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THE BODY: THE DIVINE ROAD

The Mystery School
9-month mentoring programme.

A DIVINE ROAD

“ A shepherd comes every night
From the land of absence,
Frees the souls from the bodies
And scatters them like camels
He guides them secretly
Back to the land of absence
And places them lovingly
In the pasture of his kindness
But he covers their eyes
And doesn't let them see the road
For this is a divine road
Not the road of self and senses

- Rumi

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The human being is an aggregate of
an energy field that is connected to
everything in existence.



I.

THE BODY: A DIVINE ROAD

The first stage of every Mystery School process is the engagement in deep communion with the physical body. This explains the prominence of gymnasiums on ancient sacred sites, mainly the ones in Greece. In the Mystery School process, it's believed that the more deeply we are connected with our physical body, the better we are able to see how it is our gateway back to oneness and the cosmic field.

WHAT IS THE BODY?

The human body is an extension of a planetary process that began billions of years ago. Within us is the intrinsic ability to connect to everything in existence; we are

individual systems inherently connected by an overarching whole. More specifically, we are a field of interpenetrating wave motions, which gather together in a specific time and place in solid form to respond to certain circumstances.

Each body can be seen as a sacred, resonant chamber of wisdom in the temple of our collective humanity. It echoes the whispers of an individual and collective wisdom and vibrates with sensations guiding us to the deep intelligence of Eros; of the primordial nature of creation of all form as it emerges from the chaos which precedes it and which unites us to everything in existence.

I see Eros as much more than our usual reference to sexuality. It is the lifegiving process that is responsible for the creation of all form and also for the dissolving of all form.

Yet most of us have been cut off from this bio-cosmic nourishment. This separation happens first through the process of differentiation and individuation which occurs naturally as we incarnate in human form. It's then reinforced by the limitations which have been imposed by thousands of years of cultural conditioning, illusion and deeply-embedded belief systems.

These limitations of our consciousness get expressed in the body and the body expresses these back to our consciousness. The link between both is our nervous system.

Our bodies become unintegrated and fragmented as a result. In order for us to achieve a deeper connection to oneness at the consciousness level, it's important to achieve oneness at the level of the body.

This also leads to an ability to achieve oneness with others and with the entire universe.

As the patterns that keep us in division have been persistent and continuous our whole lives, our practices need to be continuous as well.



2.

THE EROTIC DIVE INWARDS

In previous sections, we have seen that for as long as 40,000 years, civilisations have traditionally used processes of death/birth as their highest spiritual practice as an effective way to achieve sustainable transformation. To those old civilisations, the orgy and the orgasm played an important role in achieving this transformation, mainly by allowing students and initiates to drop below limited consciousness into limitless ideas of themselves. By dropping inwards, we access the realm of our source where our limitless potential can be reached.

The death/ birth process is one of the most radical ways of shifting consciousness, meaning it's one of the most efficient ways of achieving transformation. It allows a surrendering

of illusions after which reality can begin to manifest in a different, more truthful way. This process helps us to achieve a state of wholeness which enables the release of attachments to the that which no longer serves us.

Through the Mystery School process, this would involve intricate and gruelling ceremonies in dark chambers. They would last days, weeks or even months. In our modern day context, it's more common for people to engage in various types of medicine journeys that involve the ingesting of herbs, teas or other plant medicines such as the South American hallucinogenic vine, ayahuasca. These ceremonies can lead to significant shifts in perception which transform the way reality can manifest around us. By doing this, we

realise our connection to something greater and with that, our connection to our surroundings changes.

In level 3 of this course, participants are invited to experience a process called the deep dive. It's a similar process to those of the ancient Mystery Schools, except there is no use of hallucinogenics. Rather, we rely only on the resources which exist naturally in our bodies. As a group, we spend days and nights in a somatic process including elements of breath, sound, movement and touch. This is done in complete darkness, allowing us to remove external distractions and drop as deep as possible below our limited consciousness. By doing so we could kick off a significant transformation process, only by using the tools available within the physical body, supported by an adequate container.

