

Module 10/18

The Greater Mysteries: The Awakening.

The mystery school of the orgasm field
9-month mentoring programme

Sometimes you hear a voice through the door
calling you,

as fish out of water
hear the waves,

or a hunting falcon
hears the drum's

Come back.
Come back.

This turning toward what you deeply love
saves you.

Read the book of your life,
which has been given you.

A voice comes to your soul saying,

Lift your foot.
Cross over.

Move into emptiness
of question and answer and question.

-Rumi

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1- The great mysteries

The great mysteries and the effortless unveiling of our gifts.

Rumi is undoubtedly one of the most read and quoted poets in history.

For hundreds of years, his words have touched and stirred the souls of millions.

His poems comprise forty-four thousand verses, which have been compiled into 23 volumes called the Divan-I Kebir.

Yet, it might come as a surprise to most of us that Rumi never wrote a single poem.

Not one.

Rumi was an Islamic cleric whose life was transformed by an encounter with a male lover called Shams, which also (quite symbolically) means "sun" in Arabic.

The relationship inspired both of them to burst the bubble of divisiveness in which they lived.

Rumi decided to turn away from formal religion, feeling it was only separating him from the true experience of God he wanted: the one of complete oneness and dissolution.

As a result of this encounter with Shams and subsequently taking this decision, Rumi began spontaneously speaking the language of poetry.

He would go about town, unable to keep this inspiration contained.

He ranted, raved, and sang to anyone who would listen.

But he would never write anything.

Luckily for us, a group of people known as the "secretaries of the scribes" gathered and compiled every word that had emerged from Rumi's mouth in those moments. Thanks to them, his rich legacy has survived.

Similarly, in a more commonly known example, the famous sculptor Michael Angelo confessed he never created his famous statue of David himself; He believed it had appeared spontaneously.

He claimed that the sculpture was already complete within the marble block.

He simply had to chisel away the material which was superfluous for it to be revealed.

Interestingly, however, the block of marble that encompassed one of history's most famous masterpieces emerged from what was previously another artist's rubbish; the piece of marble had been discarded twice before. Agostino di Duccio and Antonio Rossellino had both given up on it, deciding it was too difficult to work with. By the time it reached Michelangelo, it had been waiting 40 years for someone who was up to its challenge.

The statue exceeded expectations. Originally intended to adorn the rooftop of Florence's cathedral dome, it was instead placed where it could be seen up close, and its beauty could be fully appreciated. Yet from this challenging stone, one of the greatest masterpieces of all time effortlessly emerged.

Enter the mystery process.

The mystery school teaches us to surrender to the universal forces.

From this surrender, an effortless flow can arise, guiding us on the journey of our essential purpose.

Reminder: the Mystery school journey had 5 parts:

1. Discovery
2. Self-realisation
3. Awakening
4. Embodying
5. Integration

Discovery referred to a process of deep engagement with the body.

This involved sitting with the shadow and allowing its unraveling to take place.

Self-realisation referred to the realisation that the source of life exists within us in the form of a cosmic connection waiting to be uncovered and enabled.

Awakening referred to the Awakening of our soul, which I refer to as the Awakening of our own essence.

Embodying referred to receiving and embodying the power of that soul or essence deep in our being.

Integration referred to the allowing of the power of this essence to emerge into the world; for it to be integrated so that it can be useful and serve others.

We have also seen that the mystery school was divided into two parts, referred to as the Lesser Mysteries and the Greater mysteries.

The lesser mysteries referred to the first two parts:

- Discovery
- Self-realisation.

The greater mysteries referred to the last 3 parts:

- Awakening,
- Embodying
- Integration.

In my own work, I have merged the two parts of the lesser mysteries together into one. This tends to encompass my introductory orgasmic shamanism work and the shadow work, including the work with shameful sexual fantasies. I also prefer the terms **Early Mysteries** and **Great mysteries**, instead of lesser and greater.

In our 9-month programme, the early mysteries refer to the part related to intensity in our intensity + consciousness formula. The great mysteries refer to consciousness.

Intensity refers to the great expanse of energy, the great and infinite energy frequency field from which everything emerges. It is often referred to as the feminine or the yin.

The consciousness is the container, the focus, and intentionality that allows the expansive and limitless energy field to express itself into a form.

