

Tilicho - The Source: Initiation into Love and Freedom
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Final integration of the Feminine and Masculine

Both feminine and masculine energies are within each of us. Generally, in a female body, feminine energy is slightly predominant as is the case of male energy in a male body. But it can be otherwise. It does not matter. What does truly matter is to be at peace with the feminine and masculine qualities within ourselves.

At a certain time during the exploration of the ocean of consciousness, certain waves of ego surface. It is better to be aware of them.

Masculine spiritual approaches (self-knowledge) and feminine ones (ego integration) are relevant to a certain extent. At some point, they must merge. This integration happens as a result of the Feminine. The feminine is the sensitivity of the heart which allows to completely open to Truth and to the divine Light. The Feminine is symbolically the 'Mother of God'.

Can the Masculine really listen to the Heart? Can the Masculine let go of spiritual idealism? Can 'emptiness' open to the 'world'? Can "Heaven" unite with "the Earth"?

During an initiation, the moment of this passage, the moment of the final integration of the Feminine and the Masculine; is also the moment of the 'fall from Heaven'. The ego tendency "manipulation / doubt" comes to the surface. The Masculine can become manipulative and the Feminine can doubt itself.

By the following practice, this "fall" can be avoided or can happen smoothly. This is a simple exercise that takes into account words and bodily sensations. Feel the impact of certain words in your body.

Repeat the words below silently in your head and feel if they affect your body or not. If you have disturbing inner feelings, you still take ego seriously. You are still identified with it. Remember, ego is not who you are.

What to be afraid about? A wave of emotions within yourself? Cross it consciously. The waves of ego that you cross consciously within will not manifest in your life. You are healed of all ego identifications.

"Truth" words (who you really are):

Repeat each sentence silently - feel the impact of the words in the body - breathe until all resistance stops, if there is any resistance.

I have no problem
I am clear
I am perfectly at peace with myself
I am love
I am happy
I am respectful
I am emotionally balanced
I am sexually free
I am innocent

"Ego" words (what you are identified with when old memories are active in your life)

Repeat each sentence silently - feel - breathe.

I have problems
I am wrong
I am a manipulator
I am a calculator
I am a liar

I am mean
I am jealous
I am selfish
I am arrogant
I am sexually disturbed
I am mad

Generally, the Masculine has more clarity regarding one's true identity but resistance to ego can still be strong. Therefore, the Masculine must "work" more at the level of "ego-words".

The Feminine, on the contrary, can generally open to ego but has more difficulty integrating Truth. The Feminine needs to "work" more at the level of "Truth-words".

When no more words bother you, you are free. BE YOURSELF. Let your naturalness and spontaneity guide you. Keep being honest. It is the key to the Heart. Continue to welcome without resistance what is "here and now" in your body and in your mind.