The prolonged practices allow us to drop into a similar space to those reported to be induced by ayahuasca, or the hallucinogenic alkaloids used in the ancient Mystery Schools. This allows the thinning of the veil between our current reality and the world of source. As well as going through a full "darkroom" process which lasts many days and nights, a dive can also last between 1 to 3 hours and can even be adapted to be a short 15-30 minute practice so that we can integrate it into our daily lives.

A dive is a process by which we go deeply into our inner world and well beyond our general ideas of meditation. It's a deeply intelligent process guiding the return to our origins and awakening our deepest impulses. It's a process of energetic processing where the word processing refers to "returning to the truth."

A dive is also a process of somatic and energetic attunement by which our body learns a new language. We gain access to a new depth of knowledge that informs our consciousness.

As the process deepens, we begin to encounter the part of ourselves which is connected to infinite capabilities, beyond the limitations of our nervous system and our patterns. It allows us to experience a more authentic and enhanced living experience; in direct engagement with the limitlessness of who we are. As we dive below our consciousness, we find ourselves engaging with and intelligence which is intrinsic to our being. That deep intelligence becomes a resource for creativity and transformation.

As we dive into this authentic realm, we begin to notice significant changes manifesting at the somatic level. At a collective level, they represent a paradigm shift.

The current human tends to live in ways that are very linear, compressed and isolated from the source of our existence and away from our highest resourcefulness. As our body drops into a dive and experiences its more authentic state, we find ourselves moving into less linear and less controlled patterns of breath, sound and movement.

There is a direct parallel between what happens in our physical body and what happens in our consciousness. The shift in consciousness which is accessible in the body is much more efficient than the one which is accessible in the cognitive experience. This is because the experiences which have shaped our consciousness the most have impacted our body first. For example, a person who has grown up in an abusive household may be led by limiting patterns in which they believe they are fundamentally unsafe in the world. Yet it's likely that no one ever told their cognitive mind "you are unsafe here." This would have been felt in the body first when they felt their safety was under threat.

Our stress response system is comprised of the autonomic nervous system and the hypothalamic-pituitary-adrenal

(HPA) axis.

As a traumatic event is experienced, the nervous system responds generally with fight or flight (sympathetic nervous system) or freeze (parasympathetic nervous system) which causes density in the body.

As well, as a result of these beliefs, chemicals are produced by the brain which create reactions in the body. The body responds by sending signals back to the brain, causing a loop to begin. Since this is how limited belief patterns are effectively created, the erotic dive inwards benefits us in the way it allows us to drop below these patterns.

