

THE HISTORY OF THE SACRED FEMININE

The Hope of a New Dawn

What is the place of the Sacred Feminine in spirituality? In the Christian religion, we speak of the Father, the Son and the Holy Ghost. Is the Holy Ghost a substitute for the Mother?

Monasteries were mainly for men in the past. Women in some Buddhist traditions could not claim liberation. Celibacy is often recommended to reach purity. Is it really for the sake of purity that sexual mix is avoided or is it because mixing with women would actually challenge many beliefs?

Why in the history of religions the Sacred Feminine does not clearly appear on the spiritual stage?

My personal experience has revealed very old ego patterns that are interesting to bring into the light. Since Enlightenment occurred spontaneously without a teaching nor a guide, I understood quite a few things regarding people's resistance to deeper awareness.

What really and deeply prevents the evolution of humanity towards more consciousness? The answer is simple: the fear of truth.

At a very deep level, the Sacred Feminine symbolises Truth and in general people do not want to hear or see the truth.¹

To understand the resistance to Truth, one must understand the very deep and ancient archetypes of the human mind. One must especially understand the archetype of the Trinity.

The "Mother" is the Holy Spirit. The experience of Enlightenment reveals the Pure Spirit in its luminous form (Truth). Anyone who has experienced Truth has also opened to the Feminine aspect of Consciousness. To know the Self is to be the Self. In everyday life, the Sacred Feminine spontaneously and naturally knows this Spirit because "She" is this Spirit.

Can someone who does not belong to any school nor follow the guidance of a teacher, be credible? Can a "normal" and down to earth woman be trusted as Enlightened? Can people really understand what Purity means? Spiritual seekers generally look for something or someone extraordinary. They admire Powers. They do not want to find "Nothing". Yet "Nothing" (the Pure Spirit) is the quality of the Mother's awareness. Purity is the ability to want to see everything as it really is, without distortion.

Being free from any spiritual conditioning allows one to clearly see the "obstacles" preventing the evolution of Consciousness. It shows the misunderstanding of various teachings or the wrong interpretations of some teachings. Telling the truth is sometimes a delicate task, yet the truth must be told to get some people out of their spiritual cage and

¹ The word Truth is capitalised when it refers to Pure Light. It is written with lower case when it refers to the real state of a person in the present moment (i.e. He feels agitated. He is calm. She feels sad. She is joyful, etc.)

false beliefs. The Sacred Feminine sheds a pure light on the Self as well as on all aspects of ego.

One of the great spiritual illusion is the search for a particular state of consciousness, whether it is Silence, Stillness, Love, Purity, Joy or Peace. The Self is not a state of consciousness.

The Self is neither ego nor silence, nor stillness, nor love nor joy nor purity as the mind understands these. The Self is the Presence that recognises all inner states as they really are. If for example you try to find inner silence or to hold on to a state of bliss or emptiness, you are escaping the present moment. Mind has a tendency to cling (to beautiful inner states, beautiful memories, an idyllic past, etc.) and therefore it cannot really embrace and open to the present moment as it is. There is nothing to hold on to². Simply meet the present moment as it is, with clarity (without identifying with it).

High inner states of deep calm and bliss which most often are the result of meditation, are very enjoyable but also very deceiving. Meditation is a great help to overcome inner disturbance and to “plug” into the essence of your true nature. One should fully enjoy blissful inner states while not taking them too seriously either, even if they are powerful. High states of consciousness are a golden cage when you are not conscious enough. The spiritual ego clings to them and confuses them with the real Self: the Heart (the natural state).

You are not your ego and you are not what you are experiencing. The Self is Pure Knowing. If joy is present within, you know joy is present. If sadness is present within, you know sadness is present but a conscious person does not pretend to be happy when sadness is felt, or if there is this kind of pretence, s/he recognises it. If there is confusion, it is also seen. This is what Pure Consciousness (Pure Knowing) is. There is no special state to look for. Simply open to truth, whether truth feels nice or disturbs you.

The Self is the openness to thoughts and emotions as they are, without identifying with them.

Being yourself is simple. You just need to be open to truth or to be honest about the fact that you are not open to truth. You see how simple it is? It is not about change. Change happens naturally without looking for it by the simple fact of being aware.

Presence is ‘Nothing’. It is only a light on the present moment. Presence is pure peace because it can also open to chaotic thoughts and emotions. It is pure love because it can also open to unloving feelings. It is pure silence because it can also accept inner noise. Presence is totally pure because it is also open to seeing impurity.