One could not exist without the other.

Consciousness emerges from intensity ; it is its origin, its mother.

Consciousness is the container that allows intensity to take a shape that can be expressed in the world.

The elements we have explored in modules 1-9 have referred to developing our understanding of the energy frequency field we have access to through the mystery school.

- In module 1, we have looked at an overview of the mystery process and philosophies.
- In module 2, we have been introduced to the practice of death/birth.
- In modules 3 and 4, we explored the human body, the physical field, and how it becomes a gateway to the greater cosmic realms, the orgasm field. We have also looked at the process of Deep Dive in detail.
- In module 5, we have looked at the human energy field and its energetic structures, allowing our optimum functioning.
- In module 6, we have seen the awakening of the sacred serpent and its role in our development and in the mysteries.
- In module 7, we learned about energetic development and learned about the different realms and planes and the types of energy that exist in our greater field. We have also seen the different types of orgasms that form our journey to the highest orgasmic potential.
- In module 8, we have seen the concept of energetic merging, how merging as a practice allows for our highest journey of energetic development.
- In module 9 we have seen the mystery concepts related to masculine and feminine energies as frequency fields and archetypes.

In this second part of our 9-month programme, we will explore how we can use the resources we have previously learned in the context of supporting the emergence into form.

How can we channel this vibratory knowingness into something that can profoundly impact the world?

In this part of the course, it's important to remember that the key is not to DO but to BE.

As the consciousness emerges effortlessly from intensity, our job is to lie back and rest in the fruits of our development and watch patiently as the expression of our essence arises, naturally and effortlessly.

Like Michael Angelo, we are not intending to create any work of art but rather unveil the one that already exists before us. Very often, it might even emerge from something we had perceived as

useless. Our process will be to chip away what is not needed, to unveil the gifts that lie within.

The following 3 modules will offer a framework to these 3 stages:

- Module 10- the Awakening,
- Module 11- the Embodying
- Module 12- the Integration.

If you have previously experienced the **Your Erotic Essence series**, some of this will already be familiar to you. There will be an invitation to go deeper into this process and weave in the powerful tools we have acquired in the first part of this programme to take it further.

There are a few ways to engage with this framework:

My first invitation is to let this framework sit in the background of the entire process for the next few months, to keep referring back to it, and to relate to where your current context and challenges fit within it.

Secondly, I invite you to see if you can weave in a specific project that you feel may want to emerge.

This may be one you already have in mind, which you might be currently working on, or have had the intention to bring to life. Or perhaps you have an intuition that something is wanting to be born through you. This is a great place to create a space for it to emerge into form.

Examples of this type of project could be: the writing of a book, an art project, creating a new workshop, a new website, it could even be resolving a nagging issue that you have been experiencing for a long time, maybe even decades... It can also be something more abstract such as gaining the ability to be in a constant state of energetic merging, which I refer to as the eternal energetic orgasm.

What is meant to happen, to be created, to come to life, already exists.

It is already in "movement."

Our job is to rest back and open the space for it to be revealed.

As we engage with the effortless flow, we can allow it to do its work and guide us.

Like the statue in the block of marble, your essence's authentic expression already exists in your field, waiting to be discovered. The force behind this movement is the same force that opens the petals of a flower, that moves your fingers and toes, that powers a tornado.

This mysterious force creates everything in existence; it turns a seed into a plant, bush, or tree, allowing it to grow leaves, flowers, and fruit. It is the force that turns a single fertilized egg cell into an embryo, and then a human being.

This force is behind your essence and the expression it wants to take in this world.

Any project that emerges from this space is aligned to the orgasm field and becomes a vital part of our ecosystem.

Because of this alignment, people will be impacted simply by engaging with it.

As well as impacting others, allowing the emergence of our gift in this way is a healing process for ourselves as well. When we connect to our highest purpose and engage with it continuously, it has a profound and transformative impact on us. It becomes our medicine, as well as being a medicine for others.

We find ourselves living every day in deep communion with the universal forces. Therefore we have access to a broader base of supportive resources. We strengthen our position of deep connection with the greater bio-cosmic landscape we are part of.

It has also been demonstrated that our brain chemistry is altered when we experience this deep level of connection and experience satisfaction from living our purpose.

