

THE CYCLES OF TIME

The past is only interesting in the light of the present moment. Whenever there is resistance in your life, this is your past (memories - the ego programme within you). Do not try to analyse the past. Simply know who you are and be aware of your ego 'here and now'. If you meet what you resist 'here and now', the wounded root of the past is immediately and directly healed.

When you are aware, thoughts come and go. Yet, sometimes, thoughts cannot go. These are generally thoughts related to deep 'memory' wounds, personal issues. These are also deep fears related to death, sex, etc. The mind is influenced by thoughts and cannot let go of them. In some cases, when fears are deep and identification with ego is strong, thoughts are stored into the unconscious mind, which is no other place than the body. The cells of the body store hidden memories. When you identify them and face them, they come to the surface and get released. As long as you don't face them consciously, they keep influencing your behaviour and your life because you are not aware of them.

The unconscious mind is what some people call 'evil'. There is no evil. There just is a lack of understanding about ego, thoughts, the mind process and who human beings truly are. With clarity and a little bit of healing, false beliefs can be faced and disappear.

What do you resist? What thoughts disturb your mind? What is it that you really don't like about yourself or that you don't want to experience?

In order to overcome what you resist and unload your mental programme' (as you generally attract what you reject), repeat silently in your mind: 'I am fine with the thought '.....'

Breathe deeply through it until it becomes true: the thought does not disturb you anymore. You stop believing it.

When you directly meet your fears or negative thoughts about yourself without rejecting any feelings at all, what happens? They dissolve. What does remain? Inner peace, inner silence - 'I' - the true Self, always present, always available, always perfect, whole, fully satisfied. Nothing is missing. So what to be afraid about? The more you know yourSelf, the more you can embrace ego and be free from it. Consciously crossing the 'night' is a real gift to yourself.

Breathe without resisting what is 'here and now' within your body/mind. Meet your fears, the negative thoughts about yourself, the different layers of emotions and also the doubts. Fears and doubt rise as clouds in the space of your mind. Do not believe them. It is natural that repressed layers of emotions come to the surface. It is natural for ego to defend itself with 'doubt'. Just watch the process. Ego can be very tricky. Do not take any thoughts that rise into your mind seriously. Do not identify with them. You are not your ego. You are not your emotions. So watch them and embrace them without thinking this is you. Keep breathing and welcoming everything, again and again until fears vanish and your mind is at peace. You are truly silent, yourSelf.

By consciously meeting your fears and 'i' thoughts within, you go to the safe side, as fears and thoughts lose their power to manifest. Observe this within your body/mind. Suddenly, the same 'i' thought does not have the same impact on you and your life. The 'i' thought you do not resist does not leave a print in the ocean of consciousness.

Spirituality is not about feeling 'happy' on the surface. True happiness is deep peace and this happens when the ocean of consciousness is clear. Simply understand the process and be clear about who you really are and what ego is. Knowing who you truly are automatically brings light in your life. You stop believing 'i' thoughts.

Being aware of ego has nothing to do with desires to control life. It is part of the process of becoming conscious, of being who you truly are. Here is a little story: two donkeys were carrying bags to the mountain. The master asked them, do you want to get rid of them? The first one says why? They don't really exist. The second one accepts and can then enjoy the ride lightly.

Luckily, the first one also quickly realised that he was going to climb the mountain and that the bags were actually heavy. While facing the mountain, he could not hide or pretend anything. Mountain, and Conscious Love are the same... Don't hide anything to yourself because Consciousness is all knowing and sensing. Opening to the Heart is opening to Truth.

When you do not resist thoughts, they have no power. They cannot influence your mind and the relative reality. You unload the mental programme. This is also Self-enquiry as advocated by the sage Ramana Maharshi: 'Watch the i-thought until you see its irreality and it dissolves'. During the process, in order to help you face your greatest fears, imagine yourself (or the people you love, the world) in a bubble of light, totally protected.

When the mental programme is deactivated, you can switch to your natural programme: the natural expression of Consciousness in the body/mind. You can be your true Self. Humanity can become more and more natural again. Each individual drop of consciousness releases global unconsciousness. If you are interested in doing this work, you can read the Source: Initiation into Love and Freedom. (see above)

Ego is only a programme within you. It is like a DVD that is played on TV. You are not the DVD but the screen. TV does not judge the movie, whether it is a funny, romantic or dramatic one. So really do not feel guilty. Say once and for all YES to your ego without identifying with it. Drop the past and its stories. See and realise your true inner beauty, ever present, boundless, totally free.

