

Self-inquiry «Who am I?» leads to understanding what our true nature really is. This understanding comes from mental clarity, the masculine aspect of Consciousness. We can also call it : the «Father» quality.

With Self-inquiry, one understands that the Self is already within all of us as pure unlimited consciousness: the Light.

How to find the Light? Is mental clarity enough? What happens when one becomes aware ?

When the light is switched on in a room, does the light only shine on itself or does it enlighten everything around? Can you lose your light if you become aware of ego or bring your attention to the world?

The focus on emptiness and inner silence only (i.e., one does not pay attention to the world and puts aside negative thoughts and emotions) does not include the totality of one's human experience. It has to be understood as the limitation of the «Father» consciousness.

When you choose the path of meditation and silence, enjoy silence, enjoy bliss but don't think these states are your destination. The destination is always « here and now ». There's nothing to find except PURE KNOWING.

Although mental clarity is respectable, the clarity of the Heart that embraces all is deeper. I insist on this point because I see many spiritual seekers and teachers being trapped in their search for a special state of consciousness. Often I ask «Can you lose who you are?» and often I hear the following: «Yes, when my mind is clouded». Is this really true? Is there not the KNOWING of the thought « I lose who I am when my mind is clouded ». Who are you?

You can never lose who you are as PURE KNOWING once you got it. It is always available to you whatever you think, feel and experience. It is not found higher or deeper in silence. It simply is the clear openness to the inner experience as it is.

PURE CONSCIOUSNESS (pure knowing) is so simple that the mind has difficulty grasping the simplicity of it. Mind looks for it «elsewhere». Yet "Here and Now" is the only place to meet your Self. If there are clouds in the mind, there is the KNOWING that there are clouds in the mind. All that you experience in your

body/mind as thoughts and emotions will pass. It is not who you are. Don't take the movie too seriously (your thoughts, your emotions). The real Self is the screen, the background (pure consciousness).

If you experience strong emotions, it does not matter, they shall pass. If there is lots of silence or emptiness within, enjoy it fully but know this too may pass. If you experience a steady state of inner silence, do not be attached to it and remember that the way to true silence is not to look for it but to remain open to the present moment as it is, with clarity.

What you cannot lose is your clear perception of reality.

PURE CONSCIOUSNESS, your clarity, cannot be trapped by any state of mind, whether ecstatic or depressed. Even the thought "I'm trapped" cannot trap you.

Nothing can affect who you are when you embrace all thoughts and emotions without confusion. Ego is not who you are. This understanding brings relaxation no matter what. This relaxation is your connection to the Heart.

Relaxation can be found even with thoughts like "I'm stuck and I can't relax" or "I should feel better". Why ? Because you simply stop taking your thoughts seriously. Finally, you stop judging yourself. You no longer fight with yourself. There is no more duality with your inner experience. "It does not matter. It will pass," and even if it does not pass immediately, "It does not matter either."

You will be surprised to see that what you are looking for: peace, silence, love, etc. is actually available immediately, no matter what you think or feel. Even when your emotions and thoughts seem overwhelming, relaxation is possible.

Clarity creates a little space at the core of yourself, even in the midst of strong emotions. It is enough to listen to your Heart. Take the example of the space in the keyhole. It is not very big but still, it is present and it is connected to the infinite space around. Clarity allows you to listen to your heart and the infinite intelligence that is within no matter how you feel.

Let's be clear about what it means to listen to the Heart. It is not because you say "Yes" to all thoughts and emotions within, that you have to accept everything in everyday life. Listen to your inner voice and trust its answer. You can obviously say

"No" and even be angry when it is necessary and it comes from your deeper Self. Be yourself. Behave naturally.

How to be in daily life? When you have no problem watching your ego (you are not in denial), trust your spontaneity and keep behaving naturally without thinking.

If you are not completely clear about your ego, do whatever is necessary to have more awareness of it (I suggest you read my web page : <https://www.tilicho.fr/initiation-and-book.html>). In your daily life, whenever you don't feel good, this is your ego. Bring your attention to your body, feel it, take a deep breath, relax, and then only trust what you feel.

The gateway to the Heart requires meeting « here and now » as it is really experienced within, when it disturbs you or other people. Being open to ego is the same as being open to the world. This is the Feminine aspect of Consciousness. It is the path of openness and truth.