It is akin to the way our body feels when it has learned to ride a bike or walk; movements that are intrinsic to it.

We realise that everything that occurs on our path has come to lead us back to the expression of our gift in this world. **This “return home” is our reason for living.**

Even challenges are merely here to show us the way back into deeper alignment, awakening parts of ourselves that will benefit our gift when they come online.

Therefore living fully in our essence, sharing our gift with the world, is often the medicine that is needed by us for us to drop softly back into alignment.

In that space, everything feels different, challenges are perceived differently.

Any loss is simply a momentary death necessary to make way for the birth of what is deeply needed by our gift.

Any conflict is an invitation to look at a part of our shadow and bring more of our authentic self forward.

Any fear or anxiety can become excitement and anticipation to reaching a new level of mastery and grace in this stage of our development.

This is what I believe Rumi meant when he said, *"This turning toward what you deeply love saves you."*

Another reference similar to this is this quote from Jesus Christ taken from the Gospel of Thomas.

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

- Jesus Christ / Gospel of Thomas

In both cases, the saving of ourselves refers to the return to the alignment to our truth.
Everything else is a form of death.

The Great Mysteries

Part 1/3 Awakening.

Before beginning this process, I invite you to reflect on a couple of questions:

1- Can you think of a situation you experienced previously in which everything flowed perfectly? Perhaps a situation when everything fell into perfect alignment effortlessly, almost by magic? As if the hands of a deeply intelligent system worked in a coordinated way to make this situation work perfectly just for you?

Examples of this could be: someone showing up to offer you an opportunity that matched, almost perfectly, an intention you had?.

Or a time when you wanted to join a retreat or programme but found out it was sold out, only to find that a cancellation happened at the last minute, and the perfect plane ticket at the ideal price appeared at the same time.

Let yourself be shown a situation in your life in which you felt a deep intelligence was at work to enable something extraordinary to happen to you. Try to remember as many details of this as you can and truly feel how you felt when this happened.

2- Can you think of a time when a situation came up which at first seemed like an insurmountable challenge. Yet as the crisis unfolded, you found that an unexpected gift emerged from this. Perhaps new doors opened, and things ended up better than if the challenge hadn't happened. Try to remember as many details as you can about either of these including how they feel in your body.

3- Can you feel the effortless movement that exists behind both of these types of situations? Take a moment to feel how the "effortless movement" behind them is experienced in your body. How does it feel? What are its qualities?

What would life be like if every moment was run by this movement, by these qualities?

Part 1- The Awakening.

Let's begin this process with the awakening of our gift/essence.

The Awakening is the stage in which we discover the quality and the "taste" of our essence.

How does it feel? What qualities does it offer for us to nourish from?

In nature, it would be the equivalent of figuring out if the seed is a tomato seed, an orange seed and then planting that seed for it to grow.

We would never decide what something is meant to be. We would simply wait and be shown its intrinsic nature.

The awakening has 4 stages.

1 - Discovery: planting the seed

2- Unraveling patterns: dissolving the density that is limiting us, keeping us from being in our truth

3- Exploration: revealing what exists below and behind these patterns.

4- Inspiration: being moved by inspiration

4.1- The Discovery:

The first part of the awakening process is the Discovery.

In this first stage, we plant the seed for the journey of our essence to unfold. We begin to form the blueprint of how our gift wants to be seen and expressed in the world.

We begin to explore the realm of our effortless nature.

This stage relies on the belief that everything in our ecosystem has a gift to share, one that is effortless.

It is like the scent which emanates effortlessly from a specific flower as its petals open towards the sun. Or the light of the sun that radiates effortlessly from it, allowing all life-force to be supported. It is like the fruit that drops from the trees that feed us or the oxygen that emanates from its leaves, allowing us to breathe. Or the medicinal ingredients drawn from its bark, like that of the Pacific Yew tree in the Amazon forest, from which ingredients for cancer treatments emerge.

To begin this exploration, we ask ourselves the following question:

What do people get from me just by being around me?

At first, this question can make people uncomfortable for many reasons. This is not a common question in a society that is not built to support us in being satisfied with ourselves. We often feel we need to be careful not toot our own horn or appear arrogant. For us to feel whole and complete would be hugely inconvenient for the systems that run the show. If the world's population were able to sit in a state of constant satisfied stupor, our neediness would dissolve as well as our motivation to consume, or to sustain jobs which are unfulfilling. Our capitalistic system would collapse.