Some teachers recommend concentrating only on stillness, inner silence, and avoiding putting attention on ego as knowing ego reinforces it. This often comes from a deep misunderstanding. When there is light on an object can it become darker? Can shadows remain under the sun light?

²If your mind “clings” to something, see if you are not actually unconsciously resisting the erroneous thought “I am not free”. Meet this thought within and breathe with it until the disturbing inner state vanishes (close your eyes and see if this is your case).

Who are you? Are you not already what you are looking for? You always *know* how you feel, whether you feel good or tired. You *know* when you don't know something. You *know* when you are silent or experience disturbing thoughts. You *know* when you feel sad or happy, etc. *Knowing* is always present. It is the only permanent reality about you. *Knowing* (Pure Consciousness) is who you truly are.

When suddenly there is the "*KNOWING*" that '*knowing*' is what you have always experienced, the light bulb sees its own light. This is awakening. It is Self-recognition (Self-knowledge). It leads to illumination when there is openness to ego and to Truth.

However, you may sometimes lie to yourself. You may not want at times to see the truth. It may be difficult to see the truth when your behaviour is mean for example. You may in such case deny your ego and instead accuse others unfairly. Whenever you are afraid of truth and identify with ego: 'I am bad', you lose the freedom to be yourself. On the contrary, see how everything can change when you are able to recognise your ego as 'mean'. In this case, you will most probably say 'I am sorry' instead of being unfair. Knowing ego helps to get rid of it.

"Knowing" is also feeling. When you experience disturbing inner emotions, feel them completely and see that by meeting and accepting inner disturbance, ego dissolves.

Problems come only when there is identification with ego and resistance to seeing and feeling it.

Who are you? Like the sun equally shining on both flowers and mud, Consciousness knowing its luminous nature has no reason to avoid knowing ego.

Yet the mind is smart to avoid knowing ego. It is very prompt to believe sweet spiritual lullabies: "There is nothing to do, nothing to undo, nothing to change and nothing is missing because you are already free." Mind is also prompt to believe one needs to be the warrior for change.

Simply be aware, and do some healing if you feel resistance to ego. The work is not much, since all aspects of ego have already been unpacked from the ego suitcase and are presented in my book *The Source - Initiation into Love and Freedom*@ <https://www.tili-cho.fr/initiation-and-book.html>).

You will also see on my web page the healing practice: The 'Sandwich of Consciousness'. It is a simple and safe way to meet "ego" within.

Do not be afraid to meet "ego". When you meet the thought "I die" within, you don't die! You eliminate the fear of dying by giving room to your fears and meeting your resistance. Breathe deeply and cross your fears until you are peaceful again. Meeting ego dissolves ego.

Being free from the fear of dying does not prevent from behaving naturally in everyday life: being care-full for oneself and others.

Indeed Consciousness is already free, DEEP DOWN, and each time you are aware. Yet, don't delude yourself. You are not free when you are not aware, when you resist ego or when you pretend you are not resisting ego.

For the Self-realised person who has crossed the ocean of consciousness, awareness is totally effortless and natural. Knowing is complete. In this case there really is nothing to do, nothing to undo, nothing to force, nothing to change and nothing is missing. One is in the natural state and simply follows his/her Heart.

However, until ego is fully seen and there is no resistance to all aspects of it, until no one and nothing is missing, it is a lure to believe "There is nothing to do".



Do not forget that behind a so called "free" man, there is a conscious woman who carries his ego. Balance can be found and the path can be light and enjoyable for both. The opening of the Masculine to seeing his ego allows the opening to the Heart and restores balance in and out.

As long as ego still disturbs one's mind, it is better not to fall asleep nor to lie to oneself. Stay awake. Keep being aware of ego when you feel disturbed or when you identify with a high state of consciousness.

When all aspects of consciousness are clearly seen (as Essence and also Existence), teachings do not leave room for doubt or confusion.

The Sacred Feminine has experienced Life. Her knowledge also comes from walking the path and therefore she immediately sees where confusion lies. Her 'authority' may seem arrogant or out of place. Hence, the Sacred Feminine can be taken for an impostor: the one who distorts teachings. She can even be accused of plagiarism. What a paradox, when her teaching is often used without mentioning her name. A 'Mother' naturally shares what she knows and some people take advantage of this situation.

The Masculine also rejects the Feminine when "She" becomes too clear about ego. At the beginning of the archetypal story of "Shiva" and "Parvati", "He" feels rejected and unworthy from the moment she gains deep clarity. This results in him taking distance and becoming the "High" Self.