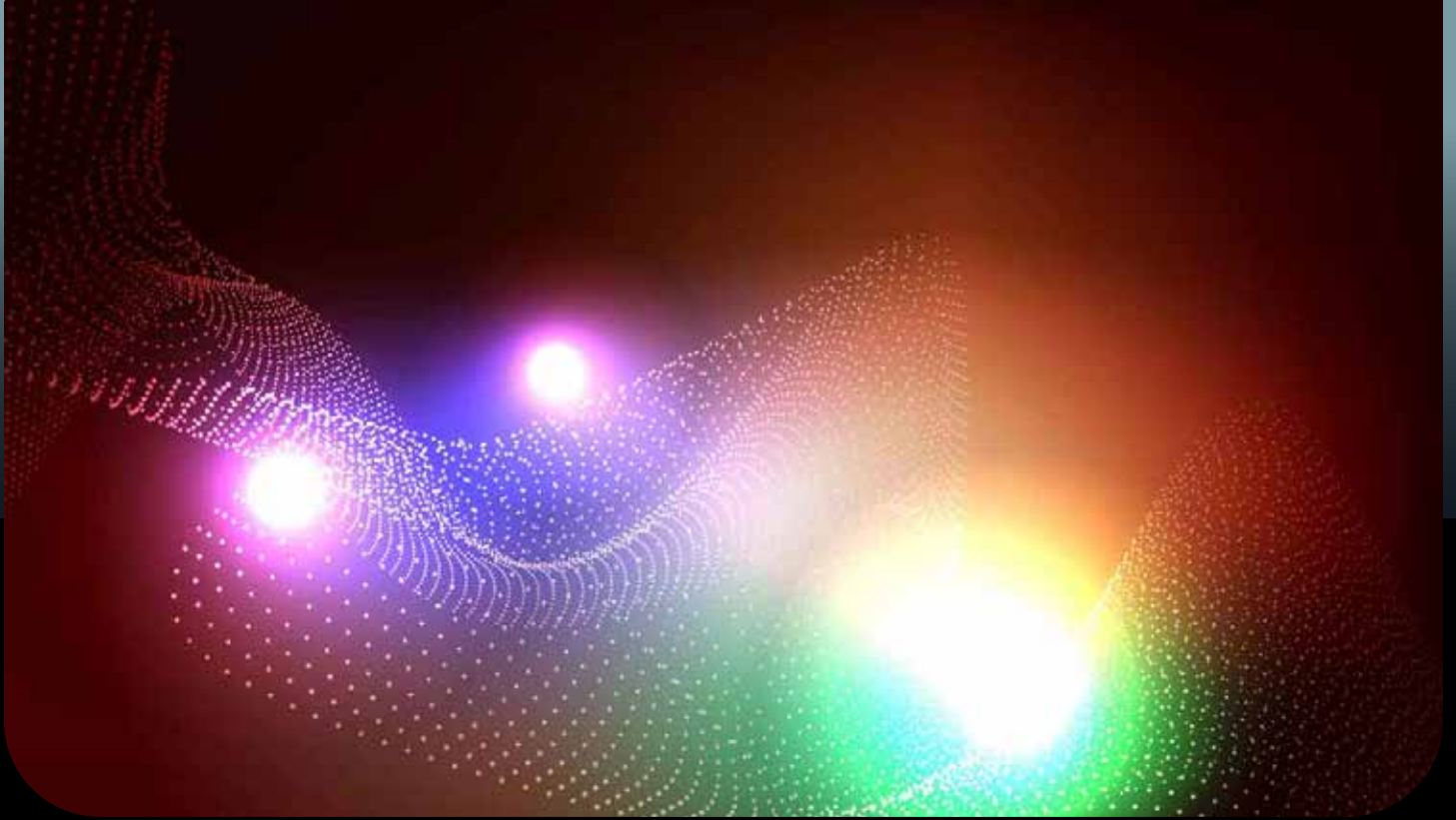
I've also mentioned many times that orgasm energy is the most powerful type of energy available to us in human form because it connects us to other realms, allowing us to reach oneness.

Somatic practices of breath, sound and touch can help support that oneness, as they allow us to achieve oneness in the body. This is directly linked to achieving oneness in our consciousness.

As I began to understand just how much energy can be available to us through a shamanic energy transmission, I recognised the deep dive as a tool for better accessing these energies when living in a world in which this connection is often ignored.

Prolonged practice will lead to an altered state which can feel like we are suspended between being awake and

asleep, feeling like we're floating in a cosmic realm. This is the place where our unconscious meets our consciousness. When I'm in an altered state, I'm in a place that's beyond my programming, beyond my stories and beyond my fears and traumas. With my practice over the years, the dive became the solution I needed to integrate trauma, hardships, fears and addictions. The more I engaged in this practice, the more these issues would melt away. I noticed that shifts in form began to take place while solid matter softened and dissolved into void. In its place, empty space began to feel more rich and potent.



3.

THE THEORY OF THREE ANATOMIES

Since stage 1 of the Mystery School process is about engaging with the body and linking back to the oneness and source I would like to introduce a useful tool to understand how this connection take place.

It is the theory of 3 anatomies from the practice of Continuum Movement which lays out the reconnection to the source field in 3 stages. Those 3 stages are as follows:

- 1- The cultural anatomy
- 2- The primordial anatomy
- 3- The cosmic anatomy

1- The cultural anatomy

The cultural anatomy characterises the way we live as humans in our general culture. Today we live in a patriarchal society where we've learned to be efficient, linear and almost robotic. An extreme interpretation of this would be the image of a mass of bankers walking down Wall Street in Manhattan every morning. We could imagine them marching to the same step, wearing similar outfits and expressions on their faces.

