

Module 13/18

The Great Mysteries Part 2 - Embodying

The Mystery School of orgasmic shamanism



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Seeing the God in ourself allows us to see the God in every other human.

There is no greater way to transform the world.



1- EMBODIMENT - Introduction

The fourth stage of the Mystery School process is the stage of embodiment.

Once we've realised the power available to us in the greater energy fields and realise our unique essence and its specific qualities, our job is to open ourselves to it, listen to its whispers and receive its frequency as fully as we can. To do so means having passed through a process of deep nourishment from the source of life within us, fuelled by the energy of the most intrinsic planes of existence.

I see this process as having two different levels which run in parallel and work together. The first level is the embodiment of the frequencies of the energy available to us in this field. The second level is the embodiment of the qualities that pertain specifically to our own essence, which we began to identify in the previous stage, The awakening stage.

The embodiment stage is often the part that's considered the most uncomfortable and controversial in our culture. The reason is, our society is still primarily based on patriarchal principles and those give it a reason to run at a fast, efficient-focus, pace. Unfortunately, that has become its baseline and resourcing and nourishment are therefore considered difficult things to achieve.

For us to be able to rest in our deepest nourishment, we would have to shift out of this way of existing in the current social paradigm. For instance, we might feel guilty for sleeping in or need to justify why we should go on holiday.

In 2008, a couple of years before starting my true spiritual journey, I attended a yoga class for the first time, but only because the spinning class I'd planned to participate in at the gym had been canceled. I enjoyed the yoga, realising afterward that it was a particularly fast-paced "power dynamic yoga" class.

But when it came to lying in savasana at the end (a short practice of corpse pose, lying on the mat with the arms and legs to the side) I, along with a couple of other participants, jolted up, put away the mat and thanked the teacher before leaving the room.

I assumed the class must have been over. I wondered what benefit I could possibly get from lying here doing nothing when I could be out answering emails or messaging fit guys on Grindr?

I attended the class a couple more times and on one occasion the teacher pulled me aside. She explained that savasana was the most important part of the class because it was the moment in the practice when we become open to receiving all the nourishment and benefits of it. This had never even crossed my mind. Thankfully, after she shared this I committed to never walking out of the class that way again.

But as I lied in savasana the next time, I felt my body struggle while a part of me desperately wanted to jump up and out and get on with my life. At the time, I didn't realise that life was actually happening within me.

Of course, I've come a long way since then and now guide practices that, for many, are painfully slow. But this, as the yoga teacher said, is where the receiving happens.

This receiving and nourishing element is also controversial for a society that pushes us to produce, create, and take action as soon as a talent or gift is identified. On the whole, if one has a particular gift or ability, we tend to push for them to be shared, commodified and monetised as soon as possible.

This can be seen in child gymnasts and actors, who are pushed into sharing their gift in the world, sometimes when they're not entirely ready for it. Many of them end up burning out or developing mental health issues and giving up their gifts entirely.

In this embodiment stage of the Mystery School, the invitation is to receive more of this power and be settled in ourselves before we can be ready to share it. This way, our gifts can overflow naturally.

We see this happening in nature. For instance, if you observe a fruit tree enduring difficult conditions, you'll see it needs to save its energy to keep its trunk and branches alive before producing leaves that produce oxygen and then flowers or fruits that will drop off its branches to feed others. We, as beings of nature, are not exempt from this.

Yet when we're unable to produce, perhaps when going through difficult times, we're often told to "toughen up" and push through it. We'll be able to rest when it's done, apparently. Yet in the old teachings where wisdom prevailed, they say that it should happen the other way around. In the words of Lao Tzu, author of the Tao te Ching, "All action should begin in rest- This is the

ultimate truth."

In a society where speediness and necessity dominates our lives, the use of gifts is based on survival instincts, which are in fact rooted in scarcity. I theorise this model has been around since the emergence of agriculture 10,000 years ago and has been strengthened at specific moments in history.

For example:

- After the expansion of the Christian church in AD 350
- After the rise of science in the 1800s from which theories emerged such as Darwin's survival of the fittest
- After the postwar industrial revolution

These values have come back again in the last decade with the rise of social media, which creates a stream of high volumes of information which hit us at high speeds and at all times.

This process invites us to look at creation in a new way, like the one which is found in nature.

The difference between the way we operate and the way nature works can be illustrated clearly by comparing a light bulb to the sun:

The light bulb shines light out until it eventually runs out of juice. We then need to buy a new one and replace it.

The sun, on the other hand, receives its own power. As it receives it inwardly, it amplifies and expands until it can no longer be contained. It then emerges naturally, flooding out into the world, enabling all life forms to be supported, effortlessly keeping all humanity alive.

The power that emerges from the sun is limitless, unlike that of a light bulb which is limited. We live in a society that has trained us to live as light bulbs when in fact we're intrinsically suns.

“Even After All this time
The Sun never says to the Earth,

"You owe me."