While some of us may be aware of what people get from us, it might not feel effortless. We have created a world in which we believe that everything worthwhile should be effortful and difficult. This is the opposite of our true intrinsic nature.

Other times, people will believe that what others receive effortlessly from them is negative or challenging. For instance, I have heard them say things such as: "people feel pressured, stressed out, they think I am needy..."

This is common and is an excellent place to start. Generally, as people relax into the question, something else will always come up and a juicy journey can begin.

Frequently people just feel stuck. They simply don't know what to say. My invitation is to remember what people have said to them. People will often say: "I always feel this way around you, or that way... Thanks for bringing this or that..."

If nothing comes to mind, we can simply ask people. Another great way to find out what people get just by being around us is to notice what we get simply by being around them. When we share with others what we get simply by being around them, they will often thank us and then return the favour, telling us of the gifts they receive from us.

Often, simply by telling people what we get from them effortlessly, we see mirrors of what we bring to them. Our relationships with others are often mirrors of the relationship to ourselves. I recommend taking some time to sit with this question, reflecting on the qualities people get just by being around you. These can include aliveness, stability, etc.

4.2- Unraveling patterns:

Dissolving the density that is limiting us, keeping us from being in our truth.

Unraveling the patterns that limit us is an essential part of the awakening process. It reconnects us to the truth of who we are which lies behind them.

These patterns can be the result of trauma, ancestry, cultural context, or more. These will often be caused by being told that being who we intrinsically are was not acceptable nor lovable. We, therefore, developed false and distorted images of who we are, simply to be loved and accepted.

As our body and our energy field are the mirrors of our consciousness, these ideas and belief patterns will often show up as density or blocks in our being.

By revisiting the modules on the human body and the energy field, specifically in which we speak about the Dive process, we will see many elements that can guide us to their unraveling and find a more truthful expression of ourselves.

Here is a simple summary of the process we tend to follow:

- We connect into the earth to ground into safety before our exploration can begin
- We check in with our breath as an indicator of what is going on in our bodies.
- We then tune into our sensations to see what they are telling us about our inner landscape, where contractions and tension points exist in our being. Subtle sensations are representations of energy frequencies expressed in our bodies.
- We then bring in some sound elements to allow us to drop below the density and unravel it. We awaken the fluid system, which is below our nervous system, where the blocks tend to exist.
- After we have dropped below the density, we pause into an open space to see what is alive in our bodies, what feels more truthful.
- When we experience new sensations that feel more authentic, which come from a deeper place, we lean into them with our awareness and give them space to expand.
- We can then layer in more sounds and awareness elements to create a layering process to amplify it.

We tend to close the practice by resting in the potency of what has been awakened.

The elements of the songs which we tend to use in this course are great tools to use in these practices.

I recommend revisiting the recording of **Bonus session 2** in which we Dived collectively in the dark of the night as an excellent practice for this unraveling to occur.

When used in this way, the dive is a process of death/birth at a more micro level.

This also refers to the death/birth process we speak about in module 2.

It is worth revisiting it to see how this can be integrated into this part of the process.

4.3- Exploration and orientation: revealing what exists below and behind these patterns.
What is the truth of our being that exists behind these patterns?

When diving below the layers of patterns, beliefs, and conditioning, we will unveil a whole new world of sensations and feelings that we don't generally encounter.

It is highly beneficial to simply sit with these and experience the way they feel.

Very often, we can feel resistance or doubt; often feeling that this can't possibly be our truth. It can feel contrary to how we have lived for so long. For instance, the concept of effortless flow is challenging for many of us, as it is contrary to our standard cultural narrative.

This resistance can often drive us to fall back into old patterns of dependency, codependency, escape, addiction.

This is natural. Temporary contractions are a necessary part of life and can be highly informative for us. While it can sometimes feel like you are taking a step back from your growth and evolution, remember you can never unlearn what you have learned.

Exploring the labyrinth

In many ways our journey with these contractions and shadow moments is similar to experiencing the curves of a labyrinth. A labyrinth is different from a maze in the sense that it is always the same shape and it always has the same beginning and the same end. What is in between can be confusing.

