct, personal evidence. However, one will see that these teachings have been of value to others — and so one can cautiously proceed on the likelihood that they will be of benefit to oneself as well.)

(6) buddhist-spirituality.info

This website explores spirituality from a Buddhist perspective. The principles hold much relevance and meaning for our present world. The term "spirituality" ties in with the idea that in Buddhism the mind is a vital factor in our existence. An underlying theme for the website is the reality of suffering. Images on the website from contemporary life are intended to help convey a spirituality that is also relevant.

(7) insights-into-karma.org

This website is about karma – a law of life. It is the timeless and universal law of cause and effect, expressed in the words, "what we sow, we reap". (Kamma is the Pali term; karma is the Sanskrit term.) Buddhist understanding of karma has been drawn on since this tradition has extensively written on the subject.

The purpose of this site is to present a clear description of karma, as much as is possible, and to show how awareness of karma can immeasurably benefit our lives. Nevertheless, karma remains a deep and profound principle of life, and not all its workings can be precisely explained.

(8) buddhist-world.com

This website seeks to present an overview of Buddhism, which is a vast and complex religious and philosophical tradition. Its history covers over 2,500 years. The site takes a general survey approach, presents fundamental ideas and practices, and in part reflects common ground among the different traditions of Buddhism.

(9) buddhist-meditation.net

The intent for this website was to provide a comprehensive overview of Buddhist meditation. The plan for it was to be progressively built and developed, however, progress has been lacking. "Learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your true nature, and so find the stability and confidence you will need to live, and die, well. Meditation is the road to enlightenment." (Sogyal Rinpoche, *Glimpse after Glimpse: Daily Reflections on Living and Dying*, New York: HarperCollins Publishers, 1995.)

(10) brahmaviharas.net

The Four Immeasurables — Loving-kindness, Compassion, Sympathetic [Appreciative] Joy, and Equanimity—are the sublime expressions of love. Also known as the Four Limitless Ones, the Four Sublime States, and the Brahmaviharas or Divine Abodes, they are the ideal way of relating to all living beings. They are the great removers of tension, great peace-makers, and great healers of wounds. They level social barriers, build harmonious communities, awaken the slumbering generosity within us, and revive the joy and hope long abandoned.

(11) end-of-life-spirituality.org

This website is about facing the end of life. Four critical issues are the reality (and fear) of death, reasons for fearing death, letting go and facing death, and preparing for death. The aspirations for the website are: (1) May the content help toward enabling us to die well ourselves, as well as better helping others at the end of their lives. (2) May we learn how to find hope in death instead of only tragedy.

Unfortunately today, many are taught little about death and dying. The website draws on the Buddhist tradition for its rich practical insights into the subject. In some ways, there is no greater gift of love you can give than to help a person die well, including yourself. May this website, created from a heartfelt desire to serve, prove to be a useful source of information for those seeking help in facing the end of their life.

(12) dying-and-death-reflections.com

This website was begun during the author's 70th birthday weekend (November 1-4, 2019) as a gift to others who are also nearing the end of their life. His heartfelt wish is that this website serve others in preparing for their inevitable end of life. The site features reflections about growing older. All backgrounds and faith traditions are honoured. Coming from a Christian background, the author then had the opportunity to study Buddhism, and more recently has been exploring the spiritual richness of Hinduism (Vedanta).

(13) lamrimpath.org

The purpose of this website is to present information on the Lamrim (Tibetan) — the stages of the Buddhist path to awakening or enlightenment. The Lamrim organize the Buddha's teachings from a basic level to an advanced level in a gradual sequence of instruction and learning. Atisha (982-1054 AD), the Indian Buddhist Master, wrote *Lamp for the Path* that was the original Lamrim text serving as the basis for subsequent Lamrim instructions.

(14) the-six-bardos.org

The purpose of this website is to present an overview of the six bardos, as presented in Tibetan Buddhism. "It has been said that the whole of the Buddha's doctrine could be summarized in the teaching on the six bardos. (The Buddhadharma is vast and profound, and the many approaches of the various vehicles and cycles of teaching comprise an inconceivable wealth of instruction.)