Look
What happens
With a love like that,
It lights the whole sky.”

— Hafiz

The process of embodying happens naturally and can't be forced.

It begins when the process of awakening naturally ends. That's when we feel we've gained sufficient clarity on the nature of our individual existence and the quality of our own soul's expression.

We can then enter naturally into embodiment. The embodiment period also ends naturally, when we notice that our power is beginning to overflow naturally, ready to be shared with the world. This part of the process can't be forced either.

This can happen as images or visions of projects appear in our lives naturally, or perhaps people show up asking us to come forward with our gifts and talents. It's a natural and organic process akin to that which is found in nature. This process is often represented by one of my favourite symbols in the Mystery School: the ouroboros. The symbol presents the snake eating its own tail. In eating its tail, the snake willingly receives itself (as you can see in the image below).

Inherent to this stage is the practice of death/birth. In theory, as the snake eats its tail, it kills itself, allowing the death of all which is not serving its existence and which is out of alignment with its true self. In swallowing itself, it allows itself to rebirth, taking on a new life of purpose. This can also be seen in the shedding of the serpent's skin.

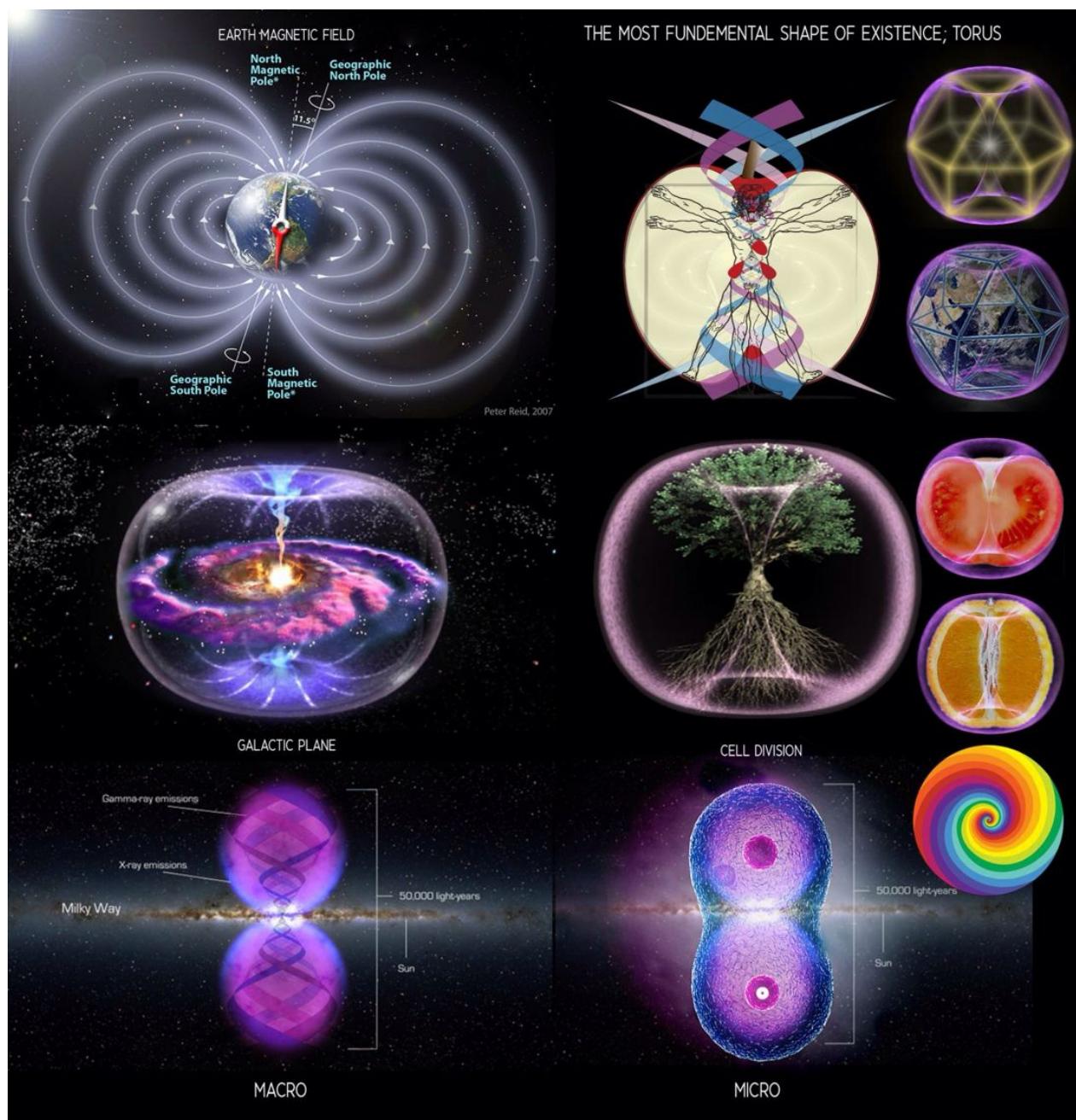


2- The torus shape

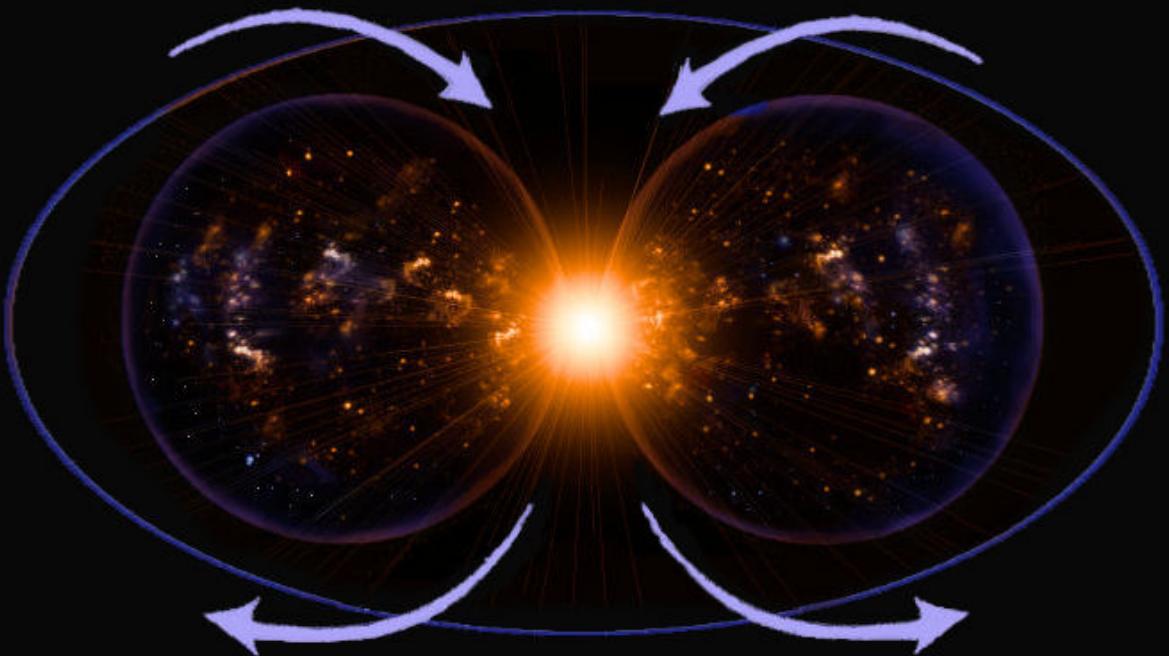
The process of embodiment also relates to the torus shape, which we've seen in previous modules, and is intrinsic to everything in nature.

Reminder:

The torus shape is a sphere with two dents, one at the very top and one at the very bottom. It's the shape of our universe, our galaxy and is a shape that's found intrinsically in everything created by nature. It's the shape of our hearts' magnetic field, expanding beyond our physical body. It's also the shape that every embryo reaches in the stages of mitosis, at which every human being is exactly the same.

