

Integration of the Feminine/Masculine

A Relation is a state of being connected. This not only involves human relationships but also all types of connections and exchange of information at the level of the vegetal, mineral and animal kingdom. How do Relations work? What is at the core of connections? What is the driving force of this universe?

Mystical experiences such as illumination or enlightenment reveal that there is Light at the core of matter. Light can also be called Consciousness because it holds knowledge and information. Let's represent this Light as the sap of the tree of life. It permeates the whole tree and is immutable within all forms. Therefore, it is easy to understand that whatever is happening at the level of one leaf for example is immediately known everywhere else in the tree of life because the sap is One with all. Consciousness is One with all forms and therefore all is known "Here and Now". The Universe is both within and without.

There is instant and boundless connection and exchange of information at the level of the universe and within all forms.

It would be very interesting to scientifically understand how the Light makes "prints" of all that it knows. Is there a connection with DNA? And how can this connection be made? Light is not mere emptiness. During the experience of illumination, one sees that the Light instantly hears, feels and knows all. All times, all beings, all information are always "Here and Now". Consciousness is the seed of Knowledge and Creation. It is the eternal Source of mind and time. There is no beginning and no end. There is eternal renewal. All is already known.

Consciousness is Absolute Intelligence. We relate to this Intelligence by simply listening to our inner voice. In the spiritual field, we also call this inner voice: the Heart. All is known in the Heart.

If we globally listen to the Heart, Consciousness can experience itself harmoniously in the world of matter. We are one single reality composed of many beings like a single hand is made of different fingers. Connected to our inner Source, we can globally experience a magical interconnected, synchronised and harmonious reality. In a conscious society, we feel free to be ourselves while respecting everybody. Beyond "good and bad", there just is natural, free and harmonious behaviour.

What is the key to this harmony? TRUST. People don't let fears drive them. There is faith in one's Heart and life. There is no comparison and no greed. What is the point of wanting always more and better when you know who you are and what life is all about? In a conscious society, people don't think about what they have to do. They feel. Of course thinking happens, but it occurs naturally. It is not a way of controlling one's life and looking for security and protection only. One knows true safety and protection comes from within. When you are not your own enemy, who and what can hurt you or prevent you from being yourself and experiencing life harmoniously? Of course, in periods of transition like our actual time, from an age of ignorance to the return of the Light in the world, resistance can be felt. Yet, can anything truly disturb you when you know who you are?

When you know who you are, you believe in yourself and in humanity and therefore life supports you. Life always supports you anyway, but you need to open the door to its magic. You need FAITH.

Consciousness is the player in the vast realm of Creation. It guides the birds in the sky and the fishes in the ocean. Where does intuition come from? It is obvious that the same Perfect Intelligence is in every form and everywhere. What is there to fear? Let's simply listen to our Heart.

Whenever humanity knows that Perfect Intelligence is within and all around, there is a Golden age. People do not feel lost, alone or abandoned. Life is meaningful. Connection is the way this universe works. Trust and faith are prevalent when you know who you are. There is also deep respect for all living creatures and nature as there is the *knowing* that all is interdependent and connected. We already are the Perfection we are looking for.

What does prevent humanity from realising this Perfection and listening to the Heart?

Ego is a wall. Ego can be described as mental tendencies (painful memories). It manifests as lack of respect for oneself or others. Ego prevents the natural flow of life and the connection to the Absolute Intelligence that is within. It prevents listening to the Heart.

How to reach the Heart? How to be your Self? How to prevent ego from influencing human's behaviour?

Spiritual seekers have always looked for the Divine that is also called the Heart, the Self or Consciousness, in different ways and directions. In general, their quest leads to two main directions. I call them the "Masculine" and "Feminine paths". Finding the Heart is actually integrating these two paths.

The path that is chosen gives the Self certain specificities and "colours". Masculine paths explore Consciousness in a static way and Feminine paths as a movement of energy (Love). In both cases, the exploration is limited. Let us see why.

Masculine paths are vertical. They generally advocate isolating from the world in order to focus on the Essence only. They help releasing masculine energy in men and women. It is the way of freedom and peace because it leads to the following understanding: "I am already free". This brings mental clarity, serenity, stability, powers and high states of consciousness.

