

# Meditation Guru from Uster (swiss city) reveals his tricks

**«Living with Style» is the lifestyle blog of Züriost and treats topics related to Body, Soul and Style. Today: A visit to the Meditation Expert Peter Todesco.**

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Peter Todesco is meditating for many years. His goal: nothing less than immortality.  
(image: Eva Künzle)

Peter Todesco already visited at the age of 20 various Yogi masters. The search for spirituality remained the «Ustermer» (inhabitant of Uster, Todesco's hometown in Switzerland) for all of his life. Today Todesco is 65 years old and is engaged more than ever with yoga and meditation. The retired banker translates books on the subject into German (because he does not agree with the existing german translations) and teaches meditation classes in Wetzikon, Uster and Zurich.

I want to try Todesco's hour. Yoga I'm doing for some time and so I came also into contact with meditation. And I realized how difficult it is, to calm down this way - but how pleasant to reach it. But to listen regularly to the silence, I cannot accomplish. Too loud, it is probably in my life.

Todesco will not offer simple «feel-good hours», he is serious about the matter, and some of his statements seem a bit extreme. So he sends in advance various multi-sided texts in which he writes for example: «Why is kept secret in most schools for yoga and meditation that immortality plays a prominent role in the classical texts of yoga science? There is a simple answer to this question: longevity or immortality make sense only if we strive for the Divine, because without the Divine there is no point in our existence, and this issue is avoided»!

The goal of the «Ustermer» is nothing more than immortality that you reach when you connect with the divine. For, as Todesco is convinced: «If we manage to save our energy in the body, we must not age». The Chinese (or was it the Indians - I could not entirely follow the many theory) had developed a breathing system, in which the energy will consciously be stored in the abdomen. Quite in contrast to the Western People who are constantly oriented outwards.

My head is now full of titles of Indian and Chinese books (Todesco's room resembles a library), and I'm glad when it finally starts with meditation. It confirms that Todesco can draw on a vast array of exercises. Some I recognize from yoga: fire breathing for example. Here you can breathe normally, perhaps a little deeper, and then push out the air with compressing the diaphragm. Effects appear immediately: It is a really hot here, you feel full of energy

Breathing, which should result in storing energy in the body goes like this: One inhales from the navel and leads the breathing through the pelvis along the back up to the «third eye» at the front, where the Indians paint their red dots. Then hold your breath and it mentally the abdomen down directing to a point between the navel and spine. There the energy should be stored. I find it interesting, how the breath can actually run along the body, but something else it does not initiate.

The difficult exercise comes for last: ten minutes complete silence. Initially Todesco says a few introductory remarks. That one should perceive the heart region and feel love for themselves and spread. Hm. Somehow I feel particularly an unpleasant pressure. I came pretty stressed into the hour and must move afterwards straight on to another appointment. The silence I find extremely loud, and I would prefer to cancel the exercise. But then, very slowly, I finally feel some peace. I would not just describe it as «Oneness with the world», how it would be the goal, but so close that I understand what Peter Todesco means by that.

His hours were usually attended only by one or two people, says Todesco. However, he also makes no advertising. What gives him great satisfaction, is, that his partner and their children would now join the practice. «At first they could not do much with the issue. Now they regularly participate in the meditation hours. Therefore it cannot be such a high-flown thing.»