

Module 18/18

The Void.

Quantum time, the infinite now, Eros and the eternal orgasm.

There's a universe called Absence.

Its waves break on the shore of existence.

Jump right into that wave.

You'll see your candle light up all the other candles
and its light will mix with the light of all the great luminaries

The wave of the sea carries you to just such a place in the land of
Absence,

Where it breaks the ties of your soul, from everything you're
attached to.

Only in the land of absence, can you discover your absolute being.
You'll become the king of the harem of absence.
Everyone will follow you there.

Existence itself won't be able to look at you.
Because the light of your greatness will blind its eyes.

-Rumi

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1- Introduction

In 2014, a few months after my initiation into shamanism, I took Buddhist refuge in Nepal under the 7th Tharig Rinpoche, Jamyang Kunga Trinley Pelbar.

One of the learnings from Buddhism that resonated the most, leading me to take this step, was the idea that our entire reality is destroyed and recreated constantly, in every instant.

This death/birth happens multiple times per second, meaning that everything has the potential to be entirely transformed in every moment.

Our expectation of how things should be keeps everything appearing the same or similar.

Our expectations are generally formed by experiences from the past that limit our perception. These are typically related to cultural conditioning/programming, ancestral patterns, or traumatic experiences.

Over time, these limited perceptions perpetuate and form patterns.

The more these patterns run the show, the more limited our lived experience becomes.

What we see as reality, the here and now, the present moment is only a projection, an illusion.

2- The mechanics of limitations

In the shadow work modules, we have seen the mechanics of these patterns in depth.

Here is a reminder:

When a specific significant event happens, our brain will generate hormones and chemicals that send signals triggering reactions in our body.

Our bodies will then react, sending signals back to our brains.

The HPA axis, regarding the relationship between the hypothalamus, the pituitary gland, and the adrenals, relates to this.

The hypothalamus is a gland in the brain that controls our hormone system. It releases hormones to the pituitary gland, another part of the brain, that sends hormones out to different organs.

The adrenal glands, which are small, triangular-shaped glands located on top of both kidneys, will then be triggered. They produce hormones that help regulate your metabolism, immune system, blood pressure, stress and trauma responses, and other essential functions.

So when an experience that is stressful or traumatic occurs, our hypothalamus will be triggered, and the process begins. The hormones will trigger adrenaline responses in our bodies; some of them we might recognise as fight or flight. These generate a response in the brain that perpetuates the same cycle again.

This perpetuation creates the negative feedback loops that create our patterns.

For instance, in the case of a traumatic event happening at a young age, such as abuse, the brain will create a story that the world is not safe, which generates a stress response.

This response produces hormones released into the body, awakening responses relating to stress and lack of safety.

These responses may be experienced as contractions, holding, short breath, increased heart rate, sweating, shaking, etc.

The body will then send signals back to the brain, creating a negative feedback loop of stress and anxiety relating to the lack of safety.

These physiological responses will also generate responses in our energetic patterns, which will be suppressed and compromised.

As these patterns are created and perpetuated, they generate a neurological circuitry that is limiting. We will become programmed to perceive the world outside of ourselves as unsafe, simply because this is what we consider to be our truth, our story.

We often aren't able to perceive anything else.

In the case of the death of a parent, we might experience abandonment. The brain will create a story that we will inevitably be abandoned by those we need, those we love.

That story of abandonment will send a response into the body, which will react with a stress response that will send a reaction back to the brain.

This story and this perpetuating pattern will filter our perception of life. We will see abandonment everywhere and will live a fearful, contracted experience as a result.

The list of types of patterns is endless.

Whatever the story is, it will likely keep us in a limited expression of ourselves rather than allowing a more truthful and expanded version of our being to arise.

This fear creates a contracted space in which we fear being ourselves.

The separation and disconnection from ourselves lead us to cultivate co-dependency.

We develop attachments to our environments due to our inability to reference what is within us.

Perpetuating this codependency further divides us from our truth, limiting our experience of what life could be.

Our access to greater potentiality is significantly restricted.

This causes us to have irrational reactions to specific experiences.

Our underworld will distort our experience of reality, and the world will experience a distorted projection of ourselves.

3- Quantum time:

These patterns relate to the past and the future, and are therefore bound to our experience of the space/time reality, which is limited.

They refer to experiences which happened in the past which generated projections about the future; and therefore keep us disconnected from the present moment, which we call the Now. As we transcend this limited illusion, we can move beyond the space/time continuum and experience the Now.

The experience of the Now has an important role to play in this course. Eckhart Tolle was one of the thinkers who popularised this concept, which, I believe, can also take on many different dimensions.

