

THE END OF DUALITY

I woke up the other morning wondering: “What am I doing teaching in Tiruvannamalai where my teaching appears as a criticism of Advaita, the local spiritual teaching?”

Yet I have been living here for 12 years and a river needs to flow. Teaching and sharing what life has taught me feels natural. So I tried my best over the years to share my views about the necessity of opening to both Essence (Self-knowledge, the vertical path of Advaita) and Existence (the integration of ego and the world - the horizontal path). My teaching is not per se a criticism of Advaita. It is complementary and necessary.

Today, I see that a certain confusion, and resistance to the spiritual ego, remain in places influenced by Advaita, and for the sake of self-respect, I will finally clearly point here at a very common misunderstanding, of particularly Neo-Advaita teachings, regarding Self-realisation.

Generally, the teaching of Advaita focuses on the essence: silence within, the emptiness that excludes the world and ego, seen as mere illusions. The search for silence is presented as the way for Self-realisation. However, this silence defined as ‘emptiness’ only, is only half Self-realisation. It is a vertical realisation.

When spirituality is vertical, there cannot be the experience of enlightenment or illumination (which is grace) only because one remains in emptiness and does not integrate ego and the world.

Neo-Advaita therefore advocates that Enlightenment is an illusion, a myth: ‘Pure Consciousness cannot be awakened because it was never asleep’. In these teachings, only the screen exists (the real You as Pure Consciousness). The movie (the character, the world) is an illusion and is not taken into consideration.

Yet, not paying attention to ego and the world is a misunderstanding.

Can Consciousness be only conscious of itself? Does the sun try to illuminate itself? The light “sees itself” (experience of enlightenment) only when it can shine on everything. **The inner jewel is found when there is no fear of the outside world and ego.**

Neo-Advaita teachings also use sayings such as ‘I am not the doer’ or ‘We cannot do anything against destiny’. These sayings often justify egotistical behavior. Yet, "I am not the doer" does not mean ‘I surrender to ego’. Being CONSCIOUSNESS, being conscious dissolves ego. When you keep seeing you are selfish, selfishness eventually stops.

Understanding ego is not who you are; understanding you are not responsible for your ego programme and there is no reason for guilt, leads to being at peace with your ego. There is no fear to see it. There is no fear to be fully conscious, of the screen (the real ‘You’ - the subject); and the object of awareness (the movie with all its characters, emotions, body sensations, thoughts.). Sooner or later, ego dissolves under the light of awareness.

When you truly are at peace with ego, you can naturally listen to your Heart. Sometimes the Heart says "Be soft". Sometimes the Heart says "Be tough". You are yourself, natural and spontaneous.

Understanding also that the empty screen (The real You as Pure Consciousness) is ONE with each character in the movie, leads to a natural movement for harmony.

Only when there is no duality between the screen and the movie, can enlightenment happen. Individual consciousness is open to both emptiness and the world (ego). Enlightenment is the meeting point of emptiness and the world.

Ego is indeed an illusion: a mere memory, but this memory is loaded if there is fear to face it. This creates duality with 'here and now' and the door to the Light, divine grace, cannot open.

Ask yourself: "Who is the one afraid of ego?" The one who is afraid to face ego is still identified with ego.

When ego is seen as a memory and not as the real "You", the world and ego are integrated. The light shines on everything without discrimination. There is no resistance to "Here and Now" as it is experienced within; which is sometimes the result of ego (lacking respect for oneself or other people), with its disturbing emotions, blocks, etc.

When there is no duality, you know and feel all with clarity but you do not identify with what you feel. You know ego is not who you are.

Real silence is the absence of duality with 'here and now' within. It is also the integration of the feminine and masculine energies: Essence and Existence; Consciousness and Life.

Non-duality between "the screen and the movie" eventually, naturally, over time, manifests as complete Self-realisation: SAT CHIT ANANDA. You are Life, Consciousness and Contentment (not bliss which goes high and eventually goes down).

In simple terms, the realisation of Sat Chit Ananda means that you are in a steady, balanced, effortless, conscious natural state. You neither feel high or low.

Natural awareness comes from feeling and not from thinking. You simply feel what to say and what to do.

In daily life, the body tells you when ego influences you or not.

When you feel good within, do not doubt yourself. Be spontaneous. Trust your feelings and your inner response.

If you feel good but you don't know what to do, it is not the time to know. Just be patient until the situation becomes clear.

If you don't feel good and feel physical contractions, uneasiness, be aware of them. It is your ego. Feel it without resistance. Remember it does not matter whether ego goes or not. Just be aware of it. Relax. By relaxing, you can listen to your inner voice – to the Heart.

BE YOURSELF: the natural spontaneous expression of Pure Consciousness in the body/mind. You don't hide anything, you don't pretend anything, you are yourself. Eventually, naturally, you feel content no matter what.