High states of consciousness are generally misleading for spiritual seekers. Without total clarity, one may get impressed by what appears and feels more divine than the Divine. Spiritual seekers feel their ego is absorbed into this high energy. They bathe into a divine bliss and can be trapped into it. When you fly high in the inner "sky" and detach from the "earth" (whether this happens spontaneously, through practices or in the presence of a "High" Self), you may temporarily feel ego free. Yet, the "High" Self is not the Heart.

The confusion that is often part of Masculine paths comes from the fact that one looks for a *state* of consciousness: silence, emptiness or bliss. "Who are you truly?" What is true Silence?

Is the Self a *state* of Consciousness or the *clear openness* to all states of Consciousness: the Heart? The Self is neither stillness nor movement, neither emptiness nor fullness, neither the sky nor the earth, and at the same time it includes everything and merges with all that *is*¹.

¹*State of Oneness*

To find the Heart, one needs to “land on earth” and open to the Feminine. One has to include and integrate ego.

Feminine paths are horizontal. They are open to ego and the world. Existence is an experimental playground that needs to be integrated. They aim at healing the inner wounds (ego). The Feminine looks for well-being and harmony. It is the path of Love (ego integration). It helps liberating the feminine energy in women and men and brings openness, receptivity, patience, care and compassion.

The Feminine is open to all and feels all. Because of this, one easily starts identifying with whatever is felt within. If you are surrounded by stressed people, you will feel it and start believing “I am stressed”. Receptivity can be a source of great confusion. One can actually be perfectly open, have realised the state of Oneness² and still feel confused. Without mental clarity and Self-knowledge, the Feminine in women and men feels lost. The Masculine (source of stability and detachment) also needs to be integrated.

Both masculine and feminine paths have advantages and disadvantages. Sooner or later they merge. Essence and Existence are One. However, the union of the Feminine and the Masculine which is the main issue of real non-dual spirituality, has always concealed a subtle spiritual battle that has ramification in the world.

The Feminine openness often represents a threat to all kinds of powers. For some non-dual spiritual approaches, the world and ego have no reasons to be integrated as they are illusions. Yet, can we deny the impact of this illusion? Would we say to our children “Do whatever you want, it does not matter”? Resistance to the Feminine within is usually unconscious and very deep. The history of religions and the world reveals the lack of openness to the Feminine and the very subtle hide-and-seek game with OneSelf.

Perfection is already who we are. However, this Perfection does not prevent from seeing ego imperfections. The light simply illuminates the content of the “inner room”. The light simply does the “job” of a light. It helps to see everything as it is.

The inner light can only be found when the fear of ego is gone. The sun is independent and does not mind the beauty or ugliness it illuminates. The illumination of the inner world requires the same openness. Human beings carry the ego suitcase but ego is not the Self. This understanding helps to open the suitcase without fear. To find the Light you need to recognise your own Perfection and not to fear the shadows of ego.

What is a shadow? How to perceive ego? Depending on the environment, water can take the shape of an ice cube or become a boiling bubble. The shape water takes, gives a certain knowledge, a certain identity and also a certain illusion. The ice cube would say: “I am cold” and the bubble: “I am ebullient”, yet it is still water. Indeed, shapes, the world, ego are illusions. Consciousness remains unchanged despite all the different shapes and qualities it manifests. However, the understanding that ego is an illusion should not be an excuse to deny one’s inner state, whether cold or warm, “high” (bliss, detachment) or “low” (jealousy, greed).

² *Complete integration of ego*

The Self is the only Subject: "I am". The ocean of Consciousness cannot be divided. Yet, let's remember that the ocean has waves. There is no world and no ego to put aside in order to realise the Self. Self-realisation requires Self-knowledge (understanding the immutable quality of Consciousness) and self-integration (openness to all the waves of ego). This is where Masculine and Feminine paths meet. There is both clarity and openness. Love is Conscious. Clear Consciousness recognises its own eternal and unlimited beauty. The sun shines despite the clouds. The Self does not depend upon anything. It is already free. At the same time, the Self is open to knowing and feeling ego (as "negative" emotions) because there is no confusion.

