

## REALISE WHO YOU ARE

Are emotions obstacles to Self-realisation? When we look deep into ourselves, into the source of our being, we simply find an open space, an enlightened outlook at life and the nature of all things. Emotions have their place, just as the river has a bed of earth, pebbles and mud.

Trying to eliminate emotions to realise the Self only makes sense when one forgot that Perfection already exists.

What is the true meaning of Perfection?

Perfection recognises itself and is open to all ego imperfections within, without confusion.

The screen in the movie theatre remains white despite all types of movies projected on it. It is one with the movie, one cannot see it, and yet it remains unchanged. This is the quality of Perfection, *clear consciousness*. It is open to everything, it feels all, and yet, it remains untouched.

Despite all that is experienced and felt, the deeper Self is free because there is the knowing “What I feel and think is not my true Self, and eventually it will pass.” This knowing automatically connects you to the Heart despite all that you are experiencing. Being in the Heart is not about reaching a special place. It simply is a clear understanding of the present moment.

The camera takes very different pictures of reality: a colourful nature, a green scenery, a white mountain, a dark street. Yet the camera remains unchanged. Presence has the same quality. It recognises the inner reality, but it is not this inner reality: emotions, thoughts and even the body. Can the space of consciousness (the spirit) be limited by a body? Space permeates everything. All is within who you are.

The more you know who you are, the more you can open without confusion to all aspects of humanity within. You know you carry the ego suitcase but you are not your suitcase. You can now open it without fear.

Several paths are offered in the spiritual field. Some paths seek to cut off emotions and the attachment to the world in order to focus on emptiness only (the white screen). Emotion is perceived as an impediment to the attainment of pure and elevated inner states. One looks for a pure white dress without any stains. What does this really mean? Can the sun be selective when it shines on the world? Does the existence of clouds prevent the sun from shining? Does the presence of a screen make sense if there aren't any movies? Can essence be separate from existence?

The Heart embraces all aspects of humanity. True spirituality is a bridge between Heaven and earth, spirit and matter, the Masculine (mental clarity, Peace: Self-knowledge) and the Feminine (openness, Love: ego integration). True Self-realisation is the union of both: CONSCIOUS LOVE.

Don't be confused about certain spiritual statements:

« The world is an illusion » does not mean you have to ignore it.

« I am not my body, my emotions, my thoughts... » does not mean you have to neglect them.

« Silence is who you are » does not prevent from opening to the « noise of the thoughts ». True silence is beyond inner silence and mental noise. As far as the belief “It is preferable to keep quiet” is concerned, it is not always the solution. To express one’s opinion is healthy. In the spiritual realm, words are pointers to the Real to remove ignorance, and even to heal ( see the « Healing Practice » on my page <https://www.tilicho.fr/initiation-and-book.html>)

"Enlightenment does not exist because consciousness is already luminous". This is reassuring for the spiritual ego but it is not true. Enlightenment is the meeting point between the screen (luminous consciousness) and the movie (personal reality). Consciousness is indeed already luminous, but to realise its Presence, you must stop hiding and being afraid of the light: absolute Truth.

Enlightenment is the experience of opening to the Light. You search for it, you find it and then you come back to the natural state. Do not run after enlightenment. Let enlightenment run after you. Be aware, sincere and open. That's all that matters for the Heart: your open and natural Presence. If one day you feel an immense thirst for the Light, listen to the calling. If the door opens completely, so much the better, otherwise, that too does not matter. To leave the body is to leave the last veil over the Light when one is ready. Simply know who you are and be honest and open.

« Paying attention to ego reinforces ego » is only true if you don't know who you are. It is not true at all when you are clear, as awareness dissolves ego. Meeting and feeling resistance in the body unloads the ego memory. Ego is strong when it is unconscious. It dissolves when it comes to consciousness and is felt in the body. The trouble makers are not the ones asking you to face your ego and feel the resistance. The trouble makers ignore their ego with the excuse that it does not matter or « All is predestined anyway».

"All is predestined", "All is written", is also exact, but do you know the reason behind it? When you have seen the Light of Truth and crossed the spiritual night, you know both the essence of the ocean of consciousness and all the waves of ego. When all aspects of ego are seen and integrated, you are "here and now", which also means "One with all that is". Some powers reveal themselves to you.

Being rooted in the Heart does not give you spiritual powers as a Seer, but it gives you the greatest power of all, the power of innocence, the power coming from wisdom and experience, manifesting as the power of Truth and the living word, revealing itself to you when you have no will for power at all. Indeed all is written...and all comes from Consciousness. It is the source of all manifestation and human experiences. All is predestined with the only purpose to bring you back Home, CONSCIOUS, for your own sake and the sake of general harmony. All naturally transforms harmoniously when people are conscious. Don't surrender to unconscious "non-doing". Surrender to the movement of the Heart.