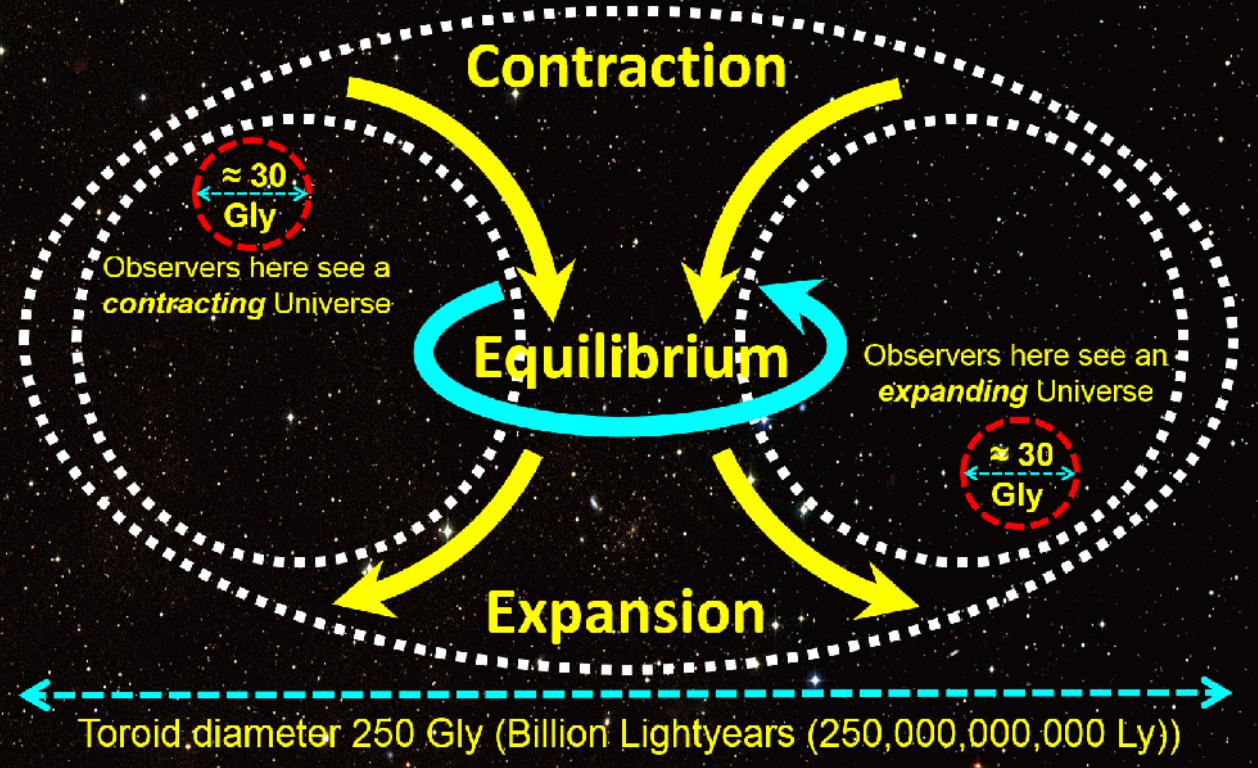


THE TOROIDAL UNIVERSE.



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The two red circles represent spherical volumes of space, with a radius of ≈ 15 Gly (about the size of our "Observable Universe")



You can refer back to module four, in which the torus shape and its relationship to the human body and energy field are explained at length.

I would like to refer back to the shape which demonstrates the shape of our universe based on the contractions and expansions which occur. The contractions which go inwards are received by our system. Expansions naturally happen as a result. Both contractions and expansions are needed for our universe to survive. If it were to solely expand, it would explode. If it only contracted, it would implode. The dance between the two allows it to remain in balance.

This conceptualisation of contraction vs. expansion invites us to expand beyond the usual stories associated with the idea that a contraction is a "negative" thing or a step back. The contraction refers to the intensity element in our famous equation of intensity + consciousness = form. It's the yin in the yin/yang, it's the infinite void that's the source of all life. Resting in the contraction or intensity allows a deep level of resourcing to occur from which life will then emerge in a form that can be shared with the world.

This refers to consciousness in our intensity + consciousness formula. In entering the process of receiving the endless, medicinal nourishment available to us, we enter the contraction process relating to intensity, like the snake biting its tail. This is why the electromagnetic field of our heart is shaped like a torus shape. Our heart effortlessly receives its own power and from that receiving, it can produce. It pulses into itself.

3- Becoming receptive

So how do we develop the ability to fully receive our power? This requires us to become more receptive. What does that mean? And how do we do that?

The answer comes from understanding what causes us to close ourselves and block ourselves from being receptive. With that we need to understand what it is that has caused us to limit ourselves.

3.1- Density vs. fluidity

As we've seen in previous modules, every being is a complex system of frequencies connected to our collective planetary process, which has been in operation for billions of years. As humans, we've learned to separate ourselves from it.

From a somatic point of view, we see that this separation manifests as density in the body. The density in the body is often the result of an act of protection separating us from something we perceive as dangerous.

The following examples demonstrate this:

1. Think about the moment you receive a vaccine. Your system is receiving something external which may not feel is in resonance with its nature. It will tend to protect itself and as a result of this, will produce a hard bump forming around the spot which has been jabbed. The same thing occurs with receiving mosquito bites.

2. Similarly, if a person accidentally walked into a glass door head first, a hard and swollen bump would emerge at the place where the contact took place. This is another example of protective density being generated by the body.

3. Or, for instance, imagine you were sitting somewhere relaxing and meditating and all of a sudden someone were to jump next to you screaming. Your body would feel a danger was imminent and would tense up. Generally, your back would straighten, your shoulders might tense up and your jaw might clench.

As we accumulate these experiences over a lifetime, we accumulate a large amount of density, cultivating a sense of division from our natural fluidity and source.

There's anything wrong with protection taking place, quite the contrary. Protection is an essential part of the human experience. I am however, proposing that we acknowledge its impact on our bodies as these experiences accumulate. Not only do aches and pains appear on our body, often consistently, division will also occur.

Where this happens, not only are we divided from our source - the source of life, we also end up becoming fragmented and unintegrated systems. Our body, which is meant to function as

one integrated, whole system, begins to function in isolated parts. A healthy and receptive system functions in a whole and integrated way.

For instance, in one of our practices, you might notice that a slowly wiggling motion in the fingers of your left hand might unexpectedly awaken tingling in your right toes. This relates to the activation of the fluid system in our bodies. The fluid system is where oneness exists in the body.

The fluid system connects all parts of our body together as an integrated whole. At a micro level, it's similar to what happens at a macro level when we see the hydro-sphere of the earth connecting all of the earth's water bodies together as one. The hydrosphere of the earth is responsible for maintaining it as one integrated system and connecting it to other greater systems.