This anatomy is characterised by rigid, linear, efficient movements and is accompanied by a range of sounds that are limited too. Generally, the cultural anatomy works at a fast paced speed which creates compression in our system and reduces our ability to feel the sensations of our body. It's characterised by codependency and a need to fit into a specific tribe led by certain rules, guidelines and beliefs.

2- The primordial anatomy

As we connect deeply with the body, we enter a more primordial state. We begin to become more aware of our inner world and landscape and of the more authentic ways that our bodies can express themselves. Through doing so, the density in our body begins to soften and we begin to awaken our body's fluid system, which is the part of our body that is composed of all its fluids such as sweat, tears, blood, connective tissue etc. We experience elongated, deeper breaths and lateral movements in contrast to linear movements. We also begin to see that undulating wave-like movements and soft spiralling motions emerge. In this anatomy, our body begins to engage on a journey that can connect it to the cosmic realm.

3- The cosmic anatomy

After a prolonged amount of time experiencing the primordial anatomy, we begin to naturally access the cosmic anatomy. This is where we re-encounter the direct engagement to our source and shifts in form begin to happen.

Solid form begins to soften and dissolve while empty space becomes richer and more potent. Our body begins to experience very slow movements and our arms and legs find themselves moving more spontaneously and involuntarily. As some parts of our body anchor more deeply into the earth, others suspend more effortlessly in the air.

The suspension happens from a shift in gravity where we no longer believe it to be a force that draws us towards the earth but also a force that can support us in expanding away from it. We find ourselves deeply connected to the universal system which is behind the creation of everything in existence. From there we begin to live, breath and exist from a much more intelligent place rather than from a more robotic and limited way that is deeply influenced by cultural systems.

We might compare this new expressive way of living to that of a somanaut: a person dedicated to exploring the inner space of the human form and who can travel within the body to experience different histories, realities and dimensions. We realise our connection to something greater and with that, our connection to our surroundings changes.



4.

THE ANATOMY OF THE EROTIC DIVE INWARDS

In this section, we will lay out the various elements which make up the process that can guide us from a more cultural living experience to one which is more engaged with the realm of our source. These elements are Eros, breath, sound, touch, movements, awareness, sensation and spontaneous movements.

The eros in erotic

We've seen in the previous section that the word Erotic refers to ideas that go beyond the traditional views related to sexuality. Eros refers to the primordial nature of creation of all form as it emerges from the chaos which precedes it.

Eros is where the dualities meet, where energy meets consciousness. To deeply connect with Eros, we must look further than the sexual impulses which are normally associated with it. Eros is expressed through subtle sensations and micro-movements which arise in spontaneous and involuntary ways in the body. These allow us to drop below the stories, narratives, emotions and thoughts that limit the realm of our consciousness. The further we drop into these deeper layers, the more able we are to access a field of potent transformation, where rebirth can take place.

The erotic dive inwards is composed of various elements which coordinate, in an orchestrated way, the drop into the chaos of its undifferentiated realm.

We use elements of breath, sound, movement and touch to build a sequence that will be a sacred choreography guiding us to our source.

4.1- Breath

Connecting to our breath is one of the first ways that we can track our inner landscape. A short, shallow and quick breath is a sign of compression being held in the body. Here the goal is not to attempt to change the breath but simply observe it. Check where it's located in the body. When our breath is located at the top of the chest, that's also a sign of compression which too is often manifested as a cultural expression.

As we dive inwards and journey into the field of the mysteries, our breath elongates, very often dropping to the lower belly, the anus or other places in the body. The practice allows us to "be breathed" allowing our breath to guide our movement and our lived experience. We breathe with our entire bodies, as we would have done when we were born and living with little conditioning. When we connect to our breath it becomes effortless as we notice our life-force, that which is so essential to our existence, moves so effortlessly within us.