Eventually, from the primal sexual ego to the subtle spiritual one, all the waves of the ocean are integrated with clarity (see <https://www.tilicho.fr/initiation-and-book.html>). One realises the Self and is One with Existence. This is the state of Oneness: Presence in all forms.

Some non-dual spiritual approaches would claim at this point that Consciousness already *IS*, enlightenment is a myth, Oneness never ceased to be and there is nothing to do in this regard. One can play with concepts and illusion to avoid Truth. It is perfectly exact that in absolute terms, Consciousness *IS* and does not need to be enlightened. However, at the body/mind relative level, Enlightenment is a tangible experience when *individual* Consciousness opens to its Source and Truth (what is "Here and Now" in the body/mind).

Indeed there is nothing to reach, to the exception of our "nakedness", our honesty, our clarity. There is nothing to change. Change happens by itself when one does not hide. The purpose of any spiritual guidance is *clarity in order to prevent hiding one's eternal beauty and ego*. If you feel irritated but pretend to be peaceful because you know Peace is your true Nature, how can you be your Self? True Peace is open to feeling annoyance. This is real non duality. This is how the Masculine and Feminine meet. There is both the recognition of the perfect unchanging Self and the openness to the Truth of "Here and Now".

Finally, the integration of the Masculine / Feminine is complete when the most subtle wave of the ocean of Consciousness is under the light of awareness. I call this wave: "The knot of the Trinity". It is the last unconscious battle between the Feminine and the Masculine: "Who has the light?", "Who is clear?" The outcome is the realisation of the three aspects of the Consciousness (Existence, Clarity and Joy) in both women and men. We can also call this Trinity: Mother, Father and Son in a more Christian language or Sat-Chit-Ananda in Hindu terminology. These three aspects of Consciousness manifest in our daily lives and must be integrated within.

Most traditions hide the fact that the Sacred Feminine³ is the door to the Heart at the beginning of a cycle of time (personal or general life cycle). The clear knowledge of the Self and all aspects of ego originally comes from the Sacred Feminine. The state of Oneness that is the result of complete ego integration is originally Her realisation. It reveals the sacredness of life. The word that comes from the Heart is engraved in the Heart of all beings and all things. It creates a sort of matrix on the plane of Existence and gives Existence a sacred dimension. No event happens out of chance. Destiny is written and the purpose of Destiny is to find refuge in the Heart.

³ *The integration of the Feminine and Masculine in a female body.*

It is the responsibility of the Sacred Feminine to completely recognise herself in order that the Real stops serving the False. The Sacred Feminine has often been used, disrespected and treated unfairly throughout the ages. This was often unconscious to preserve the status quo and all kinds of powers. The imbalance in the world comes from the lack of recognition of the Feminine.

On the contrary, the recognition of the Feminine puts an end to unclarity, power games, masks and injustice. It is the return of balance in all fields of society.

The “Trinity knot” manifests in people’s life in the personal field as well as the professional one. It is important to see through the mental tendencies of the Masculine and Feminine⁴ in order to transmute unconsciousness into consciousness and restore balance.

Nothing truly matters anymore when you know who you are. Yet, naturally, you prefer to feel good at Home⁵. The Feminine and Masculine merge. There is both *detachment* and *care*: Conscious Love. This is the real Heart.

The world is a sacred place. Believe in yourself and in the Divine Presence in your life. Put your fears aside and follow the clarity of your Heart.

⁴*Masculine mental tendencies in men and women are the following: “will for powers”, “feeling of superiority”, “arrogance”, “denial of one's ego and false accusations”, “fear of losing control”, “fear of truth”. When the authority of the Masculine is questioned, especially by the Feminine, the lamb can transform into a wolf. Then there can be “disrespect for the Feminine” and “manipulation”, “unfairness”, “violence”, “hardness”, “destructiveness”, “desperateness”, “hopelessness”, “helplessness”, “weakness” and “guilt”.*

Feminine mental tendencies in women and men are the following: “confusion”, “guilt”, “self-doubt”, “over-emotional”, “absence of natural boundaries”, “lack of self-respect”, “victimisation”, “attachment to suffering”, “need to prove” and “sacrifice”.

⁵ *Home is the entire universe.*