

## THE UNIVERSE WITHIN

### About Feminine/Masculine Integration

A Relation is a state of being connected. Making connections, exchanging information, not only involves human relationships but also all types of connections and exchange of information in the vegetal, mineral and animal realm. What is at the core of connections? What is the driving force of the universe?

Science and spirituality both look for answers and often evolve hand in hand without knowing it. The reason for the interconnection of science and spirituality is that the source of all discovery and knowledge is Consciousness. If we really want to know something, answers come because answers already exist.

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. It is easy to understand that whatever is happening at the level of one leaf is immediately known everywhere else in the tree 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.

Connections and exchange of information are immediate and unlimited within all forms and at the level of the universe.

It would be 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. Creation has no beginning and no end. All is eternal renewal as all is already known.

Consciousness is Absolute Intelligence. We relate to this Intelligence by 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. The people who have faith in themselves and existence don't let fears guide them. They generally don't compare nor have greed. What is the point of always wanting more and better when we know who we are and what life is about?

In a conscious society, thinking is not the main decision-making force. People *feel* what to do or say. 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.

Conscious people know true safety and protection come from within and manifest outwards. When you are at peace with your ego and can listen to your Heart, there is no enemy within and outside. Who and what could then truly hurt you or prevent you from experiencing life harmoniously? Of course, in periods of transition like our actual time, from an age of ignorance to the return of the Light, resistance and disrespect can be experienced.

In the face of disrespect and resistance, spirituality must be demystified. Sometimes it is necessary to set clear boundaries and use authority. To be spiritual is to be natural. Maintaining what is false is not natural. Still, the openness to all aspects of ego and the faith in humanity is very real when people are conscious. The door to the deepest Self is thus open and life can bring support. Life is always supportive anyway. We simply need to open the door to its magic. We need connection to our true nature and 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 every place. What is there to fear? Life is a protective shelter when we let go of fears. Let's simply listen to our Heart.

Whenever humanity finds faith again, it experiences a Golden age. All is interdependent and connected. Respect for all living creatures is innate and deep when we understand our true Nature.

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 deepest Self. It prevents listening to the Heart.

How to reach the Heart and be the Self? How to spontaneously feel what to do and say and prevent ego from influencing behaviour?

Spiritual seekers have always looked for the Divine (also called the Heart, the Self or Consciousness) in different ways and directions. In general, their quest leads to two main directions: "Masculine" and "Feminine" paths. Finding the Heart is actually integrating both of them. The door to the Heart and to the Universe requires opening to the Feminine and Masculine within.

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 a certain mental clarity, clairvoyance, 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*<sup>1</sup>. This clarity only is true Silence. To find this Silence, 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, compassion and union.

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 feel the stress 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 Oneness<sup>2</sup> 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 often represents a threat to all kinds of powers. For this reason, some non-dual spiritual approaches unconsciously prefer to consider the world and ego as pure illusions that have no reasons to be integrated. Yet, can we deny the impact of these illusions? Would we say to our children “Do whatever you want. Nothing matters”? Resistance to the Feminine (concerned by the well-being of the world) 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.

Indeed 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

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<sup>1</sup>*State of Oneness*

<sup>2</sup>*Complete integration of ego*

the “job” of a Light. It helps to see everything as it is. *In the natural state, finding the Light simply means opening to the present moment as it is within (not hiding the truth to oneself).*

The inner Light can only be found when the fear of ego is gone. The sun does not mind the beauty or ugliness it illuminates. The illumination of the inner world requires the same openness. To find the Light, one needs to recognise one’s true 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. It is only appearance: the “Leela” of life veiling the Real. Consciousness remains unchanged despite all the different shapes and qualities it manifests.

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). Beyond ego and all inner experiences, we are already free. There is thus no reason to be afraid of seeing ego as it is.

The Self is the only Subject: “I am”. The ocean of Consciousness cannot be divided. It is still made of the waves of ego on the surface. There is no world and no ego to put aside in order to realise the Self. Can we bathe in the ocean if we avoid the waves? Can we realise the Self if we deny ego?

