



Few locals who know Milton's Peter Coroneos realise the role he's played in shaping the internet in Australia. Even fewer would appreciate how much he attributes his leadership success to the daily practice of deep meditation.

Yet to sit with him as he instructs in techniques direct from the ancient yoga traditions, techniques he's practiced intensely for over 40 years, is to gain a first hand experience of the unlimited potential of mind and of supreme peace.

Rising to lead the Australian internet industry for nearly 15 years from 1997, Peter is an internationally acknowledged authority on cyber policy. Twice invited to the White House to advise the Obama Administration on cybersecurity, he also helped shape laws and principles for online child protection, privacy, broadband and copyright. Qualified in science, education and law, Peter has devoted the last 20 years of his life to "making the internet faster, safer, fairer and more trustworthy."

His efforts continue. As Asia Pacific Head of the Paris-based Cybersecurity Advisors Network, Peter also heads up one of Australia's most innovative cybersecurity startups, Icon Cyber. He writes and

speaks nationally and internationally on leadership, innovation, best practice and internet policy.

But his greatest love is sharing the meditation skills he's applied to his own career. Hundreds of people have done Peter's unique training – to manage stress, anxiety and negativity. "Insight and creativity are highly valued skills," he observes. "But stress and over-thinking cripples performance."

"Taking a few minutes a day to access the inner stillness can vastly improve mood and memory. You become more spontaneous and carefree. Sleep quality improves." Peter says. "Neuroscience now validates what most meditators know themselves. Our mind can become our best friend if we know how."

"Meditation is not what most people think. It has nothing to do with religion or beliefs. It doesn't involve forcibly stopping your thoughts. It is a state of mind as natural as sleep. People who come to me are amazed how accessible the state is once they are shown how to find it. They leave feeling calmer, clearer, happier and more in control. It's the greatest reward, the highest achievement, to help this process unfold." Peter teaches individuals by appointment or in small groups. •

*Milton Meditation Centre: www.miltonmeditation.com
Corporate Meditation Training: www.serenityworks.com.au
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