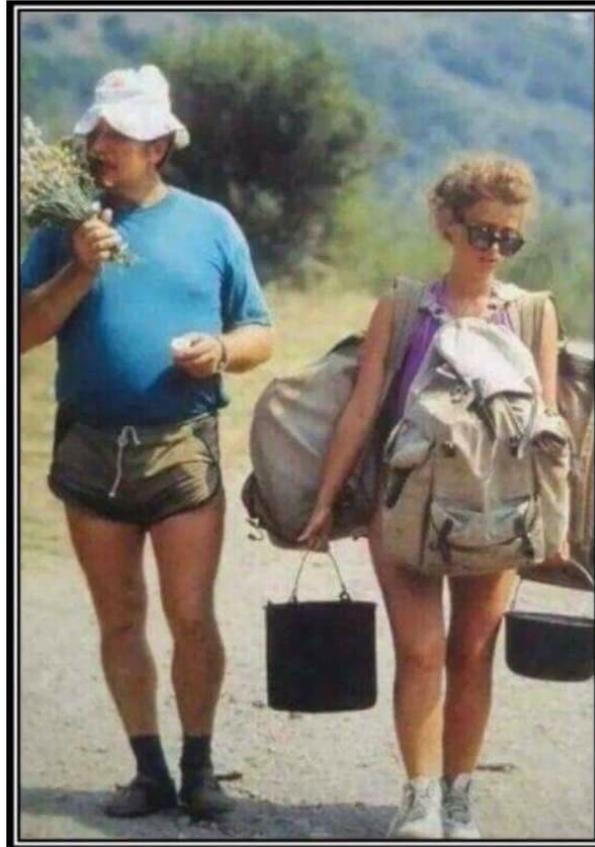


AWAKEN THE WHOLE OF YOU



Behind every strong woman there is a “free” man.
 Isn’t laughter the best medicine to show both the advantage and disadvantage of the
 different masculine and feminine spiritual paths.

When I came to Tiruvannamalai in India 13 years ago, I was surprised to see how spiritual concepts can sometimes be distorted to serve ego and not the Heart. The Sage Ramana Maharshi who has spent most of his life in Tiruvannamalai at the foot of the Holy Mountain Arunachala, recommended to ‘Be the Self’ and see ego as an illusion. His teaching needs to be “heard” with an open and clear Heart, otherwise it can be misused to ignore ego and eventually justify it. This paper is in some ways my tribute to Ramana and Arunachala. It also presents the main points of my teaching.

I was lucky to spontaneously experience illumination in 1998 without following any teaching or practices. Because of the absence of spiritual conditioning, I can see quite clearly the reasons for the confusion that often exists in spiritual paths.

Spiritual paths and concepts are useful because they point at the Real and help to find it. Yet, they can also be misleading if they are understood through the mind filter and not the Heart. They can trap spiritual seekers into believing that what they are looking for is always further on the spiritual road. Hence spiritual seekers may try to reach a higher or pure state of consciousness in order to realise the Self. They look for samadhi, emptiness, pure silence, stillness, detachment, peace, love, freedom from ego, etc.

Who are you truly and where is the Self? How to find the Divine?

The Self is basically “Nothing”¹. In a way it gives itself to us and we do whatever we want to it. It can be explored in different ways and directions. Ramana Maharshi’s teaching is considered to be the direct path. Yet, in general, there are mainly two directions. I call them the “Masculine” and “Feminine” paths.

The direction that is chosen gives the Self some specificities and “colours”. Masculine paths explore Consciousness in its static form 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 as it leads to the following understanding: "I am already free". This brings mental clarity, serenity, stability, powers and high states of consciousness.

High states of consciousness are generally misleading for spiritual seekers. Without 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. “Who are you truly?” would constantly ask Ramana Maharshi?

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*².

To find the Heart, one needs to “land on earth” and open to the Feminine. One has to include and integrate ego. “Follow the “I” thought until you find the Source of it” also said Ramana Maharshi.