Self-realisation requires:

- 1) Self-knowledge (the understanding that the quality of Consciousness, like the quality of water, does not depend on the waves (of ego) nor their size).
- 2) Self-integration (openness to all the waves of ego).

This is where Masculine and Feminine paths meet. Having Self-knowledge and being open to the present moment as it is creates a bridge between the Masculine and the Feminine, “Heaven” and “Earth”. 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 ego and negative emotions as all is seen and felt without confusion. Human beings carry the ego suitcase but ego is not the Self. This understanding helps to open the suitcase without fear.

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.

It is perfectly exact that in *absolute* terms, Consciousness *IS* and does not need to be enlightened. However, we need to understand the difference between the Absolute and the Relative. *The Relative is the door to the Absolute*. At the body/mind relative level, Enlightenment is a tangible experience when *individual* Consciousness opens to its Source and to Truth (what is “Here and Now” in the

body/mind). Self-realisation is an *individual experience* revealing the Absolute. Yet, it is vain to look for Enlightenment only. Being in the natural state is all that matters. Simply connect to your true Nature. Open to Truth.

It is equally exact that there is nothing to reach, to the exception of Truth, our “nakedness”, our honesty, our clarity. There is nothing to change either. 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 true Self? True Peace is open to feeling annoyance. True non duality is open to the present moment as it is. Perfection recognises itself and is open to ego imperfections. This is how the Masculine and Feminine unite.

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), the complete integration of the Feminine/Masculine 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 daily life and must be integrated.

In Hindu mythology, the three aspects of Consciousness are described in the story of Shiva, Parvati, and Ganesh. All three characters have integrated many feminine and masculine qualities but complete Self-Realisation requires the total integration of their mutual qualities.

Shiva must come out of his isolation (meditation and bliss) in order to completely open to the world and ego. By opening to the Feminine (in this particular case his wife Parvati), He realises the Self.

Parvati (open to ego and the world) sometimes forgets who she really is. She has to completely recognise her inner beauty and integrate the Masculine (in this particular case her husband Shiva) in order to perceive Reality with clarity and realise the Self fully.

As long as the opening is not total in both cases, the unconscious rivalry “Who has the Light? Who is clear?” remains a source of conflict.

Unconsciousness is also a source of ambiguity and wandering. A third character comes into play as long as rivalry is unconscious. In this case, the third character is “Ganesh”. It is actually the spiritual Son of Parvati as her knowledge of the Self gave “birth” to Him. Yet, at one point, the following question may rise “Who is her real partner”?

Ambiguity and lack of clarity can be a source of wandering for everyone as long as the Feminine/Masculine is not fully integrated in each of them.

When each character opens to others and clearly perceives Reality, true Joy is present. This joy originally comes from the quality of the “Son” who has been able to detach himself from his “Mother” and has found contentment and true happiness.

When all three aspects of Consciousness are integrated, “Heaven” and “Earth” unite and Joy is present. Clarity, Openness and Joy are realised.

Most traditions hide the fact that the Sacred Feminine<sup>3</sup> is the door to the Heart at the beginning of a cycle of time (personal and 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.

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 at the source of many unconscious mental tendencies: the unconscious rivalry between husband and wife, fathers and sons, mothers and daughters, jealousy between women, the Oedipus complex, the origin of the lies, the abuse of power, unfair accusations against the Feminine, etc. The clear vision of all these ego tendencies, that all fairy tales talk about, sooner or later dispel them in everyday life.

It is important to see through masculine and feminine mental tendencies<sup>4</sup> in order to transmute unconsciousness into consciousness and restore balance.

Finally, nothing truly matters anymore when you know who you are, and yet naturally, you prefer to feel good at Home<sup>5</sup>. The Feminine and Masculine merge. There is both *detachment* and *care*: Conscious Love. This is the real Heart.

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<sup>3</sup> *The integration of the Feminine and Masculine in a female body.*

<sup>4</sup>*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”.*

<sup>5</sup> *The Real Home is the entire universe, Nature, the World, etc.*

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.

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