There are moments when we appear to be getting closer to the end point and then we later find ourselves getting further from it. Though sometimes confusing, it always leads us back to where we are meant to be. The labyrinth is about trusting the process, surrendering to an uncertain flow that will eventually lead us where we are going.

This is one of the reasons why labyrinths existed at the temples of the mystery school sites.

Following the labyrinth was a confusing journey. While at times we didn't know if we were going the right way or if we were completely lost. We always ended up at the right place. This mirrored the journey through our shadowy existence, our underworld.

Without fail, it always guided our return home.

It is easy for us to integrate the use of these principles in our practice.

Ideally, we would all have a labyrinth to walk on physically at home, but this is not always possible.

I invite you to play around with a labyrinth graphic, either on-screen or printed.

There is one included in the assignment document.

One easy way to do it is to simply scan an image of the labyrinth with your eyes, or ideally print it out and run your finger on it.

Beginning at the labyrinth entrance, we walk, run our fingers or eyes across the entire journey to the end of the labyrinth at the center.

This exact labyrinth shape was especially designed to awaken that level of trust and surrender in

initiates.

This teaches us to surrender to the truth of the movement that is here.

4.4 Inspiration:

Being carried by the movement of our inspiration.

In this stage, we speak of resonance, acknowledging our uniqueness and difference. When we look at what resonates deeply with us, for instance art, music, books, types of food, it informs us about a facet of our truth.

When I speak of resonance, I refer to something outside of us that stirs up a process of awakening within us.

These elements feed us through a transmission of frequency that can be felt in the sensations in our body: pulsing, rippling, tingling, etc. Our culture has evolved to the point that these sensations will often go unnoticed. Yet, they are there if we wish to perceive them. They give us life, inspire us, and can even lead the way of our journey.

It opens a movement which takes place, guiding us in a specific direction. What we resonate with opens a window to our inner world, to our essence.

What are the qualities we experience in these elements that resonate with us?

If we named them, what would we notice?

Generally, they mirror the qualities of our essence, hence the resonance. In this stage of the process, we ask ourselves the following question:

What inspires me? What moves me? What "sets me on fire"?

What are the qualities that they present which nourish me deeply?

I invite you to notice how these elements and their qualities can actually physically move you. How can connecting to them and their energy actually move your physical body, or awaken sensations in it?

I recommend when you are in a dive and have gone through the main steps of the dive and your body is connected to a more fluid, open and receptive place, drop in the vision of these things that inspire you and see how they resonate in your body.

Do they awaken a ripple, a tingle, a wave? An undulation?
In which part of the body are they felt?

Sexual fantasies

As part of this process of exploring inspiration, sexual fantasies can play an important role. They can lead us on a journey of a very rich exploration to finding our truth; opening a door onto a part of ourselves that has, until now, remained unexplored. By bringing light to them, we can discover something important about ourselves we otherwise would not have seen.

As a society, we have learned to push them into the shadows, which only intensifies the shadow of their disruption of our system and the impact they have on our daily experience.

It may be hard for us to face them and address them, as they bring up a lot of fear and shame.

Yet, if they go unexpressed, then can keep us from living a higher expression of ourselves.

Resolving them is often a gateway to understanding a crucial part of ourselves.

As we know, in this process, we speak of resonance and inspiration.

Nothing can give us a clearer view of what resonates for us than something that can get us hard or wet.

These can become a powerful tool in exploring our inspiration.

4- Exercise:

Awakening to the movement of inspiration.

I recommend connecting to the movement of your inspiration in the following way:

Upon waking up in the morning, lie in an open space of awareness.

Find a way to drop deeper into your body, perhaps with sound and awareness.

A great way to begin is by dropping the back of the neck and the bottom of the spine/coccyx.

Once the spine is more open, open the arms and legs to the side and drop into the earth.

From there, ask to be shown something that will inspire you in this upcoming day or to show you anything that can move you.

Notice how it feels in your body.

If you feel complete stillness, it might mean your body needs more rest.

I recommend to lie in the open space and wait for something to come and move you.

What would life be like if you were moved out of bed by the movement of inspiration every morning?