Without being conscious of his subtle ego, the husband unfairly puts his wife aside or he puts her down. In this way, He can still appear "better" or "purer" than Her. He can also fall under the charms of certain illusions. One should remember the story of Swan lake. What appears luminous is sometimes dark and vice versa.

The "loving man" who sees her suffering appears on stage at this point. This also can be confusing: "Who is her true husband?" Yet the "loving man" can also be deceiving and use his powers and "Her" knowledge to his own advantage.

Once the Sacred Feminine is no longer confused, "She" makes the "loving man" open to his lies. "He" then becomes her "Spiritual Son". He is detached, content, happy and his powers now serve the Truth. "She" also makes her husband see his ego and completely open to the Heart. This is the story of Shiva, Parvati and Ganesh in the Hindu culture. The "Spiritual Son" is both the creator and the remover of obstacles.

Different variations of "Ganesh" (spiritual sons) can manifest on one's path but once the pattern is clear, no one falls.

Seeing the "Trinity ego pattern" prevents the manifestation of ego and the "fall".

However, not all religions clearly see the Sacred Feminine. This explains why "She" can experience difficulties, injustice, poverty and be unknown in the history of some religions. In ancient time, "She" has probably even been the "prostitute" because of all these reasons.

Resistance to Truth and to the Feminine is a very strong mental archetype that is the cause of suffering, unbalance and injustice. Indeed because of her "rejected" situation, the Sacred Feminine ends up not being credible.

The Sacred Feminine holds a part of responsibility in this situation. One cannot hide on the path of truth. As long as the Sacred Feminine hides who she really is and doubts what she really feels, the Masculine also does not trust her. This results in 'Him' taking a position of power and being manipulative (he subtly makes people believe He is the one who has the keys).

Understand well my friends that Truth is the door. Don't pretend anything, especially if you are a spiritual teacher. If you have not seen Truth, don't call your teaching Satsang for example. This often distorts Truth and creates confusion. One cannot be on the path of Truth, talk about Truth and not being totally truthful or clear. You can very well share what you know but without any pretence.

I met at some point after my awakening the "Seer". We helped each other. This doesn't mean that my teaching was given to me from this man. Who knows what kind of false beliefs 'She' can be accused of?

This man helped me with his mysterious ways and great finesse to stop doubting myself . He also helped me heal the wound of lacking trust in the Masculine (tough job here, lol). He helped me see what I cannot see. I see the "road" and all aspects of ego. He sees the present and the future.

He subtly made me understand my powers: the power of the living Word - the power of Truth. The word that comes from the Heart creates a pattern on Consciousness, a sort of road map. This explains the magic of life. One does not need to wish to create or manifest anything. The innocence of intention or the absence of intention are the pure Creators. Simply let your Heart "talk" without being calculative at all.

He made me understand the power of Presence. The Pure Spirit is in all beings and all things. One simply needs to remove the wall of ignorance about one's true nature and the wall of resistance to ego to BE who you deeply are.

He also made me understand the "danger" of this power when the Feminine is too open and does not respect herself enough by setting natural boundaries to maintain peace.

Anger is often the result of too much openness and too much tolerance. In the case of the Sacred Feminine, anger can have a huge impact because her personal energy is one with the elements.

“She” is “Mother Nature”. She needs to respect herself and be respected. The Sacred Feminine path is safe when all is seen and clear. Lying loses all its power as “She” clarifies all ego patterns.

Life is the exploration ground for Self-realisation as “seeing” and “knowing” bring all the pieces of the puzzle together. There is only ONESELF splits in many different pieces. There is only one tree of life with many branches.

The tree of life has three roots and these three roots determine all the rest of the branches. We have to have clarity at the level of these roots (at the level of spirituality) in order that the rest of Creation reflects the same clarity and openness.

All of us inherit memories and some memories are more or less active depending on the genetic root we come from. The “Trinity knot” explains the content of the ego suitcase we all carry (“rivalry” between father and son, between men and women, between women also, the Oedipal complex, power struggles, etc.).

At the end of one’s spiritual path, after going through many ego patterns, one still meets his/her darkest ego layer (the mystic night). Basically, it is all about who is clear, who is authentic and who ‘steals’ Knowledge? This pattern repeats itself with different ‘characters’ until clarity comes. Therefore, it is recommended to be patient on the path of love in order not to get lost. “He” and “She” are destined to really meet and see each other clearly.

The “Mother” helps “Father” and “Son” to see their hidden ego and completely open to the Heart.