If there is one thing you should understand about the past, it is the story of the two first particles: positive and negative. Both of them are absolutely necessary for life to manifest. One day the positive and negative particles become fulfilled human beings, symbolised by 'Adam' and 'Eve'. Both have equally beautiful qualities but one represents slightly more the negative and the other one slightly more the positive. Who is who? Differences are minor and very subtle. But these slight differences are the reasons for the original "fight" for power and recognition. This is also the reason for the original "fall".

No conclusion should be drawn about the original fall. The past has been subject to a lot of misunderstanding and injustice. And, as the past has the tendency to keep manifesting in different forms, I will add here a few more points about the original patterns of the mind. When one explores the spiritual path, the same patterns are observed until there is understanding.

At the beginning of humanity was the question: 'Who has the Light?' and at the end of the spiritual path, you find the same question. The original 'sin' is only related to this question. For the sake of going beyond duality by understanding the origins of 'duality', I will clarify a few points.

The Heart is the deepest consciousness: Knowledge and wisdom flow from it. This is first the realisation of the Goddess. Light has come from the Goddess but Light has been taken from the Goddess. As a still mind, the male aspect of Consciousness is a channel for the Light. Yet, subtle attraction for power remains in the masculine psyche, as well as a feeling of superiority. This manifests as the need to put the Goddess down. These tendencies have been the reasons for the original fall.

Because of the original duality between 'Adam' and 'Eve', men are unconsciously afraid of Truth, and women are unconsciously afraid of injustice, misunderstanding and lack of respect. Even when all seems fine between men and women, the original seed of lacking respect to the Goddess is very well hidden in the masculine psyche and it can manifest at the time of Self-recognition. The time of fulfilment is also the time of the 'fall'.

The recognition of these fears and tendencies allow to go beyond duality and to really find the Light in the Heart for both men and women. Then only can a woman truly surrender to a man as her God, as He has total respect for the Goddess. To respect the Goddess is to respect the world.

Exploring and understanding the original patterns of the mind also clarify the role of the Spiritual Father. In order to protect and strengthen the tree of life during the challenging time between 'Adam' and 'Eve', the Spiritual Father consciously plays his role on the side of 'Eve'. Yet, He deeply loves his son too. When all these patterns are understood, there is deep healing at all levels and deep reconciliation between partners, fathers and sons, mothers and daughters, etc. When the original Trinity is healed, all is possible.

If Knowledge was given to you, would you not try to subtly (but falsely) assert your superiority? The seed of the original "fall" is hidden within all of us. No one is an exception. Emptiness and fullness are One. Yet, the recognition of these ego tendencies puts an end to them. Have you recognised these tendencies within you?

This original fight for power and recognition is at the source of all types of relationships. The past continuously repeats itself in different forms until duality is fully integrated. Simply be aware. With understanding, you can stop "the original fight" and transform it into a mature relationship. Then non-duality is really realised within your body/mind. Boundaries vanish. There is real trust and true surrender

to the Heart.

Simply open to the truth about your ego programme without identifying with it. If there is hidden jealousy, see it and let it go. If there is the need to prove your superiority, see it and let it go, if your mind lies to itself and wrongly accuses others, see it and let it go. You are not your ego. Do not feel guilty. Open to the truth of what is "here and now" within your mind and detach from your thoughts. Clearly see into the ego game. It is only unconsciousness that creates trouble and suffering. Consciousness on the contrary prevents trouble and suffering. Embrace what you reject instead of listening to the voices of fear. Who are you? Is there anything you are not One with? To whom do you need to separate or detach from? Clarity on this final aspect is true healing, both for your body and mind. You are Home, at peace with yourself. This is the end of the spiritual quest.

Only ignorance about one's true nature and resistance to ego prevent from opening to the inner light (the deeper self), nothing else. And no one else but your own mind is the "enemy".

You already are what you are looking for. Simply open to truth. Your real treasure can never be taken away from you. It is truly yourSelf.

Tilicho (10th of April 2013)