When our inhales happen effortlessly, it represents the birth, the coming into form. The exhales, which are also effortless, represent the death and the dissolving out of form. Our breath becomes, at the body level, our greatest, yet most underrated connection and link to the greater realms, to the process of death/birth which is inherent to the universe.

There are many ways to work with the breath. Some more traditional breathwork methods will involve altering the breath. We will see some of those below. My favourite way to work with the breath is to simply notice it. Through our awareness of it and also by creating the right conditions

for it, ie: grounding into the earth, connecting to our body and using other elements of the dive, our breath will begin to change. We can observe our breath various times throughout the dive to notice how it changes. This is an expression and a marker of the changes that are taking place in our body as we become more integrated.

As well as observing the breath as a tracking mechanism, we can learn to integrate certain breath elements which can positively impact the physical body. These can involve adopting certain shapes with the mouth, either more open or closed and altering its speed.

Let's explore two examples of breath elements here:

Breath 1- An activating breath

Bring your lips almost closed as if you are about to blow the candles on a cake. From there, inhale and exhale quickly, making sure the exhales and inhales stay at the same length. Continue breathing in this way until you feel you've had enough. Then observe the impact of this breathing on your physical body.

Breath 2- A dissolving breath

Open your mouth as much as possible. Begin to exhale softly, in one long continuous exhale from the back of the throat. Repeat this exhale a few times until you feel you've had enough. Then sit and observe the impact of this breath on your physical body.

You can then choose to layer the two breaths together, alternating between one and the other, pausing in between to notice what occurs in your body.

4.2- Sound

Sound shifts density.

The experiments of Dr. Masuro Emoto are famous for demonstrating the transformative power of sound, using the element of water. In particular, he demonstrated how different sound frequencies could change the structure of water depending on whether the water was exposed to “positive or negative energy” sounds.

If you are not familiar with his work and are interested in this, I highly recommend looking into his research.

Sound too is an important element in the erotic dive inwards. Sounds that are produced by our voice can dissolve the density which can be found in our bodies; the density which relates directly to the limitations of our consciousness. As we focus intentionally on the impact of the sounds in our body, our awareness drops below surface level and begins to pave the way to the world of the unconscious. The sounds we make create vibrations that awaken density within and these vibrations can create an impact that can be noticed in the solid form.

Our bodies which are predominantly made of water, contain a fluid system which is a microcosm of the hydrosphere of the earth. The hydrosphere of the earth is composed of all the water bodies of the earth. Our fluid system is composed of all the fluids and water elements of our body. The hydrosphere is what links the earth as a being of oneness and the fluid system is what links our human body as a being of oneness.

The sounds we make activate the fluid system of our body which exists below our conditioning and our nervous system, awakening a resonant stream of bio-cosmic nourishment. As this fluid system is activated, we then begin to notice sensations awakening in our bodies. As these are perpetuated, the sensations amplify, turning into small

micro-movements, then leading to larger movements that can happen effortlessly.

Oneness can therefore be achieved in the body by awakening the fluid system. Meanwhile the limitations of our consciousness show up as density in our body. As we awaken the fluid system, we allow our awareness to engage with a more intrinsic part of our being. Perpetuating a practice that awakens the fluid system allows the body to engage in a journey towards Source.

This is the pathway to the mysteries.

4.3- Touch

Touch is the next element of the erotic dive inwards. By bringing soft and slow touch in our body, we engage with ourselves with a new level of consciousness and awareness.

Touch can also aid the movement of sound across the body. When we bring our hands to our body and drop a sound underneath them, our hands become like tuning forks, enhancing the vibration of sound in the body in a way that can transform its solidity and density.



Exercise

Close your eyes and bring your awareness inwards.

Visualise the midline of your body as a tube, about 10 cm wide that goes down from your throat to your perineum.

Drop a long sound "O" inwards into that midline. The sound is not like an "Ohm" sound but rather an open-ended "O" sound. Feel the vibrations down that tube, that midline.

You can also let your awareness start to draw a line down the midline of your body with the sound "O."