The same happens with us. For instance, our fluid system, composed of all the fluids of our body, is also our connector to the greater field - to our source. When this connection is enabled, we can again engage with everything in existence.

One of the most significant ways that we can awaken the body's fluid system is through sound. Sound vibration will break up density which results from protection and division. As the vibration continues beyond the breaking down of density, it will also awaken the fluid system. This awakening is often perceived via spontaneous sensations arising in the body.

Our fluid system exists beyond density and also beneath the nervous system. The density and the nervous system deregulations are usually a product of our stories, narratives and experiences, including cultural conditioning and trauma, etc.

We drop below our stories and narratives that separate us. Then we can gain access to the more profound realm in which lies the truth of who we are.

Exercise:

In this course, one practice involves making humming sounds while plugging the tips of our fingers into our ears, blocking them firmly, an element drawn from Cranio-sacral therapy. The blocking of the ears creates an amplification of the sound vibrations, making it more effective.

It is known for Awakening the dura, a reciprocal membrane that connects the cranium to the spine. It will also awaken the cerebrospinal fluid, the most resonant fluid in our system, which apparently is one of the ways we connect to the source of life.

Emelie Conrad, the creator of Continuum Movement was a big advocate for the awakening of the cerebrospinal fluid and even considered that the biblical references of the snake rising up a tree trunk was in fact a representation of the cerebrospinal fluid around the spine as a connector to the greater realms.



As we hum while holding the ears blocked, we feel sound vibrations intensifying at the front of the neck. These vibrations can then begin to run down the front of the spine, either by using our hands, our awareness. The front of the spine is covered with a layer of fluid tissue which is connected to our tongue, another pre-vertebral element which precedes our density and the nervous system. We therefore allow the awareness to carry the sound down the front of the spine all the way down to the tip of the spine at the coccyx.

3.2- Slow movement

Slow movement is also another way of allowing our body to become more receptive. We've touched on the theme of our society's speed and how it creates division and density. Our brain wave states are an example of this. When we're doing activities fast, our brain waves will function in a more compressed way. When we're relaxing or even sleeping, our brain waves will be less compressed and more expanded.

The expanded state allows nourishment to be received more fully. For example, the expanded brain wave states we reach when we sleep allows us to receive more nourishment allowing repair and healing to take place.

On the other hand, social media use increases the speediness of our system and it becomes accustomed to receiving high amounts of information through constant notifications. Compression is created in the system as a result.

My aim here is not to demonise social media nor other technologies which can be used to bring benefit to our society. There is, however, tremendous power in being aware that this compression is taking place. Finding ways of integrating practices to slow down our pace are beneficial.

The compression that exists in our energetic system, in our brain wave states and in our consciousness are mirrored in our body and in our movements. Movement practices are therefore a great way to generate a consciousness shift.

There are various elements integrated in the practice of Orgasmic Shamanism, and in this course specifically, which relate to slowing down. These can often be excruciating, but are necessary to open ourselves to receiving. As we slow down, we begin to better perceive what is happening in our bodies, sensorially and also outside of our bodies, for instance sensing the rich energetic frequencies which are available for our body to nourish from.

When these are perceived, it makes it easier for us to receive them. Our being will find it more difficult to receive something if it can't perceive it. Slow movements can increase this ability to perceive. For instance, by slowing down the movement of our hands as they caress our body down the front of the midline, or slowing down the turning of the head or of our gaze to an excruciatingly slow pace, we'll usually be able to perceive an intensification taking place.

The sensations in our body become more prominent and the energy frequencies available around us become more perceivable as well. Our inner space and outer space become perceived as more potent and it becomes easier for a deep process of receiving to take place.

An exercise:

One of our foundational practices is the one in which we gently turn the head from side to side extremely slowly. I suggest putting on a timer for 10 minutes every morning and starting the day by simply turning the head slowly from side to side. Ideally, we would slow down the movement more and more, allowing for more intensity to be perceived.

After you've done this, pause in open space and notice how your inner world and your outer-world feel. Do the sensations amplify? Can you feel your inner world more intensely? Can you better perceive what's happening in your inner world?

I remember one time, after presenting this simple practice element in a workshop, a participant wrote me an email saying he found the exercise frustrating and unnecessary. It had apparently been a waste of time and he didn't understand why it needed to be part of the workshop. I acknowledged the email and understood this practice was probably not resonant for him.

The next morning, he wrote me another email with a very different tone. He'd done his usual weekly Qi-Gong class but this time could feel its effects very differently. He experienced sensations exploding through his body like fireworks and had experienced a connection which felt cosmic, in a way that no class had felt for him before.

He was certain that this was a result of the slow practice we'd done together the night before, which he'd initially resisted.