In the frame of this course, the now is much more than the avoidance of the past and the future.

The Now is a concept that can't be named.

By the time you have said the word "Now" it is technically the future.

The Now is the infinite, eternal void beyond our current/space-time reality.

It is the non-local, the orgasm field.

It is the land of absence, the term coined by Rumi.

It is the space between the source of everything and the starting point of the process of formation and manifestation.

It is the limitless, potent expanse from which everything arises; everything is birthed.

It is the timelessness, the potent void, of the greater realms beyond all material form.

This experience of the now becomes the medicine to the patterns mentioned above.

4- The "disorder" of time.

In my opinion, one of the most significant learnings from science is that time doesn't exist. Or at least, it's not what we think.

As a culture, we have learned to experience time as linear, simply because our rational mind somehow needs to make sense of it.

But it is trying to make sense of something that doesn't make sense at all.

Science has proven that time is not linear, the same way that the earth isn't flat and the sun doesn't revolve around the earth.

The passing of time is a fruit of our own perception. What we call past and the future are simply events happening simultaneously. It is how one event relates to the other that creates the idea of time passing, which appears linear.

Sunset time lag

One of the indications of this is a time lag in the sunset.

By the time we see the sunset, it has already set because the light of the sun takes 8 minutes to reach the earth.

So the "now" of the sun and our "now" on earth are two different moments, almost as if both existed in two parallel worlds.

Time and speed

Another indication of this is a singular paradox attributed to Albert Einstein relating to time and speed.

"The faster you move, the slower time moves for you."

In 1971, two Americans (a physicist and an astronomer) experimented, sending four atomic clocks in different directions around the planet to see if they'll gain nanoseconds compared to the US Naval clocks observatory.

They did, exactly as Einstein predicted.

5- Time and gravity

Another significant scientific indication that time is not what we think is that time doesn't pass at the same speed everywhere.

Time passes faster at higher altitudes, on hills and mountains than valleys.

Even a clock on a table would tick faster than one placed on the floor.

According to Albert Einstein, gravity is just a side-effect of large bodies of matter modifying the structure of space-time between them.

This modification leads the earth to slow down the flow of time, but it does so at different rates. In the plains and valleys, which are closer to the earth's center, time passes more slowly than in the mountains.

If this topic interests you, I highly recommend the 2016 bestseller "The order of time" by scientist Carlo Rovelli.

Similar to Einstein, Rovelli speaks of the relationship between time and gravity.

"If things fall, it is due to this slowing down of time,"

In interplanetary space, things do not fall; they float without falling.

On the earth's surface, however, movement inclines naturally toward where time passes more slowly. Things fall down because "down" is where the earth slows things down.

We see this in the 2014 movie Interstellar, in which Matthew McConaughey was invited to go on a mission on another planet to help save the earth. He is told that for every hour he will spend on that planet, 7 years will pass on earth. This, of course, requires him to leave his children and wife behind.

We see McConoughey in a race against time, trying to complete the mission soon enough to come back to earth in time to see his daughter one last time before she dies.

Spoiler alert, there is a point in the movie where McConoughey's character drops between what appears to be rubber curtains. As he looks through the curtains' strands, he sees events that happened at various points in time as if they were all happening right now.

This is the genuine concept of the now: Everything is happening simultaneously.

Time and gravity

The relationship between time and gravity is instrumental.

In our somatic practices, we have seen how our body can defy our commonplace ideas of how we relate to gravity.

Generally, we tend to see the earth as pulling us down, and our body lays heavily on the earth.

In the are relationships to gravity we experience in our dives, this action of pulling us down will often give rise to effortless movements that appear to be suspension, floating, etc. We find ourselves "hanging" in ways that are uncommon to most humans.

In relating to gravity in these different ways, we also change our relationship to time, perception, and our entire reality can be shifted, if only slightly.

We "hang out" (literally) in a space beyond our time/space reality where our stories and narratives do not run the show.

The more we can hang out in that space, the more our body and our energy field can release the patterns which limit and confine it.