The combination of both « Father » and « Mother » aspects of Consciousness leads to being aware of ego with clarity. « I know who I am » and therefore I can embrace negative thoughts and emotions without confusion (without identifying with them). This sooner or later dissolves ego.

One does not even have to look for change or to get rid of ego. By the very fact of being aware of it and feeling it, ego loses its power and you can listen to your Heart.

People start understanding more and more that opening to ego with clarity does not at all reinforce ego nor manifest it in the world. The opposite happens. Ego dissolves. It is also not a sign of weakness or « being less ».

We all carry all aspects of ego within. The tree of life is not separate from any branch. The nakedness of the mind is not a sign of weakness but of true Self-realisation and real power: the power of the Heart.

More and more people also understand that there is no connection between opening to ego and experiencing problems.

Awakening brings safety in and out. One is connected to the Light and this means having the best support possible from the universe, whether you see it or not. Have faith no matter what. Indeed, Truth is rejected and feared when mind is ignorant, but it does not matter. Real safety is being open to «here and now» with clarity.

There's nothing to fear when one has recognised his/her true nature. Can the sun within all of us experience trouble by the simple fact of shining? Does the sun become mud when it enlightens the earth? Does the sun run any risk by enlightening the world? The sun is free from the world and yet its rays are in permanent contact with all that is, and its light warms everything. When you recognise yourself as Pure Consciousness, nothing can trap you. You are free « here and now ».

Clarity makes you free from the world, and your awareness of ego brings harmony. It helps the transformation and regeneration not only of yourself but also of the world.

All is in balance within and without when one is at peace with «here and now» and can listen to the Heart.

Being at peace with «here and now» is actually the same as being at peace with the «Father», the «Mother» and the «Son». What does this mean?

There actually are three aspects of Consciousness. We have seen the «Father» aspect as mental clarity and the «Mother» aspect as openness to ego and truth. The third aspect is the «Son» as detachment and joy.

When finally «Father» and «Mother» understand each other and open to one another, the «Son» can also be at peace with both and detach from Her. All is in balance. This brings Joy to all.

In the Hindu scriptures, Parvati has moulded her Son from clay (her knowledge of the earth (ego). When Shiva her husband returns home after taking distance from her, he discovers the presence of the Son. He gets upsets and cuts the Son's head. This is the story of Ganesh.

Awareness of the most hidden ego tendencies prevents past history from repeating itself (rivalry between the masculine and the feminine « who is clear? »,

rivalry between the father and the son « Who has true love? » (the lesson to learn from this story is to not be attracted to « perfect love » (the Son aspect) but to what is real and true to you "here and now"), the unconscious rejection of the Feminine (because truth is feared and truth brings the Masculine down from his pedestal to find the Heart. This is usually felt as weakness and loss of power), rivalry between women and also mother/daughter types of relationships as long as there is rivalry between "the Father" and "the Mother".

Let us be clear that the "Father", "Mother" and "Son" I talk about in this article do not represent the biological family. They represent the three aspects of Consciousness which already are within all of us. We meet these archetypes and old mind patterns one way or another in our lives. They manifest as certain types of individuals and play out in different fields (at work, in private life, etc.).

Often I am asked "But what about the daughters?". The daughters equally have the "Father", the "Mother" and the "Son" within. The three aspects of consciousness are within all. Some people may also wonder "if I am single, a monk or a nun, or homosexual, is it a problem to realise the Self? Nothing is a problem. Life offers us many situations and opportunities to integrate the three aspects of consciousness in different contexts: at work, in a monastery, with our friends, etc.

All is very simple to understand and at the same time, all seems complicated. Why is it so? What is the spiritual paradox?

The spiritual paradox comes from the fact that nothing is really important because you know who you deeply are is already perfect. Yet, this perfection is at the core of matter and all people. Your body, everybody and everything around cannot be neglected.

Therefore, the fact of being aware naturally brings a movement towards harmony. "Emptiness" and "fullness" are one. "Emptiness", Pure Consciousness, also seeks wholeness in the world through the integration of the "Father", the "Mother" and the "Son".

All manifests and happens in order that we recognise who we truly are and integrate all aspects of the world within. Let's have EQUAL respect for all beings as well as animals and nature.

May we all realise SAT CHIT ANANDA (08/07/2020)