3.3- Unlocking the breath

Like density, our breath is generally a good marker of what's going on in our inner world. A tight and contracted breath, found at the top of the chest, is usually an indication of compression, which is related to the need for protection when our body is experiencing a lack of a sense of safety. A natural and more relaxed breath will tend to be more expanded, located in lower parts of the body, at the lower belly, even at the pelvic area.

When we observe a newborn baby, we can see that they are usually breathing with their entire body. This is a natural and biological breath which is expressed in a body and which is integrated and functioning as a whole, before any division has begun to take place as the result of compression or trauma.

In our practices, we're not attempting to change our breath but simply observe it. As the practice evolves, we continue to see our breath shift and change as a result.

The breath is not as much a tool or instrument but rather a marker of where our system is.

As we use the sound elements and the slowing down elements we've seen previously in this module, we'll often find that the breath changes as a result. We will begin to find it expand, dropping to lower parts of our body. We can also often find that rather than looking for our breath it finds us. We, like a baby, are being breathed.

Our breath effortlessly connects us to the source of life. Its effortlessness attunes us to the intelligent forces behind the ebb and flow that engineers the creation of all existence. Every effortless inhale/exhale reminds us of our unshakeable connection to the forces behind all of existence. The breath is a central way of receiving more nourishment from the source of life.

Every inhale effortlessly reminds us of birth or the coming into form. Every exhale reminds us of the death, the dissolving into chaos.

The breath as well as keeping our sensations in awareness is a great point of focus allowing us to maintain awareness as we're merging energetically.

Many practices will advocate the intentional slowing down of the breath, especially the exhale which has been proven to bring great benefits, especially at engaging the parasympathetic nervous system and relaxing an overactive sympathetic nervous system.

In this practice we will often try not to modify the breath but rather let our awareness rest in it. As we use other elements such as sound, slow movements and deepening our grounding into the earth, the breath will find itself naturally regulating. It will find a more balanced and nourishing rhythm. Then we will find ourselves being breathed by our breath. Our inhales filling us naturally and our exhales being released naturally. This becomes an invitation to let effortlessness guide the way.

3.4- Positive feedback loop

Another way to open ourselves to more receiving is through nourishing from the positive feedback loop. The positive feedback loop is a way for us to nourish ourselves from the positive sensations in the body.

Traditionally, humans will experience negative feedback loops. This refers, for instance, to a deregulation of the HPA axis. The HPA axis refers to the relationship between the hypothalamus, the pituitary gland and the adrenals. The hypothalamus is responsible for enabling the secretion of hormones in our bodies. When activated, it will send a signal to the pituitary gland to produce hormones which will then send a signal to activate the adrenals as well. When fear is awakened, or a threat is perceived, the amygdala will be triggered which will then activate the hypothalamus and generate new hormones. This is known as a negative feedback loop. This feedback loop, with time, becomes a pattern which affects our consciousness and affects the way we live in the world.

Simply put, a situation will create fear and or stress. This will create a reaction in the brain which will send signals to the body. This body reaction will send signals back to the brain and continue to perpetuate the pattern. The body becomes impacted by the thoughts of fear and stress which create patterns that affect our body.

A positive feedback loop will do the opposite. Instead of starting from the brain, our starting point will be positive sensations, for instance in the PC muscles. One way to generate a positive feedback loop, for instance, is to awaken PC muscle contractions in the pelvic area and carry these up to the crown of the head.

The PC muscle is the pubococcygeus muscle, located between the scrotum and the coccyx at the tail bone. We activate the PC muscle through contractions between the scrotum and the anus.

By using our breath, we can then raise this contraction from the perineum area, all the way to the crown of the head, at the top and centre of the head.

By doing this we can generate a positive feedback loop, where signals are sent from the body, from a pleasurable sensation, up towards the crown, rather than the opposite way around which will often happen in a negative feedback loop.

A negative feedback loop will often cause a system to be more closed and unintegrated while a positive feedback loop allows the opposite, allowing us to receive more of the power available to us.



3.5- The involutions: the closed-loop

Another way to "receive our energy" within our body is by creating a closed loop through the practice of involutions. The use of the word involution here refers to the philosophical meaning in which an involution occurs when a process or object is ontologically "turned in" upon itself.

Somatically, that involution process happens when we bring our hands and feet together so that the energy we normally send out into the field remains contained and fully received by the body. This is a way of retraining our mind and reshaping our consciousness via the nervous system, to allow itself to receive its nourishment fully, rather than send it out to the world and share it before it's time.

Practice:

An easy way to achieve this is to bring the hands together in prayer or place them anywhere on the body when doing a dive practice. While making sounds, feel the sensations amplify in the body, allowing them to remain in the body. This may sound simple, but be aware that it can often be challenging to resist the urge to let the arms and legs move away from the body.

A great example of this is the practice of "Peace Prayer," which is part of the Continuum movement practices. In this practice, we hold our hands together and move them in a circle around the upper body. Here, we breathe with the mouth closed and the cheeks puffed, making an "O" sound.