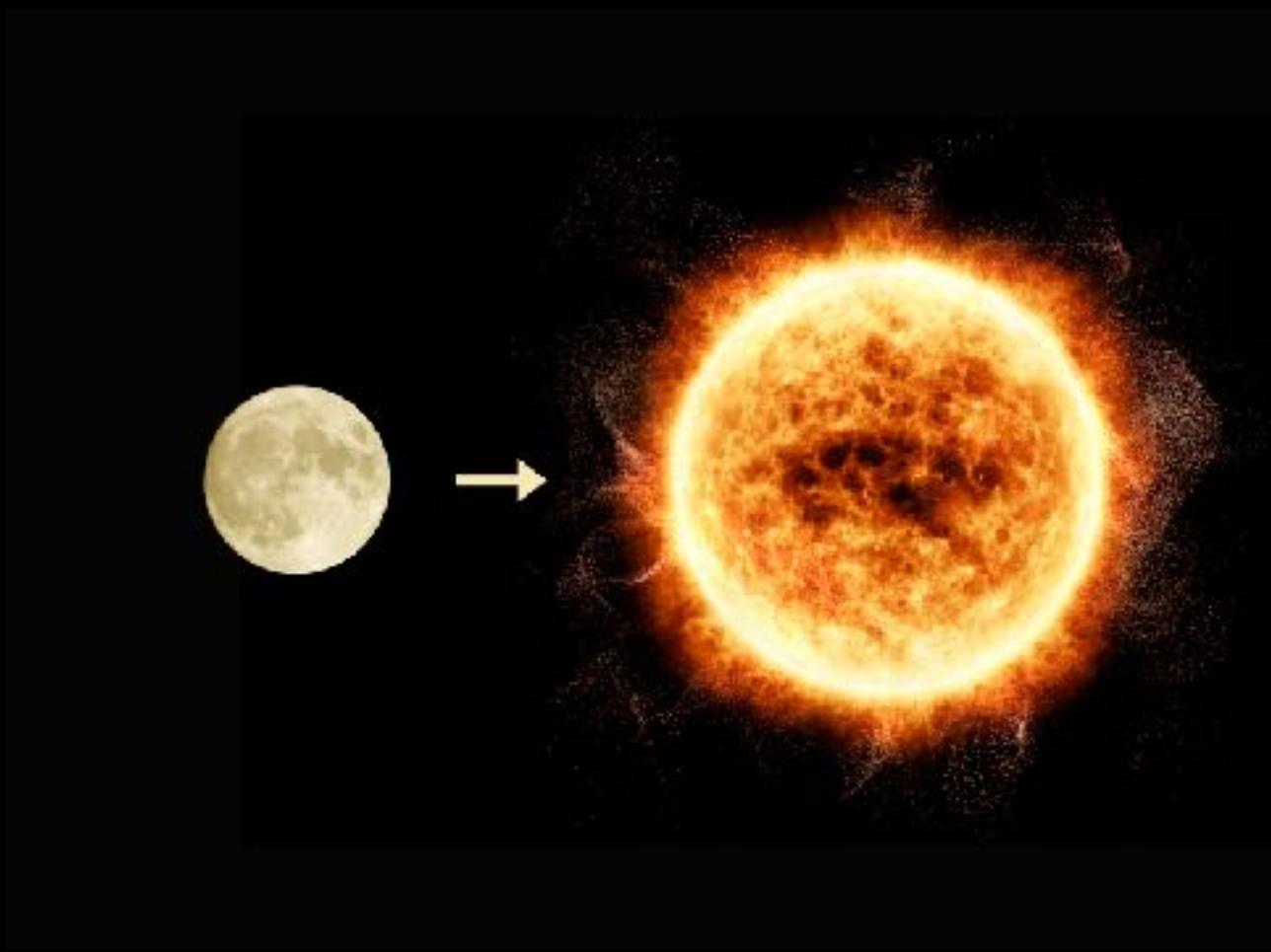
6- Entropy

The entire universe is created by a process of entropy.

Entropy is a measurement of disorder and also a measurement of density.

Low entropy = lower disorder

High entropy = higher disorder



Entropy is a fundamental concept in understanding the passing of time.

In "The order of time," Rovelli speaks of time being fundamentally interrelated with heat. He says that what we call time is a process of entropy by which a system disintegrates over time.

Entropy is a process of slow decline into disorder and randomness, by which particles naturally move from being denser to less dense.

The law of entropy, relating to the irreversible progress of heat, is the only indication of any distinction between the past and the future.

A great way to visualise it is by picturing a glass bottle smashing into pieces.

We see this process in the wheel of a car that is punctured: the air inside it will leave the wheel rather than the air outside it going into the hole.

The truth is that there is no order of time.
Time relates to the irreversible progress of heat.

We can only differentiate between the past and the present, which don't really exist, because we live in a universe whose entropy is low (denser) in the past.
Entropy always increases, relating to the processes that will eventually lead to our dissolution and death,

Because of this, memories exist, traces are left, and there can be evolution.
Nothing is; everything happens.
The world is made of events, not things.