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 inner wounds come from mental tendencies (memories) and manifest as lack of respect for oneself or others. 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 and compassion.

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 will feel it and start believing “I am stressed”. Receptivity can be a source of great confusion. One can actually be perfectly open, have

¹“Nothing” can indifferently be called Consciousness, Awareness, the Self, the Divine or the Heart.

²State of Oneness

realised the state of Oneness³, 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) needs to be integrated.

Both masculine and feminine paths have advantage and disadvantage. Eventually, they combine. Essence and Existence merge and are One. However, before the Masculine and Feminine can unite, clarity first needs to be found.

What is spirituality about? What are you really looking for? Is not “Here and Now” the only place to reach and the only reality that exists, as the second before is over and the second after does not exist yet? Does it make sense to look for something that is not one’s Reality “Here and Now”?

Finding the Real is meeting “Here and Now”. Let us take the body/mind as the only reality that is always directly experienced “Here and Now”. We will stay at the level of the body/mind to understand and find the Real.

Let’s take the image of a room as a symbolic representation of the body/mind. There is space in the room, walls all around, furniture, decoration, and a bulb to light up the room.

Your body/mind has similar characteristics. There is space inside. The body shape is like a wall that hides the space that is also outside. The “decoration and furniture” is the inner state: thoughts, emotions, feelings and body sensations. The light bulb is the spirit: Consciousness.

Consciousness is always present “Here and Now” although individual consciousness generally identifies with mind and does not recognise what is at the Source of itself: “Unlimited Consciousness”. Individual consciousness is not always enlightened in the body. It is not always clear.

Consciousness *IS* and does not need to be enlightened. What is called Enlightenment is the experience when individual consciousness opens to its Source and realises its true nature.

Let’s first clarify a few spiritual terms. What I call Awakening in my own terminology only, is the “ah ah! I got it!” which comes from mental understanding and clarity.

Enlightenment is the same as illumination. It is the split second experience of the Self as Light and Truth. This experience always happens “Now” when one has removed the veil of ignorance about one’s true nature and the veil of resistance to ego. It is grace because Light instantly removes all shadows (ego). However, one generally does not have at this time the total mental knowledge of all the mind patterns. The entire ocean got illuminated but the mind has not yet clearly identified all the waves. This is why, contrary to prevalent spiritual meaning and understanding, I don’t call Enlightenment Self-realisation yet.

³ *Complete integration of ego*

Without clarity on all the mind patterns, there still is a “mystic night” to cross. However, when the ocean of Consciousness has already been explored and all its waves are known, "the night" is safe and trouble free⁴.

Before enlightenment, you are in the natural state and after enlightenment you return to the natural state. At one point all aspects of ego are known. Awareness is complete. This I call Self-realisation. It is also the state of wisdom after enlightenment. It is similar to an open space where arrows pass without “hitting the target” (natural samadhi). There is no ego resistance within⁵. When the walls of ego have been removed, there is Oneness with Existence (Presence within every form). In Hindu terms Self-realisation is called Sat-Chit-Ananda (Existence-Clarity-Joy). It is Liberation.

The natural state happens anytime, at any stage, whenever you accept your inner state and listen to your heart. You don't need to think. Feel, behave naturally and spontaneously. Be your Self.

Let's come back to our “room” to have a clear picture of “Reality”. Some people have very little decoration in their inner room and lots of space. Others have precious and high quality furniture. Some more have a heavy and dark “interior”. What to do with each inner room? If your room is open and spacious, do you have to invite all people in? If your room is of high quality, do you need to protect it from low quality guests? If your room is heavy and dark, do you have to paint everything in white and get rid of the heavy furniture?

What does darkness really mean? What purity really is? How can one truly find the light? Can you not as easily switch the light on in a messy room as in a spacious one? Can't all the rooms, independently of their content, equally remain in darkness too? Is finding the light conditional to the inner state of the room, or does it simply require that you find the switch?

You do not have to empty your room or change its content to find the switch. Most spiritual seekers try to find emptiness or purify themselves in order to be enlightened. Do you see how such efforts can actually make one turn around the pot without ever finding the honey? The dog can chase its tail without ever catching it.