Everything about this practice is geared towards feeling the energy involute in your system.



At the end of the practice, when we release the hands and open the closed system, we can feel a big difference in our field; the contrast between closed and open becomes very strong.

I've included a video of this practice on the course content page for you to follow.

3.6- Achieving multiple orgasms

Our orgasms grant us access to the highest energy available to our being. Whatever type of orgasm we engage with, whether traditionally sexual or not, we experience pure energy being brought to life in the body.

Multiple orgasm practices, which have been used by our ancestors for thousands of years, have been popularised in the west by Mantak Chia with his book "The Multi-Orgasmic Man." These practices aim to separate ejaculation from the energy of the orgasm which allows our body to receive its orgasmic energy rather than releasing it.

If it's of further interest, I've included some notes about multiple orgasm practices in an annex on the course page. These have been adapted from traditional practices and include elements that relate more closely to Orgasmic Shamanism.

3.7- Stretching the envelope : preparing our body to receive more energy

As humans living in a physical body, there are limitations to how much energetic frequency we can embody or handle.

For our being to receive more energy and to be able to use it and integrate it, our physicality needs to be able to receive more energy as well.

Therefore, it's important to find ways to "stretch the envelope," as my teacher Kenneth Ray Stubbs would say. This allows the body to gain the ability to receive more of the energy that's available to it. One way of stretching the envelope is simply by focusing on the sensations in our body when we're in connection to higher frequencies of energy. For instance, when we're merging into sacred power spots with a teacher or a shaman, or tuning into our workshops.

The sensations, which can be uncomfortable at times, will allow us to see where our limits are and where our body might be resisting the receptivity of energy from this field. We therefore benefit from sitting with those sensations. By allowing it and doing so, the envelope is stretched.

Nutrition and diet are another way to stretch the envelope and allow our physical bodies to increase their ability to receive higher energies. Nutrition works with the microbiome to enable us, from a biological point of view, to have access to more energy.

Ways to strengthen the microbiome include the following:

Eating fermented foods, such as:

- kefir
- kimchi
- kombucha
- miso
- sauerkraut
- tempeh.

Eating prebiotic fibre.

These are non-digestible carbohydrates that include the following:

- asparagus
- bananas
- chicory
- garlic
- Jerusalem artichoke
- onions
- whole grains
- cacao

Avoid eating sugars, sweeteners and taking antibiotics as much as possible.

Aside from diet, it's also essential to get enough sleep.

During a time of energetic expansion, such as during the period of this course, it's essential to be aware that a considerable amount of energetic development is taking place. As a result, it's crucial to put in place suitable support systems for it.

I suggest choosing some of the above elements that best fit you and commit to weaving them into your habits.

For instance, I drink a glass of kombucha every day before my mid-day dive and every morning I have a smoothie made with cacao and a banana in a glass of non-dairy milk with vegan protein. I also drink powdered chicory in hot water as a coffee replacement with a bit of cacao and fungi powder every morning. I try to avoid sugar in this drink and will use date syrup if a sweetener is needed.

4- Merging and receiving energy

Once we've developed greater abilities for our body to receive more energy (by merging energetically and connecting to our source), we allow ourselves to receive the energy of source and embody the energy of the undifferentiated essence of existence.

You can refer back to the module on energetic merging to rekindle a connection to this knowledge.

5- Energetic suppression

One of the embodying stage functions is to nourish from this energy (which comes from more intrinsic planes), to serve as internal medicine, healing and to help transform areas of our lives that are out of balance.

For instance, if any emotional disorders or neurological imbalances arise, we should turn inwards and allow ourselves to receive our energy, potency and nourishment to heal those particular areas before moving on to sharing ourselves further with the world.

These will often show up as pains or discomforts in the body, which are often recurring. They can also show up as conflicts with the people around us. They might even repeat themselves as patterns with various people or at various times and occurrences.

All of these will signal that something needs to be addressed, and very often, the solution lies in our essence. From an energetic point of view, every imbalance shows up in our energetic system as suppression of frequency waves. By allowing ourselves to receive more energy, by the process of merging energies, for instance, this suppression of energetic frequencies can come back into balance.

Again, this will tend to go against our society's standard narrative. For example, if money issues arise, we will often be told to strategise and plan how we'll go ahead and make money. If conflicts or health issues arise, we're often told to keep busy to distract ourselves from them, keeping our minds off them.

The invitation of this course is to do the opposite; to stop everything, turn inwards and allow ourselves to hold our sensations in awareness while merging into the greatest energies available to us. In doing so, we can bring balance to energetic suppression issues and things can fall into place. This inner harmony we can find and achieve is part of the gift that we're here to share with the world. As we find this harmony within, we'll find ourselves magnetising others that are also interested in this harmony.

At this stage, I find it essential to express once again that these stages of actualisation are not linear. The Mystery School processes teach us a new way of living that can lie in the background of everything that happens in our lives.