—If you want to take this further, you can also optionally follow the recommended 7-part exercise in the separate document provided. —

5- Case studies:

Case study 1

Kate the interior designer - Hong Kong

Kate is the owner of a successful interior design studio in Hong Kong.

She approached me when her business was taking an unexpected turn. A Buddhist Rinpoche had approached her to design a monastery in Nepal. This was a far cry from the luxury hotels, condos, and restaurants her studio had mainly been designing.

By hearing some lectures I had previously delivered, she had heard me say that if we were to create a sacred monument, it was a good idea to work on our own spiritual journey.

This new project awakened a desire for a new exploration for her.

Over a few months, we embarked on the mystery process together.

In the awakening part, the question "What do people get from you just by being around you" came up.

Kate struggled with this question.

As I asked her, she bowed her head and said:

"They get stressed. I think I stress people out."

Despite being hugely successful and running a company with many employees, it was hard at first for Kate to find the benefits people get just by being around her.

As we moved on to the following questions, this began to shift.

When faced with the question: "What inspires you?" A new exploration could take place.

Kate said she found herself most inspired by extravagant trips to world capitals like Tokyo and Paris. At first, she struggled with this; she felt it was overly materialistic and superficial.

When I asked her what she liked the most about those trips, she said she liked observing quality. She loved sitting in a cafe and witnessing the care that went into creating delicate pastries.

She enjoyed observing the details of the hotels in which she stayed and seeing the care that had gone into choosing design elements such as the right marble stone, etc.

Kate was used to making mood boards for her work. I suggested that she create mood boards for this inspiration.

Her face lit up.

She committed to spending an hour per week creating a mood board of these inspirations.

After a couple of weeks, her effortless gift began to solidify. We realised that one of her highest gifts was providing others with the inspiration to elevate the level of quality of their work, to elevate their standards.

Because she had been unaware of this gift, and because she didn't yet own it, she was at the effect of it. Therefore, as well as people feeling inspired, they also felt stressed and anxious and afraid to disappoint her.

As she began to own this part of her gift, things began to shift, and her staff felt more inspired and less stressed by her presence.

When I asked Kate to tell me when she had felt most inspired, most alive, she told me about her foster children. Kate was lucky to have a privileged background and an abundant financial situation. This enabled her to commit to adopting children who were in need, supporting them with an opportunity for a better life. She spoke about the times she had brought home the babies from the hospital as moments when she felt most alive and inspired.

It became clear why a Rinpoche was drawn to her to design a monastery: She held such a strong and effortless healing power within her. There was now an invitation to channel this power into her work.

I asked her to focus on how she felt when bringing home these babies. She had never thought about it before. Like so many of us, she seemed to simply go through the motions automatically and not spend much time lingering with them.

Yet, in a meditation process, we went back and received the nourishment that existed for her in those moments. Receiving this nourishment in a meditative state while focusing on the sensations in her body became her spiritual practice. She was able to access the medicine of her effortless power.

Case study 2:

Swati- from interior designer to wellness coach.

Swati was an interior designer based in Delhi, India.

For years she had run a successful studio with a partner.

She approached me when things took a turn. Her partner had decided to leave to pursue a life as a professional surfer.

She felt lost.

Swati had been on a spiritual path for a long time.

Her guru in India told her she should find someone who could support her in bringing her spiritual power into her design work as a way of bringing her gifts forward.

She sought my help. While she was interested in the mystery schools and the sacred art of temple making, she also wanted to develop stronger, world-class, interior design skills.

Swati asked me to facilitate this.

I created a programme for her which included a few days in Milan in which we would tour some of Europe's greatest design landmarks, studios and showrooms.

As the days went on, I got to know a different side of Swati.

When I asked her what she liked most of what we visited, she said she loved seeing transformation happen. She loved seeing something that was low quality or falling apart be transformed into something exquisite.

When I asked her when she had felt most inspired and alive, Swati told me another part of the story I had never heard before.

When she was a child, she suffered a severe illness that caused her to gain weight. She spent most of her adult life with severe health issues which deeply affected her.

Through her spiritual journey, Swati had been able to heal herself in ways that doctors didn't imagine were possible.

This experience served as a building block for her spiritual growth. People were often drawn to Swati for advice on how they could improve their life and their wellness in the same way she had.

The advice she offered always worked.

