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What do you still need to understand about an initiation?

The state of Oneness:

When there are no mental boundaries (you are at peace with ego), there are no boundaries with life either. You are in the state of Presence - "Here and Now".

The state of Oneness or Presence can be a challenge in some situations. When points of views are divergent for instance, one can be confused. Who's Who? Who is clear when difficulties are encountered?

It is important to understand that when the mind is at peace, it is clear, receptive and open. Answers come from the Heart. Boundaries between others and oneself dissolve and one is often a mirror; reflecting either people's beauty or ego.

The natural state is not always well understood, especially by the spiritual ego that is trapped in what I call "spiritual idealism": reaching high states of consciousness and / or spiritual powers.

The natural state is an ordinary and simple state of openness. One does not look for a particular spiritual state. One simply has nothing to hide. It's a state of honesty. This ordinary state hides what is truly extraordinary: the opening to Truth – Divine Light.

When we cross the ocean of consciousness and become more and more a mirror, it is important to clarify as much as possible any confusion. Clarifying does not mean justifying oneself. It simply helps avoiding confusion and misguidance on the way.

Natural behavior can sometimes appear irrational or even "bad" for the spiritual ego. However, know that such a person is actually listening to the Heart – beyond Good and Evil.

How do you know if you are in the natural state?

When you are at peace with ego, you are in the natural and spontaneous state. **DO NOT DOUBT YOURSELF.** Fully trust your inner feelings and respond accordingly. Natural behavior is always a source of harmony for everyone.

What can still be understood about an initiation?

THE NEED TO DETACH in some circumstances. When the state of Oneness or the natural state has been reached, you may feel strong negative emotions in certain circumstances and with some people.

When these emotions are recurrent and important, detach yourself. Why? In the state of Oneness, you are not only receptive, you are one with all elements, and all natural elements are within you.

When there is no mental boundary, there is no border with life either. You are Presence in all forms.

The company of people who create too much negativity or too much "insensitive light" within, can eventually create strong natural reactions. In the state of Oneness, these reactions can also affect nature and the world.

WITHOUT JUDGING "negative" people, DETACH. Keep behaving naturally and keep calling a spade a spade if it is necessary.

Finally, it is also important to understand **the POWER of the Heart**. When the mind has no mental boundary, all your thoughts are "Here and Now". The word is alive.

"Here and Now", one needs to be aware that words need to be chosen carefully. The writing or the expression of them create a matrix, a kind of frame in the structure of Consciousness; and Existence.

Divine Consciousness thus creates a protective frame that limits the freedom of ego. Not only does everything rebalance according to the laws of nature, but certain events manifest to prevent ego from controlling one's life.

Do not worry, even when you go through the "dark night of the soul", life clearly shows you the way. Trust Existence.

The power of the Heart is only possible when you are not looking for any power. Keep your innocence and your purity of intention. Do not think. Do not calculate. Do not wish for anything but love, peace, light, joy, healing and protection for all and all forms of life. Everything else creates karma.

Do not be influenced by superficial desires (for more money, more power, more success, more sexual partners, etc.). Also, do not have any sexual taboos. The state of Presence is a state of contentment and absence of guilt and taboos.

Finally, do not be fooled by appearances, whether spiritual or not. What truly matters is to have a pure, sincere and whole heart - an unambiguous heart – without masks, games and lies.

Be aware of all illusions and temptations. This allows the realisation of SAT CHIT ANANDA.