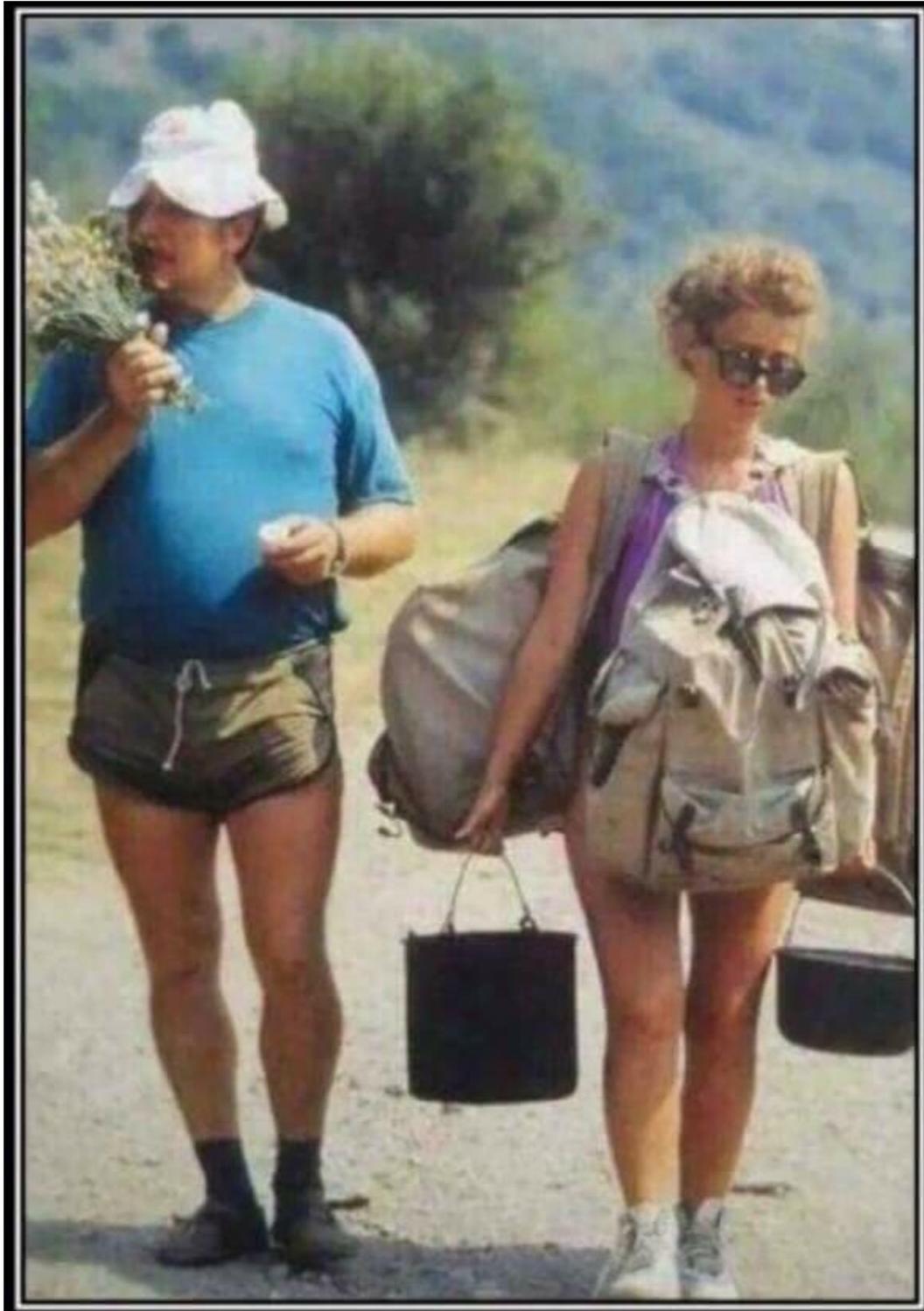


AWAKEN THE WHOLE OF YOU
Behind every strong woman there is a "free man".



Isn't laughter the best medicine to show both the advantages and inconvenients of the different masculine and feminine spiritual paths.

The masculine path is the inner path: meditation, Self-knowledge, practices to reach peaceful, silent, blissful and powerful inner states. One realises he, or she, is like the pure white screen in the movie theatre: already perfect, forever unchanging, already free, etc. It gives a feeling of lightness, peace and bliss. It can give high energy, high states of consciousness and spiritual powers. This "High state" is often misunderstood as Self-realisation, as it can also temporarily be experienced as "ego free". Yet, the High Self is not the Heart. To find the Heart, the plane needs to land. The world (ego) needs to be integrated,

Who are you and where are you?