« I am not the doer » is another spiritual statement that is sometimes misunderstood and wrongly used. What is the need then, you may wonder, to question yourself. Your mind may tell you « Deep down, I am not responsible and in any case, all is predestined» A limited understanding of such statements can lead to being unconscious, and lacking openness to the present moment as it is within.

Who are you?

There is so much confusion sometimes in the spiritual world! Idealism can take over reason. Some people wearing spiritual masks can be taken for the Real, and the Real can be ignored and ridiculed. The mind understands spiritual concepts according to its own filter. It can be the greatest impediment to finding the Heart.

A strict definition of purity also prevents from truly finding it. When one understands the source of all things, one finds that absolute purity is already present within oneself, independently of emotions and thoughts.

Can a picture of mud make the camera dirty? Just be clear. Be aware. Find what is permanent within, and you will also find what is already totally unstained and free.

Whether you climb to the higher terrace of a building and bathe in the sunlight, or keep going down to the cellar filled with spider webs and dust, it is the same one building for clear consciousness. Clear consciousness welcomes the totality of the world and humanity within itself. Any aspect of ego can be embraced with clarity. All inner states pass. Only Presence remains. Presence is aware of emotions, inner silence, joy, sadness, inner space, noise, doubt, certainty, love, indifference, pain, pleasure, all aspects of life, coming and going. Yet, Presence is unlimited freedom. You are unlimited freedom.

How does « being conscious » manifest in daily life? Knowing that « It is all ok, it will pass » you are « cool », natural and spontaneous. Yet, you set boundaries when necessary to respect yourself and general harmony. You behave naturally. You can simply look within without hiding or pretending. You can look at your thoughts and emotions as they are. You can question yourself when you face problems. You stop accusing and judging others unfairly. You realise false accusations are just an unconscious and unnecessary protection of the mind. You also stand for your rights as you are clear.

When you can question your ego, you are clear. Reality takes a new perspective. You are no longer afraid of being unprotected and vulnerable. You even understand that real strength is the openness to vulnerability. Even if your ego has been playing a very cunning game, you are no longer afraid to see it, to make the leap into Truth and to face the consequences of it. You trust yourself and existence. The Self holds everything and can bring you exactly what you need, not always what your mind wants. You can surrender and listen to your Heart. You have nothing to fear, nothing to prove and nothing to pretend. What is the point of lying to keep a certain position, to have more money, to succeed as society wants, to cling to one's achievements, to be cunning, to lack gratitude? This makes no sense to the free and conscious person. The key to all of this? An absolute trust in the sacred dimension of life and in who you truly are. Grace happens as the result of this realisation. Grace is life.

Naturally, being aware makes you feel more peaceful, loving and joyful. Yet do not be attached to « spiritual » states. Enjoy them but be aware of the spiritual ego. Keep being clear and honest.

Remember, you are NOTHING, a simple pure openness to the present moment. You are the undefined open to all definitions. Only NOTHING can be one with EVERYTHING. If you define yourself as Silence, you may exclude noise. If you define yourself as love, you may exclude from your consciousness unloving emotions and feel guilty. Be the undefined, and you are totally free and open.

Only your clarity and honesty matter. If your inner picture is muddy and you pretend it is a stainless one, you are missing the point of the Heart.

Beyond negative emotions and thoughts, you automatically connect with the Heart each time you are open to the present moment as it is and feel your inner state. Feeling is the natural awareness of the Heart. Take real pictures of yourself. Be real. Be yourself.

What needs to be attained has nothing to do with a special inner state. Presence IS the openness to all inner states without confusion. Presence IS beyond good and evil, high and low, white and black. Who you are transcends everything because it welcomes everything in an enlightened way.

It is undefinable purity that is aware of so called impure thoughts. It is pure love that recognises unloving feelings, it is pure silence that is open to mental noise. See that you can never lose who you truly are. Even when you don't know something, you know that you don't know. Can Presence be lost? You are already free beyond any personal experience.

You are already free beyond any personal experience and the openness to all inner experiences is Self-realisation.

Be aware of all aspects of yourself. Why not, when it is offered to you in a book « The Source: Initiation into Love and Freedom »? The most subtle obstacles and dangers have been seen and cleared. <https://www.tilicho.fr/initiation-and-book.html>. It takes an adventurous ant to open a safe path for others.

« If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then be aware of all that is dark and negative in you. Truly, the greatest gift you have to give is that of your own self-transformation ». Lao Tzu.

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