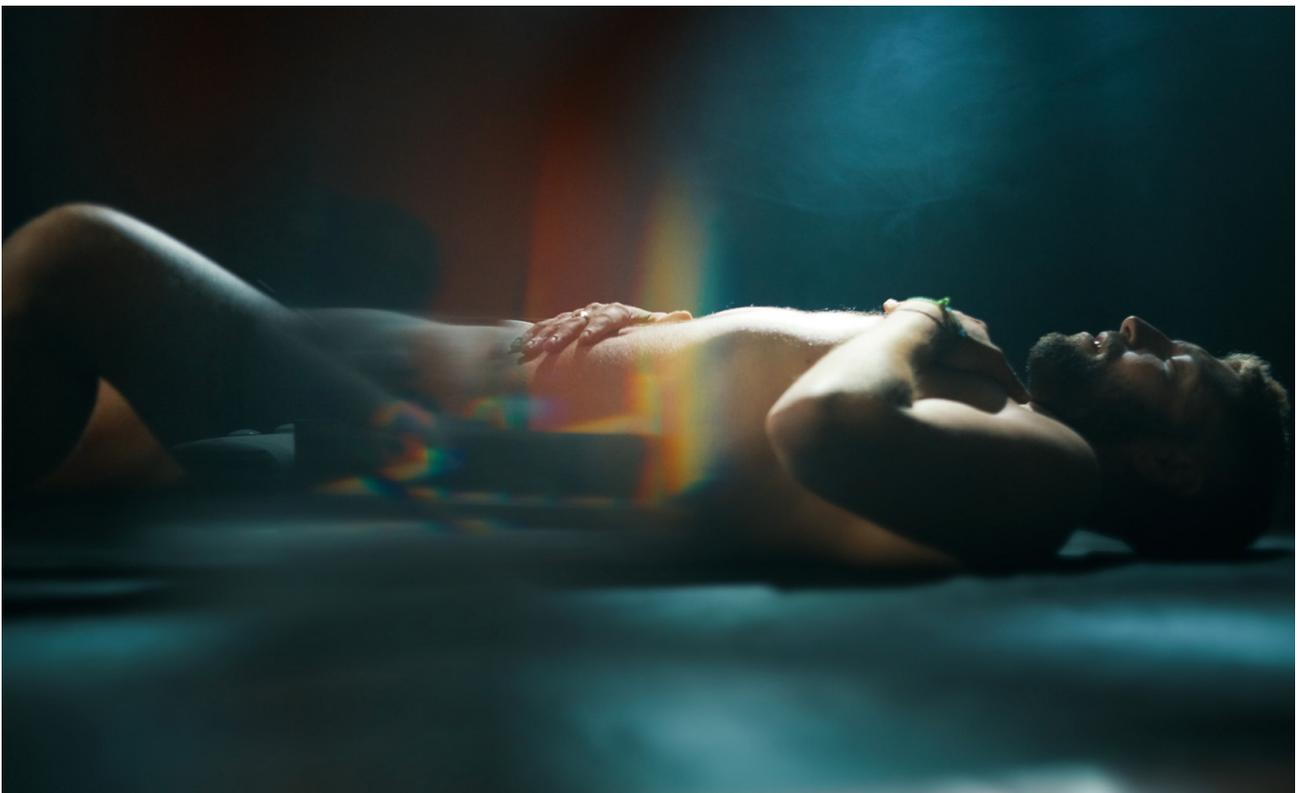


Module 12/18

The Greater Mysteries:  
The Awakening.





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

## Contents:

- 1- The Great Mysteries
- 2- The Great Mysteries part 1/3 awakening
- 3- The stages of the process.
  - 3.1- Discovery
  - 3.2- Unraveling patterns
  - 3.3- Exploration and orientation
  - 3.4- Inspiration
- 4- Exercise
- 5- Case studies

## **1- The Great Mysteries and the effortless unveiling of our powers and 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 he'd had with a male lover called Shams, which also (quite symbolically) means "sun" in Arabic.

The relationship had 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 that he wanted and sought: 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, a group of people known as the "secretaries of the scribes" gathered and compiled every word that had emerged from Rumi's mouth at that time. Thanks to them, his rich legacy has survived.

Similarly, in a more commonly known example, the famous sculptor Michael Angelo confessed that he never created his famous statue of David himself. Rather, he claimed it appeared spontaneously.