You are the open space of awareness. You are One with all that IS. You are One with "high" and One with "low". Yet, you are neither high nor low, neither love nor hate, neither silence nor chaos, neither happiness nor sadness. YOU ARE THE UNDEFINED. YOU ARE NOTHING. You are the zero point of energy that is One with..... Only clear consciousness is open to everything without confusion. Only NOTHING is One with everything. If you define yourself as Silence, you will ignore your ego when it rises as negative feelings within you. If you define yourself as Love, you will exclude unloving feelings from your inner experience. If you define yourself as Peace, you will judge and hide your inner confusion. You will miss TRUTH. BE YOURSELF. Be aware of "Here and Now" as it is, without hiding and without confusion. You are true silence that can also be aware of mental noise. You are true love that can also integrate unloving feelings. You are true contentment that equally welcomes happy and sad feelings. YOU ARE AWARENESS - CLEAR CONSCIOUSNESS - OPEN TO HERE AND NOW WITHOUT CONFUSION AND WITHOUT EXPECTATION.

Don't be trapped by spiritual idealism. It is time to realise your simple, natural and spontaneous state.

The feminine path is the outer path: the integration of ego and the world (Love). This integration happens either naturally, through life experiences, or through spiritual practices or psychological work. You are open to all what you feel and think. You are like the pure white screen, open without judgment to all types of ego movies. It brings great aliveness and true joy, but life may sometimes appear chaotic and overwhelming and you may end up being aware of the movies only and forgetting the white screen - who you truly are: pure consciousness opened to "Here and Now" without confusion and without expectation. You are aware of ego but you know ego is not who you are.

What are the qualities of the Masculine energy within all of us? Mental clarity, stability, peacefulness and protection.

What are the qualities of the Feminine energy within female and male bodies? Openness, receptivity, helpfulness and compassion.

Now, what are the “flaws” of the Masculine? The realisation of “I am already perfect and free”, in a man or woman, can lead to a feeling of superiority, arrogance, attachment to special inner states and powers, manipulation (denial of one's ego and false accusations towards others, especially the Feminine), fear of losing control, fear of truth, disrespect for the Feminine and the need to put the Feminine down because the Feminine feels Truth in the Heart, and ends up questioning the authority of the Masculine. The masculine path leads to the realisation of Peace, but not to the realisation of Love. In the spiritual fields, this is characterized by the spiritual ego. It can be very misleading as the mask of love can appear more light and loving than real Love (see the photo as a funny reminder). The realisation of Inner Peace without Love leads to lies, manipulation and to the denial of the Sacred Feminine. In all traditions, SHE has more or less been the "Holy Ghost" only. There hasn't been recognition of the Sacred Feminine's real Self realisation, and her knowledge has been used. Truth has been the 'servant' of the False.

What are the “flaws” of the Feminine? The feminine energy within a woman or a man is the openness and the receptivity. You are open and feel a lot. The Feminine in you is what can carry the heavy loads of ego but she or he does not know who s-he really is. This is why, as long as there is no Self-knowledge, ego is felt as a heavy burden. If you know who you are, you can carry the whole of the human suitcase lightly because you don't identify with it. 'I am bad' has no influence on you. On the contrary, without Self-knowledge, the person who is open to all and feels all, may start identifying with ego and whatever is felt within. If you are surrounded by stressed people, you will feel it and start thinking “I am stressed”. Receptivity can be a source of great confusion. It may lead to guilt: 'I am bad ', self-doubt, over-emotional states, lack of self-respect, injustice and attachment to suffering as a way to prove “ I am truly good”. The realisation of Love without Inner Peace (Self-knowledge) leads to feeling lost and ultimately, to injustice and sacrifice. On the contrary, with Self-knowledge, one respects oneself and there is the realisation of Conscious Love.

Feminine "Self doubt" and Masculine "manipulation" feed each other. Let us recognise these seeds at the spiritual level my friends in order that these very old and unconscious ego tendencies dissolve at all levels of society.

This clarity is very important. When Consciousness recognises its own beauty and is open to all aspects of ego (from the gross sexual one to the subtle spiritual ego), the space of consciousness knows no boundaries. Heaven and Earth. Peace and Love, Spirit and matter merge. It is the Union of the Sacred Masculine and Feminine, clarity and openness - DIVINE LIFE.

When you are clear, you know that the realisation of Self knowledge and self integration is the fastest way for self-transformation and for the transformation of the world. NATURALLY, without forcing yourself, you try your best for this. Yet, you remain natural and there is no expectation. The natural movement and direction of awareness is a movement towards greater harmony, even if at the end of a cycle of time, this movement can also manifest as tough love. When you are aware, love is the fruit. Awareness

dissolves ego. Awareness does not surrender to ego with the excuse " I am not the doer". Awareness leads to real love, peace and joy.

Welcome the whole of you and realise who you are. Understand well (and this needs to be repeated over and over) that Self-realisation is not a question of reaching perfect inner states. Self-realisation is a simple question of having a clear openness towards all inner states, without confusion and without expectation. SIMPLY DON'T HIDE. Naturally, effortlessly, more peace, love and joy manifest in your life. Naturally, the world becomes a better place. This is the power of CONSCIOUS LOVE. It all comes from within and it manifests outside. It leads to the realisation of SAT CHIT ANANDA (Existence-Consciousness and Contentment).

The world is a sacred place. Have faith. Have confidence in yourself and in the Divine Presence in your life. Let fears subside and follow the clarity of your Heart.

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<https://www.tilicho.fr/initiation-and-book.html>