For the sake of clarity, it is important to know about complete Self-realisation but don't look for it. **The only goal is the absence of goal:** being "here and now".

The door to the Heart is always 'here and now' – simply be truthful. When an ego cloud is blocked within, be aware of it, feel it and know it will pass.

Open with clarity and honesty to whatever disturbing feelings and thoughts are blocked within. Do not judge them. Let go of the idea of changing yourself; and change happens, naturally.

Being yourself, being "here and now" is not a question of becoming spiritual, pure, a better person, ... You are already perfect.

Understand the true meaning of perfection. The perfection of the screen (Pure Consciousness) is the recognition of your own perfection and the openness without lies and confusion to all kinds of imperfect ego movies.

When verticality is predominant, only the empty screen is looked for. But can the empty screen, the light, be found if there is resistance to the ego movie? Can you BE Consciousness if you are not conscious? When you switch on the light in a room, the bulb does not enlighten emptiness only, it enlightens all the contents of the room.

Enlightenment is the result of your openness and honesty.

Vertical spirituality is very deceptive for the spiritual seeker. It is not the way to the Heart.

While looking for vertical emptiness, one may become a channel: essence, energy is strong. Spiritual powers may manifest, states of bliss and samadhi may be reached and felt, which is very attractive and seems completely divine. Yet ego tendencies such as "resistance to society and some people", which is only resistance to one's ego, are still present and unseen.

Vertical spirituality (focusing on silence and emptiness) can be a great help for masculine rationality to have the proof that there is "something" beyond rationality, and to calm the mind. Yet, any state of consciousness comes and goes. Don't take any of them seriously.

Don't be attached to peaceful, extraordinary or so called "free" states. If you do, know that you may look "more divine than the divine", but don't be confused. The Heart has not been reached yet. Truth has not been reached. Some aspects of the world and ego are still put aside. There is peace. There is essence, a high state of consciousness. There may be siddhis, spiritual powers, verticality, but there is not the realisation of love yet, there is no total openness to ego and the world. There is no horizontality. The attachment to so called "pure energy" and certain states of consciousness, gives a

feeling of superiority. "Pure energy" is used for channeling. There still is a will for power. It is not yet pure energy that rests open and neutral in the Heart.

Trust the natural behaviour of the people who have experienced illumination. They have found the real Heart, even if you may not always understand their natural ways. Their presence makes you realise who you are and what shadows you are resisting.

When the spiritual ego is still hidden, how can Truth be found? The spiritual ego is a veil over the light. It can be arrogant, manipulative and may try, most often unconsciously, to prevent the real Heart from expressing itself. There may also be resistance to the sexual ego.

Taboos and resistance reinforce ego. It remains "active", but hidden. Bringing ego to consciousness on the contrary unloads the charge.

In the realm of sexuality, it means that you are free but naturally, boundaries are not crossed. Sexuality is free but does not control you. You have self-respect and respect for your partner.

Because of the unconscious fear of Truth and ego, vertical spirituality can manage to make the real Heart appears false, distant, closed, and trouble maker. It can manage to make people believe "Watching ego reinforces ego and does not dissolve it", which is Neo-Advaita's misunderstanding and the opposite of truth WHEN YOU KNOW WHO YOU ARE.

Feeling the impact of "ego words" in the body, "ego false identification" such as "I am bad" unloads memories and ego. It is only the fear of ego, and words, that creates trouble.

When there is resistance to Truth it is not the "fault" of the Heart. The only reason for all this 'battle' is a lack of clarity and the fear of truth. Nothing more than Truth frightens vertical realisation. It is the end of all lies.

Without clarity upon verticality and horizontality, the spiritual road ends in "sacrifice" for the Heart, but this is avoided when one has clarity upon both the vertical and the horizontal paths.

So sharing one's awareness and teaching feels like a natural movement. Knowing the last spiritual hidden shadows puts an end to them.

The last feminine ego tendency: 'Self-doubt' and the last masculine ego tendency 'manipulation' nourish each other. They manifest at the end of the spiritual road, and disappear under the light of awareness.

You may react to the word 'the end of the spiritual road'. Understand that Pure consciousness is infinite and boundless but ego has a finite pattern. You can mainly define it into two categories: fears and selfish desires. These two categories correspond to specific ego clouds that can be identified in my book: *The Source: Initiation into Love and Freedom*.

Understand also that in general because of biology and hormones, the feminine ego is more predominant in a female body and vice versa but, in some cases, the feminine ego is more present in a male body and vice versa. It does not matter. The integration of both feminine and masculine energies

is what matters only.