He claimed that the sculpture was already complete within the marble block before he began his work. He simply had to chisel away the superfluous material which covered it, for it to be revealed.

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

That's when the statue exceeded expectations. While it was 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 place surrender, an effortless flow can arise, guiding us on the journey of our essential purpose.

**Reminder:** the Mystery School journey has five parts:

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

**Discovery** refers to the realisation that the source of life exists within us in the form of a cosmic connection waiting to be uncovered and enabled.

**Self-realisation** refers to a process of deep engagement with the body. This involved sitting with the shadow and allowing its unraveling to take place. We begin to see an awakening of our gifts and essence as a result.

**Awakening** refers to the awakening of our soul, which I refer to as the awakening of our own essence.

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

**Integration** refers 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. It refers to transmission.

We've also seen that the Mystery School was divided into two parts, which are referred to as the Lesser Mysteries and the Greater Mysteries.

The Lesser Mysteries refers to the first two parts:

- Discovery
- Self-realisation

The Greater Mysteries refers to the last three parts:

- Awakening
- Embodying
- Integration

In my own work, I merged the two parts of the Lesser Mysteries together into one. This encompass my introductory orgasmic shamanism work and the shadow work, including the work with shameful sexual fantasies. Also, for its connotation, I must explain that I prefer to use the terms **Early Mysteries** and **Great mysteries**, instead of Lesser Mysteries and Greater Mysteries. Therefore you will come across it throughout the text.

In our 9-month programme, the Early Mysteries refer to the part that relate 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's 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.

Intensity is the origin of consciousness, its mother. Consciousness emerges from it. Yet consciousness is the container that allows intensity to take a shape that can be expressed in the world.

The elements we've explored previously have referred to developing our understanding of the energy frequency field we have access to through the Mystery School.

- we've seen an overview of the mystery process and philosophies.
- we've been introduced to the practice of death/birth.
- we explored the human body, the physical field and how it becomes a gateway to the greater cosmic realms. We've also looked at the process of deep dive in detail.
- we've looked at the human energy field and its energetic structures, allowing our optimum functioning.
- we've seen the awakening of the sacred serpent and its role in our development and in the mysteries.
- we learned about energetic development and the different realms and planes and the types of energy that exist in our greater field.
- we've seen the different types of orgasms that form our journey to the highest orgasmic potential.
- we've seen the concept of energetic merging and how as a practice, merging allows for our highest journey of energetic development.
- we've 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've 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 we should endeavour to BE and not to DO.

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're not intending to create any work of art, but rather unveil the one that already exists before us. Very often, this realisation might even emerge from something we'd perceived as useless. Our process will be to chip away at what's not needed, to unveil the gifts that lie within.

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

- Module 12- the Awakening,
- Module 13- the Embodying
- Module 14- the Integration

If you've previously experienced the **Your Erotic Essence series** of recordings which is included in the LEVEL 1 content, 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've acquired in the first part of this programme to take it further.

There are different ways you can 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 so you can keep referring back to it, and to relate to where your current context and challenges fit within it.

You could also 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 and have the intention to bring to life, or one that you might be currently working on. Alternatively, 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, working on an art project, creating a new workshop or website. It could even be resolving a nagging issue that you've 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 we need to be aware of is that what's meant to happen, be created or to come to life, already exists. It's 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 of Michael Angelo, 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 or 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's the force that turns a single fertilised 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 non-local field and becomes a vital part of our ecosystem. Because of this alignment, people will be impacted simply by engaging with it. They will seek it out to resource from it, similarly to the way we seek out a connection to elements of nature.

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.

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

It's 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's akin to the way our body feels when it's learned to ride a bike or walk; movements that are intrinsic to it. It is related to the sense of achievement which is a foundational need for us and relates to our front lobe. This sense of achievement will support a balanced production of neurotransmitters in our system, supporting us to feel content, balanced and regulated.

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

The same is true when we face challenges. We realise that they're merely there to show us the way back into deeper alignment, awakening parts of ourselves that will benefit our gift when they come alive. Therefore, living fully in our essence, sharing our gift with the world, is often the medicine that's needed by us for us to drop softly back into alignment.

When we're in that space, challenges are perceived differently. We see that loss is simply a momentary death necessary to make way for the birth of what's deeply needed by our gift. We also see that conflict is an invitation to look at a part of our shadow and bring more of our authentic self forward. Then we understand that 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 was expressing 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 it was a situation when everything fell into perfect alignment effortlessly, almost by magic. It would feel as if the hands of a deeply intelligent system worked in a coordinated way to make this situation work perfectly just for you.