4.4- Movement

As humans, our collective has become accustomed to linear, fast and efficient movements which are a product of our patriarchal context. Our bodies tend to move in ways that are patterned, for example, we drive a car, use our mobiles and computers, creating patterns in our bodies which affect our nervous system, mind, brain and our consciousness.

Shifting the way we move can allow us to expand and shift our consciousness. The erotic dive inwards offers ways of moving which are nontraditional, less linear, more lateral and less patterned which all aid in this shift.

As the sounds dissolve density in our body and our fluid system awakens, connecting us to oneness, our movements take on a more authentic form. We begin to find that our natural movements are generally expressed in more fluid ways, through undulations, waves, pulsations and spirals.

Rather than being constrained by our day to day linear movements, we literally expand. With lateral movement, our sense of identity broadens. Yet when we have less structure, we increase access to a wider range of resources and capabilities.

Slowing down is essential to the practice of shifting our consciousness. As we slow our movements down, we connect to more intrinsic parts of ourselves. We connect to the part that is always moving. We realise that movement is not something we do, but rather it's something that we are. The universe connects with us through waves composed of peaks and dips. The message of the information is in the dip of the wave. As we slow down, we elongate the wave and increase our access to the information.

These slow, lateral, undulating, wave-like movements allow us to engage with the bio-field which is the origin of everything. As we slow down, we perceive more fully the potency of the energy which is available in the field around us. We become more open to receiving it and to its transformative power. This perception is called exteroception.

As we slow down we also become more perceptive of our inner landscape, called interoception.

Our sensations become amplified and we gain greater awareness of our inner world. For this reason our centre of reference comes back within us rather than outside of us.



Exercise

Close your eyes and become aware of your body. Bring your awareness to your shoulders.

Notice if they're holding tension. If you're sitting at a computer or at a desk, it's likely that your shoulders are holding tension. If so, bring awareness to the tension. Don't stretch or move around. Just become aware. Notice what happens as you do. Does it begin to release? If so, notice the movement as your shoulders drop into a relaxed state. Notice that slight natural movement and notice now that your shoulders are relaxed, whether there's a gentle movement in them which you can perceive.

4.5- Sensations

As a result of following a sequence of elements, we will be invited to pause and notice what's present in our body. We become aware of subtle sensations which come alive in the body, like pulses, ripples or twitching.

We are invited to connect to presence in this way, by sitting with these sensations, embracing them, holding them as if they were the most precious treasures from the greatest Egyptian king or the lost lover who returns in the middle of the night to kiss us softly on the cheek.

Sensations are energy manifesting in physical form. These sensations are therefore Eros manifested in our being. That is, the formless coming into form.

Connecting to sensations is a crucial part of the shifting of consciousness. When we experience challenges that deeply impact our consciousness in limiting ways, we often dissociate from sensations. By sitting with these instead, it allows us to begin to shift this consciousness. For example, small twitches and pulses are often the sign of neurological pathways forming.

Sensations are called the first order of perception. This means this is where everything is perceived first. Sensations then evolve to emotions, (the second order) and then thoughts (the third order). The sensations therefore exist beyond the stories and narratives that exist at the levels of emotions and thoughts. They hold our truth.

When we don't allow ourselves to feel our sensations, we become dissociated from the truth and create stories and narratives to replace it. Being connected to sensations is the first order of perception. If we're not engaged in this first order, we then move on to emotions or thoughts. There's

a direct correlation between feeling our sensations and feeling whole. It's the feeling that we have the answers we need, like we are connected to our higher wisdom. When we don't feel our sensations, our reference point moves from our inner world to our outer world. We become organised by what is outside of us rather than what is within us.

As we feel our sensations and we're connected to our higher wisdom, we don't need to rely on information from outside sources. We are less upset and less liable to be organised and influenced by what's happening around us, and less likely to create unhealthy attachments. We're less likely to get into addiction patterns, which often relate to us overly referencing or paying attention to what's outside of us. Addiction patterns are also used as an escape from sensations that are uncomfortable, or those that we prefer not to engage with.