To find the light, you just need to have clarity and not to fear seeing the inner content as it is. Simply don't hide. Do not judge your thoughts, emotions, body sensations. You are the light and not the room. Do you see how irrelevant it is to either feel bad, be attached or proud about one's inner state?

Why takings thoughts seriously and identifying with them? This is what Ramana Maharshi meant when he advised not to give attention to ego. He did not mean “avoid knowing ego” because as the Self, you are the Knower. To be the Self is to be conscious. The more you know who you are, the more you can open to ego and emotions without fear.

⁴See book “Initiation into Love and Freedom”: <https://www.tilicho.fr/initiation-and-book.html>

⁵See the healing practice “The Sandwich of Consciousness” <https://www.tilicho.fr/initiation-and-book.html> . The book the Source provides all the ingredients for the “Sandwich” in the section Self-inquiry.

Who are you truly? It is very important to answer this question in order not to be trapped by spiritual concepts and idealism. Whether your inner state is still and silent or “noisy” and tense, WHO knows this? Awareness knows the inner silence as well as mental noise. Consciousness does not depend upon inner silence or mental noise. True Silence is clarity. The light illuminates the inner room as it is. Isn't the Self already free and perfect?

The Self is actually undefinable because whatever specific definition you give, it becomes an object and not the subject. Are you Love or the Knower of it? Are you Silence or the Presence that recognises it? Are you stillness or Clarity about it. Consciousness is always prior to anything it knows, defines, feels and perceives. It cannot be specifically defined. Consciousness is “Nothing”. Yet, you can have a clear perception of it. With clarity, the eye sees itself.

Can you find true Peace by ignoring ego and thoughts? Can you realise Stillness and Silence by looking for them exclusively? Does the sun try to illuminate itself? The sun equally shines on everything. The Self is simply the clear openness to all that IS. Only “Nothing” can merge with everything.

Consciousness is free from thoughts and inner states because it recognises them for what they are. Thoughts such as “I am not loving enough”, “I lost the enlightened state I once experienced”, “I feel blissful”, “I feel depressed”, “I am blocked” or “I am free” simply pass through the sky of Consciousness without clinging. Can you lose Consciousness? Can you lose real Silence and Stillness?

If you feel stuck and negative feelings remain, remember one thing: “It is all fine as it is. It will pass”. Relax if you can, or accept the fact that you cannot relax. Take a deep breath. What happens when you relax? You can automatically listen to your Heart and feel what to do and say. Despite negative thoughts you can return to your simple and spontaneous natural state.

How to be conscious in daily life? Simply put your attention to the body. When you have fears or selfish desires, the body feels a certain way.

Body sensations (contractions, resistance, heaviness or uneasiness) are immediate signs of ego. Feel them, breathe, relax and listen to your Heart if you can.

Consciousness simply embraces all experiences with clarity. The Self is conscious of the body, emotions and thoughts but these latter are not the Self. Consciousness is one with the body but at the same time it is free from matter. This distinction is very important to make. The belief “All is Consciousness and the body is Consciousness” is heavy to carry. “I am not the body and ego is not the Self” said Ramana Maharshi. The body/mind is indeed only the “coat” of Consciousness.

When individual consciousness awakens and recognises itself, all is light. The light is found within the body but it is not limited to the body. It is at the core of every form, like the space permeating everything. Consciousness is free, unlimited and eternal.

When the body dies, Consciousness does not die. When a mind is “noisy”, Consciousness remains Silence. With clarity, one can hold the suitcase of life lightly.

All is fine no matter what when you know who you are. You are the eternal sap of the tree of life: the Light. The Light is not mere emptiness. During the experience of illumination, one sees that the light hears, feels and knows all.

It would be interesting to scientifically understand how the light makes “prints” of all that it knows. All times, all beings, all information are always “ Here and Now”. All is already known. Consciousness contains the seed of Knowledge and Creation. It is the eternal Source of mind and time.