Some examples of this could be:

- Someone showing up to offer you an opportunity that matched, almost perfectly, an intention or a need you had.

- 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 that allows us to nourish from it?

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 four stages:

- 1 - Discovery: planting the seed
- 2- Unraveling patterns: dissolving the density that's limiting us and 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- 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 and 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's 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's like the fruit that drops from the trees that feed us or the oxygen that emanates from its leaves, allowing us to breathe. It's also like 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?*

You might feel that this question makes you feel uncomfortable. As we can reason with, the question isn't often posed in a society that's not built to support us in being satisfied with ourselves and it might make us feel that we don't want to toot our own horn or appear arrogant. Having the ability to bring ourselves into wholeness and completion would be hugely inconvenient for the social systems that run the show. If the world's population were able to sit in a state of constant satisfied stupor, our neediness led by an impulse to survival would shift, and our motivation to consume, or to sustain jobs which are unfulfilling would dissolve. Imagine, our capitalistic system could totally collapse...

While some may be aware of themselves enough to know what people get from them, it might not feel effortless. Collectively, we've created a world in which we believe that everything worthwhile should be effortful and difficult. This is the opposite of our true intrinsic nature.

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

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

It might happen that people just feel stuck with the question. They simply don't know what to say. In this situation, my invitation is to remember what people have already said about you.

For example, they might have said: "I always feel this way around you, or that way... Thanks for bringing this or that..."

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 we have to ourselves.

Now that we've looked at the question and ways to approach it, I recommend taking some time to sit with it, reflecting on the qualities people get just by being around you. These can include feeling aliveness or joy or stability and so on.

## 4.2- Unraveling patterns

In this section we will look at dissolving the density that's limiting us and 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 often happens as a result of being told that who we intrinsically are is not acceptable nor lovable. We therefore developed false and distorted images of who we are, simply so that we can be or feel 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 cover 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's going on in our bodies
- We then tune into our sensations to see what they're 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've dropped below the density, we pause into an open space to see what's alive in our bodies and 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's been awakened.

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

### 4.3- Exploration and orientation

What is the truth of our being that exists below and 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's 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 and flow is challenging for many of us, as it's contrary to our standard cultural narrative.

This resistance can often drive us to fall back into old patterns of dependency, codependency, escape and 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're taking a step back from your growth and evolution, remember you can never unlearn what you've learned.



## Exploring the labyrinth

In many ways, the 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's always the same shape and always has the same beginning and the same end. What's 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're meant to be. The labyrinth is about trusting the process and surrendering to an uncertain flow that will eventually lead us to where we're going.

This is one of the reasons why labyrinths existed at the temples of the Mystery School sites. For the initiate, following the labyrinth was a confusing journey. While at times they wouldn't know if they were going the right way or if they were completely lost. But the truth is, they always ended up at the right place. This mirrored the journey through our shadows, also called the underworld. Without fail, it always guides our return home.

It's 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 isn't always possible. Instead, here I invite you to play around with a labyrinth graphic, either on-screen or printed.

As well as the one found above in this document, there is also one included in the assignment document.

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

As we start at the labyrinth entrance, we walk, run our fingers or eyes across the entire journey to the end of the labyrinth at the centre. This exact labyrinth shape was especially designed to awaken that level of trust and surrender in initiates.

For us, it teaches us to surrender to the truth of the movement that is here in our lives.

#### **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 certain art, music, books and types of food, it informs us about a facet of our truth.

Resonance refers 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 and 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. What they do is give us life, inspire us and can even lead us better on our journey.

The opening of these movements which takes place, guide us in a specific direction. What we resonate with opens a window to our inner world, to our essence.

Take a look at this question:

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

If you named them, what would you 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 that when you've 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 or 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 open a very rich stream of information that helps us in finding our truth. They can open doors into a part of ourselves that has, until now, remained unexplored. By bringing light to them, we might discover something important about ourselves that might have otherwise gone unseen.

As a society, we've learned to push sexual fantasies into the shadows, which only intensifies the shadow and the way they disrupt our system and further impact (and distort) our daily experience. It may also be hard for us to face our fantasies and in some cases, address them, as they can 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. Very little can give us a clearer view of what resonates with us than something that can arouse us, get us hard, wet or excited.