Many humans have been desensitised and have learned to avoid sensations. This dissociation will force us to shut down this vital connection to eros.

The invitation of the erotic dive inwards is to truly and fully feel the sensations. When the smallest spiral arises, pause for a moment and truly engage with it, giving it your full attention. With our awareness, the sensation will often amplify and gain more potency and by doing so it begins to tell us a story.

4.6- Spontaneous movement

As the sensations of our inner landscape begin to expand, we will notice them as micro-movements. These, with more attention, focus and awareness, will often turn into small extremely subtle micro-movements and eventually into larger ones.

This is one way that spontaneous movements can arise.

With it, an expression of a deep intelligence starts to be spoken through our physical body. Our authentic self begins to speak with our truest creativity when we step out of the cultural, efficient and linear states of existing. In those expressions of spontaneous movement, we are no longer bound by our trauma, cultural patterns or belief patterns which previously dominated our systems.

We face an opportunity for the whole body, being and nervous system to be re-patterned and be able to trust in the authentic truth of Eros.

In the process, we find certain parts of our body being drawn to connect more deeply to the floor while other parts of the body wanting to lift away from it. We will often find parts of our bodies suspended in mid-air, effortlessly, unconsciously and autonomically. We might notice that the solid form of our inner landscape has become softer or lighter as if light has increased in the space between our cells, expanding them. In contrast, the space around us might feel more potent, rich and dense. The shift of form that happens in our inner world and outer world is part of the process of spontaneous movement and suspension.

A significant shift in our being brings about a shift in the perception of our outer world.

A ripple, a pulse or a sound can trigger the awakening of a multi-orgasmic frisson, causing it to run across the inner landscape of our bodies. We find that we no longer fight with ourselves. Our truth can be seen.

4.7- The production of DMT

One of the elements that make the use of ayahuasca and the alkaloids from the Mystery School process powerful is the production of the hallucinogen DMT (N,N-Dimethyltryptamine). The secretion of DMT allows us to

move past the cognitive mind into a greater and more expanded state of perception. It will also often support neuroplasticity which is the capacity of the nervous system to develop new neuronal connections. As a result, our beings which have been fragmented become more integrated.

It will often trigger the appearance of visions, images and hallucinations, signifying the meeting of the conscious and the unconscious.

Our body has a natural capability to produce DMT in various ways. One of them is through prolonged exposure to darkness. Scientific studies have shown that our brain chemistry changes and can produce DMT, especially when exposed to complete darkness for prolonged periods. The production of serotonin and melatonin decreases in our brain and DMT gets produced to replace it.

DMT can also be produced through the activation of the cerebrospinal fluid which moves from the cranium down the spine. This can be activated through specific breath and sound practices, supported by our awareness and energy work. DMT can also be produced by activating the pineal gland through elements of breath sound and awareness.

When DMT is naturally produced, this same process of thinning of the veil, of death of illusions, and transcending the limits of the local realm, can take place, naturally and effortlessly.

Next module:

THE RETURN TO THE EMBRYO

In the next module, we will talk about the embryo and its connection to source and the universe.

In many ways, the journey of the erotic dive inwards is a journey back to the embryo, in this sense, to our biological wholeness. The fertilised egg at the very beginning stage of the process of embryonic development is our first state of biological wholeness; when it's mainly fluid, floating in a fluid container.

The small twitches and pulses we experience in the process of connecting to our bodies is often a sign of neurological pathways forming the same way as the embryo starts discovering its pathways creating. Our infinite potential as mankind is linked to the creation of new pathways. The embryonic process is at the root of everything, a return to the fundamental organisation of what happened in the first place. The embryo is a spiral of water connected to the cosmos. That means it's undifferentiated. It's the microcosm of a macrocosm of the entire galaxy.

“ A defended or rigid body not only is hampered in communicating within its own system but is removed from this depth of contact with others. Resonance allows wholeness to be revealed bearing a mutuality of being similar to making love.

- Emilie Conrad



The mystery school 9-month
mentoring programme.