She allows to clearly see the Masculine and Feminine mental tendencies. The Masculine mental tendencies in both men and women are: “will for power”, “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 by the Feminine, the lamb can transform into a wolf. Then there can be “disrespect for the Feminine”, “manipulation”, “unfairness”, “hardness”, “violence”, destructiveness”, “desperateness”, “hopelessness”, “helplessness”, “weakness” and “guilt”.

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

When “Mother”, “Father” and “Son” open to each other, they also help each other with their respective qualities. The three realise the Self as Sat (Existence/Truth/Heart clarity) Chit (Consciousness/mental clarity) and Ananda (contentment/Joy). There is oneness and balance in and out.

The Trinity is the foundation for the magical transformation of the world. This transformation is not an empty dream. Reality is energy and this energy moves in a perfect rational and mathematical order.

“Plus”, “minus” and “zero” (neutral) explain the dance of life. “Wanting”, “Rejecting”, “Accepting” determine all things³.

The spiritual Mother, the spiritual Father and the spiritual Son each represent an aspect of Consciousness (by their own specific qualities) and each one holds in a way the strings of a similar lineage of individuals.



Their realisation echoes at all levels because everything is in everything “Here and Now”, that is to say everywhere and at any time.

Divine Consciousness is not impeded by the wall of ego in the physical world. It is also not limited by time. The world is on “electrical tracks” and everything perfectly (according to the reality of the present moment) leads to the realisation of a Conscious Life. The Sacred Feminine and Masculine are in all things and all beings.

³Manifestation is just the play of opposite forces: “wanting”, “rejecting” and “accepting”. Without these forces (without ego) there is no Life and no Creation.

Yet, there can be a mental Creation versus a Natural Creation. There is a wounded ego versus a healthy ego (the Pure Spirit).

The wounded ego (mind) is affected by past memories and therefore reproduces suffering. The source of “wanting”, “rejecting” and “accepting” is a mental pattern. The healthy ego (Pure Spirit) is not influenced by past memories because they can be seen and faced. Therefore it does not reproduce suffering. The ego ‘memory’ is unloaded. Still “wanting”, “rejecting” and “accepting” are there but they come from a healthy source (i.e. “I want” you to understand this point in order that suffering stops. “I reject” your proposal because you don’t yet understand the consequences of it. “I accept” your wounded ego but this does not mean I accept everything and say “Yes” to everything.)

The Pure Spirit is healthy, natural and permeates all matter. It is at the core of all beings. It supports and protects life, people, nature and animals. Still, “Fate” (memory patterns) determine people’s lives as long as they are not conscious. Destiny is written only in order to free ourselves from fate (as ego patterns) and bloom as natural flowers.

“God” knows Creation (and therefore suffering) is unavoidable but we can make suffering much, much, much less present by being conscious. The Self is an eternal invitation to open the door of Consciousness and listen to one’s Heart.

By shedding light on the ancient archetypes, we can turn the page on the past and give a chance to a new dawn. We can remove the wall of ego in order that Divine Consciousness fully becomes the pilot of our lives.

Removing the wall of ego simply means seeing it and opening to it within. When ego is known and met, there is nothing else to do. Don't think, don't analyse. Trust yourself. Behave naturally, spontaneously. Follow the flow of life. Be yourself.

Removing the wall of ego brings back the magic of life, the interconnection on multiple levels and synchronicity. New discoveries and solutions can be found in all areas. If you are really looking for an answer, you will find it because all answers already exist. Being open to Truth is the door to all possibilities.

It also allows the return to naturalness, healthy emotions and spontaneity on the spiritual stage as well as in one's life. One does not wear the "good person", "pure" or "spiritual" mask and one has nothing to prove. This is why a realised person is sometimes difficult to see and understand.

Being the Self is being natural. Accepting everything within does not prevent from setting natural boundaries in everyday life when necessary. The inner 'Yes' is not an impediment to the outer "No".

Respect yourself as much as others and respect others as much as yourself. All is One and all is the Self. This includes nature and animals. Don't forget them. They also need your full respect and they don't have a voice to ask for it.

Be yourself. Believe in yourself. Have deep faith in existence and respect the whole of existence. Listen to your heart. What else could I ask you for? Lol.

I hope this paper will finally help remove the wall of unclarity and make people open to Truth (I have presented all aspects of ego in my book *The Source - Initiation into Love and Freedom* @ <https://www.tilicho.fr/initiation-and-book.html>).

May all beings be respected and valued. I wish you peace, love, light, joy, healing and protection.

With deep gratitude for all the gifts of Life.

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