For this reason, exploring sexual fantasies is an important tool to discovering our inspiration.

#### 4- Exercise:

##### **Awakening to the movement of inspiration**

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

When you wake 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 this process 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 your sides 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 that your body needs more rest.

I recommend that you 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 question further, you can also optionally follow the recommended seven-part exercise in the separate document provided.*

## 5- Case studies:

### Case study 1

#### **Kathryn the interior designer - Jakarta**

Kathryn is the owner of a successful interior design studio in Jakarta. 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.

As it happens, she'd come across some of my lectures where I explained that if we were to create a sacred monument, it would be a good idea to first work on our own spiritual journey.

This idea, along with the new project, awakened a desire in her for a new exploration.

Over a few months, we embarked on the mystery process together. In the awakening part, where we asked the question "What do people get from you just by being around you?" Kate struggled to answer the question.

As I asked her, she looked away from the screen and said:

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

Despite her success at running a prosperous company with many employees, it was difficult for her to find the benefits people get just by being around her.

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

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

Kathryn said that she found herself most inspired by extravagant trips to world capitals like Tokyo and Paris. At first, she struggled with this reply and felt it was overly materialistic and superficial. When I asked her what she liked the most about those trips, she said that 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, the perfect door handle etc. Kathryn was used to making mood boards for her work. I suggested that she created a mood board 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'd been unaware of this gift, and because she didn't yet own it, it came through as a distortion. 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 employees felt more inspired and less stressed by her presence.

When I asked her to tell me when she had felt most inspired and most alive, she told me about her foster children. She 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 time when she brought home the babies from the hospital as moments when she felt most alive and inspired.

It then became clear why a Rinpoche would be 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 never thought about it before. Like so many of us, she seemed to simply go through the motions of her life automatically without spending 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'd run a successful studio with a partner. She approached me when things took a turn. Her partner had decided to leave her to pursue a life as a professional surfer. In the loss, she felt lost. .

Swati however had been on a spiritual path for a long time. Her guru in India advised her to 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.

What I did was create 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 the most about the tour, she said that she loved seeing transformation happen. She loved seeing something that was low quality or falling apart being transformed into something exquisite.

When I asked her when she had felt most inspired and alive, Swati opened up and shared a new aspect of her personal story.

When she was a child, she suffered a severe illness that caused her to gain weight and as a result, 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 and other people were drawn to her for advice on how they could improve their life and their wellness in the same way.

The advice she offered them always worked. With her help, people transformed.

As we spent these days exploring interior design and wellness side by side, it became apparent that she used interior design to channel the transformative healing power she had within. She realised that 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 difficult 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. Although he'd never seen her capabilities in wellness before, with the unravelling of this desire of hers, it became clear that he would appreciate her to participate in his coaching collective.

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 in the entire coaching collective. A year later, Swati was in touch to tell me that she'd 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 better relationship with money and abundance. His company is successful and he'd been quite pleased with the way it's progressed over the years.

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

Like many of us, he'd developed a deeply rooted belief that he didn't deserve to be loved or attract clients if he were to live in 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 that if it wasn't for these codependency patterns, his work could go further. He also 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. He had a specific set of fantasies that he wasn't proud of and that he felt might hold the answer to his challenge.

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

He was also shocked and uncomfortable to realise that he would find himself fantasising sexually about his nephew. He would look at his nephew by the pool and experience sexual thoughts and arousal.

I guided Cameron through a meditative process exploring his set of fantasies. At first, he felt blocked from exploring them as he judged them as deeply disturbing. After finding more safety and grounding, he was able to surrender.

We explored the fantasies deeply and got very intimate with them. I offered him the space to take these fantasies 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 into the nature of the actual need and desire behind it. What nourishment was Cameron seeking from these fantasies?

At first, it seemed he was seeking power and domination over someone who was more vulnerable than him. But 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 also seeking liberation from a part of himself that had been disempowered by the abuse he experienced long ago.

When we took a step further into his fantasies, Cameron realised he was seeking to bring light, healing and transmutation to the abuse patterns he'd experienced as a child.

After the exploration, 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.

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

Through exploring his shameful fantasies, Cameron brought consciousness and healing to this new part of his essence and saw another layer to the gift he was waiting to share with the world.

In our following session, Cameron was very excited to tell me he'd 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'd never previously spoken about this with anyone, for fear of being judged.

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

In every aspect of ourselves, there 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.