Consciousness is absolute intelligence. Simply listen to your inner voice: the Heart. It knows all. Follow what you feel and not what you think.

If we globally listen to the Heart, Consciousness can experience itself harmoniously in the world. We are one single body composed of many beings like a single hand contains 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.

Consciousness is the doer in charge of Creation. Who guides the birds in the sky and the fishes in the ocean? Where does intuition come from? It is obvious that the same intelligence is in every form and everywhere.

Because perfect intelligence is within, completely trust your inner voice when you can question your ego. Let your Heart, common sense, inner wisdom guide you. Behave naturally. The inner “Yes” to ego is not an obstacle to the outer “No” in daily life. To set boundaries is sometimes necessary. Do not be influenced by public opinion, the need for success or admiration. Know also that popularity is not a sign of quality. Be yourself.

You are the Perfection that you are looking for and Perfection is the active doer in everybody. Consequently, as an individual, you are not the doer. In some spiritual fields, this understanding is sometimes used as an excuse to surrender to ego. Ego is a wall and prevents the natural flow of life. Is this what the Heart wants? Be your Self. Listen to your Heart.

There is a funny story about two spiritual friends going for a picnic and a swim. One goes first to swim and leaves his lunch on the grass. He takes his time and spends hours in the water. The friend who stayed on the shore is really hungry. He decides to eat his lunch and finally after hours of waiting, he decides to also take his friend’s sandwich. When the swimmer finally returns, he finds it hard to accept the apology of the hungry friend: "Understand me. All is One. By nourishing myself, I actually gave you energy to swim for hours, and in any case I'm not responsible. Destiny is already written." The swimmer then beats him very hard and says to him "Do not worry and do not feel hurt, you are not the body".

Let us not use spiritual concepts to surrender to ego. Perfection does not prevent from seeing ego imperfections. The light simply illuminates the content of the “room”. The light simply does the “job” of a light. It helps to see everything as it is. You carry the ego suitcase but you are not this suitcase. Don’t be afraid to open it.

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. Shapes, the world, ego are illusions. Consciousness remains unchanged despite all the different shapes and qualities it manifests.

Consciousness is the only subject: “I am”. However, let us not forget that the ocean of Consciousness has many waves. There is no world and no ego to put aside in order to realise the Self. This is where the Masculine and Feminine paths meet. There is both clarity and openness. Clear Consciousness is open and knows what is present “Here and Now”. This is the direct path: “I know who I am and therefore I am open to ego”.

Finally, Masculine/Feminine integration is complete when the last wave of the ocean of Consciousness is under the light. I call this last 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?”. It results in the realisation of the three aspects of Consciousness (Existence-Clarity-Joy) in both women and men.

However, most traditions hide the fact that the Sacred Feminine⁶ is the Source of Masculine Self-Realisation at the beginning of a cycle of time. It is her clear knowledge about the Self and all aspects of ego that gives birth to the Sacred Masculine. It is also quite hidden that the Sacred Feminine’s Realisation of Oneness (complete integration of ego) originally brings Divine Presence in all forms.

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.

⁶ *The integration of the Feminine and Masculine in a female body.*

The “Trinity knot” manifests in people’s life in the personal field as well as the professional one. It is important to see through the mental tendencies of the Masculine and Feminine⁷ in order to transmute unconsciousness into consciousness and restore balance.

Basically, Feminine “Self doubt” and Masculine “manipulation” feed each other. The fact of knowing these tendencies sooner or later puts an end to them .

From the primal sexual ego to the subtle spiritual one, Consciousness integrates all the waves of the ocean with clarity and therefore Consciousness is One with everything. All transforms naturally when all is clear. The world becomes a better place.

The world, nature, your body, all beings, animals, absolutely everything is your vast HOME. Naturally, you take care of your House, according to your natural inclinations, without forcing yourself and without expectations.

Nothing truly matters anymore when you know who you are, and yet, naturally, you prefer to feel good at Home. This is where the Feminine and the Masculine meet. There is both detachment and care: Conscious Love.

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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⁷*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”.