A bardo is a state that is "neither here nor there;" it is something that comes "in between," an intermediate state. The six bardos are: (1) the natural bardo of the present life; (2) the hallucinatory bardo of dreaming; (3) the bardo of meditative absorption; (4) the painful bardo of dying; (5) the luminous bardo of ultimate reality; and (6) the karmic bardo of becoming.

(15) <http://ngondro-practices.org/>

This website presents the foundation or preliminary practices in Tibetan Buddhism. There are two parts: (1) the outer or general foundation practices; and (2) the inner or special foundation practices. For those who may wish to go beyond reading the information given and to incorporate the Ngondro into their lives as part of their spiritual practice, it is highly recommended that this be done through the guidance of a Buddhist teacher. If such a teacher is not readily available in one's area, there are Buddhist instructors whose programs are available online and who provide ongoing support for one's practice.

Blogs

(1) insightfromlife.wordpress.com

From early in my life, I have tended to reflect on life and search for greater meaning. As a result, I have tried to keep diaries, but was more successful in jotting down insights in bound notebooks and on three-by-five index cards. Finally, it is dawning on me that I need to share the insights that I have faithfully recorded in notebooks and filed in shoeboxes!

The insights on this blog have come from the reality of living life – including the learning of painful lessons along the way. As a result, I have come to appreciate the Buddha's words: "I teach two things, O disciples: suffering and release from suffering" (Samyutta-Nikaya, xxii, 86). May the following words in turn be a theme for the blog: release from suffering. And, may the heartfelt insights shared be of benefit to those who visit and bring them a measure of joy and happiness.

(2) buddhistspiritualityblog.wordpress.com

I have created this blog after a lifetime of pursuing a spiritual path – and having lived and worked in Australia, Europe (England, Czech Republic), the United States, Asia (South Korea) and the Middle East (Saudi Arabia). Additionally, I have completed both undergraduate and graduate level studies in spirituality (as well as in education). Now, I would like to share what I have found helpful in life from a practical and experiential level. I believe there is a timeless spirituality that works to bring peace, harmony, and happiness for all people. May the insights shared serve and enrich the lives of all.

(3) end-of-life-reflections.blogspot.com

This blog was begun to be created during my 70th birthday weekend (November 1-4, 2019) as a gift to others who are also nearing the end of their life. The blog features reflections about growing older. All faith traditions are honoured. May this blog serve all in preparation for their inevitable end of life. While dying is certain, its timing is uncertain.

A Closing Note

Not long ago, I turned 70 years of age. In some ways, I think that the 70th birthday is more of a special milestone than other birthdays. Firstly, I am finding that I have a far more sober view of life. There simply is not that much time left in my life, compared to the 70 years that have passed. Secondly, I no longer have the same energy levels that I had in my forties and fifties, as well as during the early years of my sixties. Therefore, I must now truly focus on what is important in life.

Postscript by Eva Peck (wife):

Between the ages of 70 and 75, before he became ill, Alex created another nine websites in addition to the above 18, for a total of 27, each full of spiritual information that he was interested in at the time. Sadly, Alex passed away from cancer on 29/5/2025.

They websites are as follows:

<https://end-of-life-journey.org/>

This website is dedicated to all who may one day unexpectedly receive sobering news about their state of health. News that is troubling, disturbing, and that brings the reality of their own death into a sharp focus as never before. In our minds, we can accept the facts of impermanence and death. However, based on my own experience, this knowledge often remains at an intellectual, or even academic, level. It is only when suddenly confronted with the facts of an alarming personal health situation, that the reality of impermanence and death move from the head level to the heart level. This is what then leads to genuine transformation and a newfound urgency in conducting the affairs of one's remaining life – however long that may be.

<https://life-insights-for-everyone.org/>

This website shares practical insights for living a more contented, fulfilling, and happier life, focusing more on the latter part of life. This emphasis is due to the author's own age — now in his seventies. The insights have been grouped under eight headings: Principles of Living, Relationships, Health, Coronavirus, Loss, Memories, End-of-Life, Love and Service.