The last shadows of the vertical path are the masculine will for power, hidden selfishness, arrogance, anger, feeling of superiority/inferiority, manipulation, jealousy, irritation, insecurity, lies, opportunism to the detriment of others, lack of generosity, rejection of joy; difficulty to question one's ego, and the unconscious need to put the feminine down as it represents a threat to its power.

The last hidden shadows of the horizontal feminine path are the consequences of the feminine openness and receptivity. It has created confusion and wrong accusations.

There is confusion regarding inner feelings. Which feelings are mine and which feelings are yours? "I feel tense" does not mean "I am tense". Receptivity, the state of oneness, is confusing. It may lead to self-doubt, "feeling bad", pretending, guilt, over-emotional states, need to prove one's worth, lack of self-respect, being "too nice", and therefore not listening to one's inner voice (clarity) which may result in creating trouble. It may also lead to attachment to suffering as a way to prove (unconsciously and illogically) one's worth.

The feminine tendency to prove one's worth is often influenced by the masculine tendency to criticise the slightest feminine mistake and on the contrary, to find all types of justifications to gross masculine mistakes. It is time to see clearly into the feminine/masculine game, at the spiritual level also. Why finding so many justifications to contradictions and lack of clarity of the vertical path?

Finally, when the Heart has been reached, one's supreme power is also revealed: the power of innocence, the power of Truth - the power of the living word.

All other powers derive from the Heart and all other powers can be stopped by it if it is Divine will. But understand well, the Heart has no mental will. There is no will to only protect itself. Divine will has no specific selfish interest, for money or any kind of power, even Divine Power.

There is no will for power because there is total trust in life.

Realising the Self is simply a non-manipulative openness to all that is, associated with a natural movement for Self-respect and Harmony.

There is no other will but Love, Peace, Joy, Protection, and Healing for everyone. The absence of the will for power actually gives rise to the greatest power. Love is all powerful because it knows no boundary. Love 'speaks' and is active at the core of every living organism. LOVE IS THE DOER. Who are you?

Understand also that because of different masculine and feminine spiritual paths, the Sacred Masculine Heart (integration of masculine/feminine energies in a male body) has generally more Powers. He is the Seer; the non-manipulative Seer once the Heart and natural state have been reached. He is the Guardian of the Gate, the guardian of the Light.

The Sacred Feminine Heart (integration of feminine/masculine energies in a female body) knows more about life. She is the Path. She originally has the knowledge and the power of the Heart. It takes a 'Mother' to have a God. It is the Shakti energy that brings vertical spirituality down to the Heart.

The understanding of the "original mistakes" puts an end to them. The Feminine and Masculine end up integrating each other's qualities and realising Sat Chit Ananda. Still, they help and complement each other. Total integration and clarity at the level of spiritual consciousness also echoes in the world.

Who are you?

<https://m.youtube.com/watch?v=uHRZMhu4ris>

You simply are Consciousness, the open mind that does not manipulate "here and now" and does not try to reach any special place: silence, emptiness, a high or powerful state of consciousness.

YOU ARE. You cannot lose who you are. Realise the quality of awareness, of the witness. It is a simple clear openness to whatever you are experiencing within. You feel all but you are not confused with what you feel. You do not identify with ego. Naturally, effortlessly, the clouds of ego less and less cling into your inner sky. Eventually they have no power at all over you.

You have always been and you will always be. There is nothing to reach. This is real silence. The screen already exists. The screen is already perfect.

Real silence gives space to what is here and now, whether it is high or low, empty, or disturbed by ego clouds. The screen is clear. It does not take the ego movie seriously, even a divine movie.

Real silence is not afraid of anything. It knows it is already free from everything. It is open to the world and to ego.

When spirituality is only vertical, the world suffers. "Water", life, love, do not flow freely. When ego is integrated, nature breathes. Everything rejuvenates. The world is an echo of Consciousness. Remember, the screen and the movie are One.

When you know who you are, you are not confused. If there is inner silence "fine", and if there is no inner silence, 'It is also fine'. You know you are already free from both, as pure and clear awareness that is totally inclusive and does not exclude anything.

When you know who you are, you do not try to reach inner silence or emptiness. The only place to reach is the present moment as it is experienced WITHIN.

When you know who you are, you relax with whatever you feel and this relaxation is the automatic reconnection with the Heart. For instance, if you can relax with the thought "I am not loving", you immediately reconnect with the Heart and can listen to it. Simply be clear and don't take ego seriously; yet don't ignore it when it is blocked within. You are already perfect.

With clarity, you behave naturally despite ego thoughts and emotions. This means that you can also set natural boundaries when you feel they are necessary. Self-respect is truly the way to really respect other people too.

Our destiny is to free ourselves from our destiny as karma, negative events, suffering: ego; and to retrieve our natural state, the real purpose of our destiny.

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Be yourself – Be conscious – Listen to your Heart.