In some moments, the sharing will effortlessly happen from a place of flow; nothing will be required. In other moments, issues will arise, indicating that it's time to dive back inwards into a process of embodiment.

At other times, we may experience confusion regarding our direction or a lack of clarity on what we bring to the world. We might even feel like the nature of our essence is evolving. In this case, it will be appropriate to return to the stage of awakening.

6- Cognitive explorations

The awakening stage, as we saw in the previous module, included an exploratory cognitive process composed of questions that can guide us to explore the direction of our power, nourishment and essence. This benefits us by allowing our cognitive mind, our brain, to trust this process and relax into it, allowing the body to do its job.

As a continuation of this, the assignment for this module will include a series of questions relating to the receiving of this power and essence and ways of integrating them with our practice.

7- Case study - John of God

For a long time, John of God, known in Brazil as Joao de Deus, was recognised as one of the most famous, influential and important mediums across the world. He became so famous that the entire town of Abadiania was built in the state of Goias near Brasilia, to support his clients and followers. The house of John of God would receive visitors from all over the world who would seek radical levels of healing. The house would sometimes host as many as three thousand guests per day, some seeking emotional resolution and others seeking healing for more severe conditions. Many people would also bring children who were experiencing severe or fatal medical conditions after having exhausted all other options. The fame of John of God came from his reputation for being a miracle healer.

Some people would even move their entire family to the town of Abadiania from other countries to spend years near the medium so that they could receive continuous healing and eventually see these conditions be resolved.

The treatments, which were free, often involved a process called "psychic surgery," where a client would receive an operation to the psyche, administered by one of his main house guides.

After these would take place, participants would be instructed to lie in meditation in their hotel room for twenty-four hours and then abstain from sun, sex and alcohol for another month while ingesting passiflora tablets and sacred water.



Some of his operations would be more physiological. Joao was famous for his radical interventions, either in front of a crowd or in his private treatment room. He would operate on blind people's eyes with cardboard knives, enable heart operations that confused medical doctors, or would even treat autistic children to the point that they would often walk away appearing to be completely healed.

When I visited the casa myself in 2015, I was stunned by the energy of the space and found myself experiencing surprisingly powerful energetic shifts. The psychic surgery process I received was followed by powerful dreams and spontaneous meditative experiences of altered states of consciousness, which allowed me to dive deeper within myself and take away lasting insights that have enabled me to make significant life-changing decisions.

I was also struck by the way he presented his work to the crowd. Before the thousands of participants who queue up every Monday, Wednesday, and Friday, the house hosts and guides would repeatedly explain that John was channeling the spirit of Saint Ignacio of Loyola. They were very clear that the healing did not come from John but rather from the spirit channeled through him.

In 2019, things took a dramatic turn for the medium, the house and the town of Abadiania. The rise of the #metoo movement led hundreds of women, apparently more than 200, to come forward with allegations of sexual abuse and rape against the medium. He was arrested and trialed and sentenced to nineteen years in prison, with many cases still pending against him.

This, to me, refers to some interesting points regarding the embodying stage and its place within the Mystery School process of actualisation. While I understand the concept of "channeling" full well, I had for a long time been resistant to the idea that healing is only channeled from other forces and that we are merely empty vessels.

For me, this denial of our own power points to a radical devaluing of ourselves and is a product of a society that is not constructed in a way that would allow us to embody the truth of our own potency.

It's for this reason that we become afraid to be told "who do YOU think you are?" With this, we prefer to deny our own power and simply refer to ourselves as a "chosen vessel." We will often even say that anyone could have done it.

I have no doubt that John of God had access to very strong powers; I witnessed it myself first hand. I also witnessed this denial of power, as he continuously claimed he was merely a vessel.

In my heart, I feel that if John of God had acknowledged the power which was available to him and embodied it deeply, receiving it for himself as a medicine, rather than simply letting it run through, things might have been different.

Holding the space for so many people can be very heavy and can lead to various types of imbalances that need to be held and supported.

Yet we've built a society in which this is wrong; in which a priest such as Dom Ignacio, channeled by John, would have been considered a saint in the early 1500s. Yet at this time, we're unable to accept that this power as a source that could be available to us humans existing in our modern times.

To receive our power and own it is not egotistical nor selfish. It simply acknowledges our connection to oneness and our ability and willingness to awaken a link to the greater field that we ALL have access to. Every human has a gift and an ability to transform the world. And each of our gifts is unique.

It's our job to hold and honour that unique frequency. Knowing that it's all part of the great oneness can help us understand that it's available for everyone and doesn't have to be seen as a product of the ego.

But acknowledging our personal power and brilliance allows us to acknowledge it in others as well, and this is what the world needs. This is the power of the Mystery School. I believe that our power lies in knowing we own it and not having to use it to turn it into unnecessary dramas, stories or narratives. We should simply move through life, embodying our power and watch the world around us be transformed as a result.

Seeing the God in ourself allows us
to see the God in every other human.

There is no greater way to transform
the world.