<https://mind-here-and-hereafter.org/>

The Western poet Rainer Maria Rilke has said that our deepest fears are like dragons guarding our deepest treasure. The fear that impermanence awakens in us, that nothing is real and nothing lasts, is, we come to discover, our greatest friend because it drives us to ask: If everything dies and changes, then what is really true? Is there something behind the appearances, something boundless and infinitely spacious, something we can depend on, that does survive what we call death? Allowing these questions to occupy us and reflecting on them, we slowly find ourselves making a profound shift in the way we view everything.

<https://preparing-for-dying.com/>

The heartfelt purpose for this website is to share information that will enable us to become more aware in relation to dying, death, and the afterlife — and thereby be better prepared. While death is certain for everyone, the timing and circumstances are uncertain. May we all, therefore, take utmost heed *now* – both young and old! The aim is to present information that is reality-based and reliable for dying, death, and the afterlife.

The website covers eight areas of information:

- (1) Accepting the *reality of death*.
- (2) Realising that there is *continuity of consciousness* beyond this life.
- (3) Reflecting on the *reality of an afterlife* realm.
- (4) Bringing *resolution and healing* to one's present life.
- (5) Taking time to deal with *practical preparations*.
- (6) Supporting and *helping others in their end-of-life journey*.
- (7) Meditating on the end of life — *setting aside time for silence, stillness, and solitude*.
- (8) Engaging in a *daily spiritual practice*.

<https://pure-land-buddhism.org/>

At its heart, this website presents four important meditations to develop the conditions for rebirth in the Pure Land of Buddha Amitabha, known as Sukhavati (Sanskrit: literally "Land of Bliss" or "Pure Land of Bliss"). It is also described as the Western Paradise of the Buddha Amitabha in the Pure Land sutras. While there is a Tibetan Buddhist perspective presented, other Pure Land information and traditions are also described to provide background, context, and an overview of Pure Land Buddhism.

<https://www.retirement-village-life-insights.com/>

After a lifetime spanning over seven decades, my wife, Eva, and I have entered what would have to be the last chapter of our lives — however long or short that chapter will be. At the same time, we are embarking on a new lifestyle — becoming a part of a retirement village on the bay side of Brisbane, Queensland, Australia. This website's purpose is to share our journey into retirement village living, focusing on insights about life, and end of life, that we are gleaned and learning from — and becoming transformed by them. May the experiences and insights offered lead to understanding, and become an inspiration, for other seniors.

<https://scam-lessons-learnt.com/>

This website has a twofold purpose: To help people protect themselves from scams; and to offer ways through which victims of a scam may be able to transform their lives. The intent is to help those who have been scammed, resulting in loss, trauma, and the turbulent emotions of grief — anger, depression, helplessness, hopelessness, despair, and even a desire for revenge. The insights are an outgrowth of our own experience of being scammed and left wondering how on earth could we have fallen for it, and our healing journey from darkness to light.

<https://the-four-thoughts.org/>

The Four Thoughts can serve as a foundational understanding for everyone, regardless of faith, because they provide a clear description of the way reality works. This teaching, *Four Thoughts That Turn the Mind Towards Dharma*, is the foundation of the Buddhist path. Without this understanding, we are subject to common misperceptions of reality which inevitably cause confusion, stress, dissatisfaction, and suffering. To make progress in our practice, to attain liberation from suffering in this lifetime, and to be able to assist the awakening of other beings, we need to radically shift our fundamental perception of reality.

The Four Thoughts are:

- (1) Precious human birth
- (2) Impermanence and death
- (3) Karma: cause and effect
- (4) Suffering of samsara

<https://zen-and-end-of-life.org/>

This website has a twofold purpose: First, to describe essentials of Zen Buddhism. Secondly, to examine end-of-life issues through the lens of a Zen perspective. The website consists of a compilation of relevant material, presented under the following headings: Zen Introduction; Meditation; End of Life; Death; Life.