With her help, people transformed.

As we spent these days exploring interior design and wellness side by side, it started to become apparent she used interior design to channel the transformative healing power she had within. She realised this was not really her path, but rather one she had chosen to impress people around her. This yearning to impress others came from codependency patterns that emerged from having severe weight issues as a child.

We worked hard on releasing these patterns and dissolving these old limiting beliefs. It was hard for her to let go of this.

Interestingly, Swati's husband was a life-coach who created a coaching collective with a group of partners.

He never had before thought about involving her in the project. Yet, as this discovery occurred, it became clear he wanted her to participate.

Swati began to lead some groups in which she supported people on a journey to wellness.

The groups she led were the ones that had the best results of the coaching collective.

A year later, Swati was in touch to tell me she had engaged on this journey independently.

She had now closed down her interior design studio and was working full-time as a successful wellness coach.

**Case study 3:
Cameron, the life coach.**

Cameron is a life coach living in Colorado, USA.

With a partner, he runs a successful coaching business supporting people in achieving a new relationship with money and abundance. His company is successful and was quite pleased with the way it had progressed over the years.

He approached me when he encountered some resistance in front of some of his clients. He would often feel restricted, feeling like he relied too much on impressing them and getting their approval, which he found limiting.

Like many of us, he had a deeply rooted beliefs that he did not deserve to be loved or attract clients if he were to live his authentic truth.

Cameron had experienced abuse from his father as a child and believed this might be the root of this issue. He felt like his work could go further but felt restricted by these codependency patterns. He felt a need to be less in his head and more in his body.

Cameron approached me because of my work with shameful sexual fantasies. There was a specific fantasy that was very present for him that he was not proud of, and he felt it might hold the answer to this challenge.

He had recently begun experiencing sexual fantasies about young teenage boys, fantasies he had never experienced before. This worried and perplexed him, and he was keen to work through these.

He was also quite shocked and uncomfortable to realise that he would find himself fantasising sexually about his nephew. He would look at his nephew by the pool, get turned on, and have sexual thoughts about him, which he found disturbing.

I guided Cameron through a meditative process exploring his fantasy. At first, he felt blocked from exploring the fantasy as he found it deeply disturbing and was judging it. After finding more safety and grounding, he was able to surrender to it more.

We explored the fantasy very deeply, getting very intimate with it. I offered him a space to take this fantasy to new heights, even self-pleasuring while imagining things he never thought he could have imagined before.

As we slowed down and paused with it, we inquired about the nature of the actual need and desire behind it. What nourishment was Cameron seeking from this fantasy?

At first, it seemed he was seeking power and domination over someone who was more vulnerable. As we dug deeper, it became clear that Cameron was seeking liberation. He sought freedom from specific ideas, principles and constraints that had been running his life for so long.

He was seeking liberation from a part of himself that had been disempowered by the abuse he experienced long ago.

Taking a step further into this fantasy, Cameron realised he was seeking to bring light, healing, and transmutation to the abuse patterns he had experienced as a child.

He began to receive images of **Kintsugi**, a Japanese process by which the pieces of a broken porcelain plate are brought together using gold paint in the cracks. The final newly repaired piece was unique and much more valuable than the original plate before it had broken.

This opened up a new exploration for him concerning his work. He realised he was excited at the idea of supporting his clients in finding the process of **Kintsugi** within them; that parts of themselves which had been broken or damaged, could be “adorned with gold paint” and become a precious art piece of very high value.

Through exploring his shameful fantasy, Cameron realised this new part of his essence and saw a new layer to the gift he was meant to share with the world.

In our following session, Cameron was very excited to tell me he had spoken about this process in full detail with his business partner, letting her know he would now integrate this newly discovered facet of himself into his work.

This was a surprising turn, in stark contrast to how nervous Cameron was when we first began the exploration. Especially since he had never previously spoken about this with anyone, for fear of being judged.

This is a perfect example of the role our shadows can play in guiding us towards our gift. Even our darkest shadows are windows to the parts of ourselves which hold our highest light.

In every aspect of ourselves exists a perfectly crafted and deeply intelligent movement which is at work, wanting to reset itself if we let it fall back into balance.

To see the God in oneself allows us to see the God in every other human.

There is no greater way to transform the world.