The earth's relationship to entropy relates to its connection to the sun, which is a source of low entropy. It uses the sun to power its processes, including those leading to our death.

Fearing the transition, being afraid of death, is like being afraid of reality itself, like being afraid of the sun.

If time doesn't exist the way we believe it does, things don't exist either: what we see, what manifests in form, is simply a more durable event.

The hardest stone is only a momentary interaction of forces, a process that, for a brief moment, happens to hold itself in equilibrium before disintegrating into dust again.

The world is not made of stones, but rather light, energy, sounds, or waves, moving through the sea.

How things change is according to each other.

The world is like a collection of interrelated points of view.

- Carlo Rovelli

7- Time and form

For instance, if a couple on a beach were leaning on a large rock and sharing a kiss, we will generally see the kiss as a momentary passing event, with a beginning and an end.

The rock they lean on appears to be a "thing."

However, even the densest things, such as this rock, are only long events.

"The hardest stone," writes Rovelli, "is, in reality, a complex vibration of quantum fields, a momentary interaction of forces, a process that for a brief moment manages to keep its shape, to hold itself in equilibrium. Before disintegrating again into dust."

The world is not a collection of things; it is a collection of events.

An electron is concrete only in relation to the other physical objects it interacts with.

In other words, concreteness happens only in relation to a physical system.

This is how the world becomes compatible with relativity: the discovery from physics that the present is relative to the observer. What is real for one is not real for someone else.

We are for ourselves what we see reflected to us by our surroundings.

Time is not an objective fact; it is not something that exists "out there". It emerges due to our particular perspective of the universe, granted by a set of circumstances and our subjective vision.

Our reality is shaped by perceptions that make sense relating to our stories of the world, that relate to our survival. We organise things in a way that makes sense to this narrative.

"People like us who believe in physics know that the distinction between past, present, and future is only a stubbornly persistent illusion." - Einstein.

8- The three main ingredients of identity

So if the Buddhists were right in believing that the entire universe could be recreated in every moment, even various times per second, what keeps me identifying with the illusion of who I am?

Our friend Carlo Rovelli speaks of 3 main ingredients that keep us in our identification of who we are:

1- Point of view,

2- Organization by grouping and segmenting,

3- Memory.

1- Point of view: The world is reflected in each one of us through a rich spectrum of correlations essential for our survival. Each of us is a complex process that reflects the world and elaborates the information we receive in a way that is strictly integrated.

2- Organisation: We tend to group and segment things into entities to better grasp them.

3- Memory: Memory organises things in our brains narratively, making strict distinctions between past and future events.

That is why people who have memory problems can't organise the world neatly and confuse the past and the present. That is why they no longer seem as unified beings—but as someone different from them.

Memory is a guarantee of identity.

9- Memory, trauma, and the order of time

While it is one of the key ingredients that keep us in identification, disorders relating to memory can also enhance the patterns.

For instance, when trauma occurs, the hippocampus is affected.

The hippocampus, located in the brain's temporal lobe, is where memories are formed and indexed for later access. Those of us who have experienced trauma as children will experience issues with the hippocampus.

This leads to memory loss and an inability to remember certain events correctly.

Like everything, this does serve an important function.

The events were so hard to bear by us that our system instructed the hippocampus to be compromised so we would forget them.

This disruption causes our linear sense of memory to get affected as well.

Because of this, our ability to experience linear time is skewed.

Therefore, our brain will create unfounded associations between moments that are happening now and events that have happened in the past. This creates responses in the nervous system, which will further disconnect us from the eternal now, from the truth of the situation and the truth of who we are.

For instance, if a person was hit by a car while crossing the street years ago, an event which traumatised them, they might be hyper-vigilant while crossing the street at moments when it is entirely safe.

They might hear the sound of a leaf blower and believe it is the sound of a car, truck, or van. They might jump, freeze, or sprint across the street as a result.

Functioning this way leads them to a limited and more "compressed" view of life, keeping them from truth.

In these situations, the answer is in the body.

Practices such as our deep dives, and our energetic transmissions, allow us to transcend this illusion and duality and drop into a space of eternal now.

As we know, the longer we stay in this eternal now, the less we will identify with these memories, patterns, and illusions.

10- The mystery school, time, and the void

None of these ideas are new; great minds such as Plato and Aristotle, both mystery school initiates, shared similar theories centuries ago.

Plato, who was an initiate of the mystery schools of Ancient Greece, spoke of the eternal now. He famously said:

"Only philosophers can grasp the eternal and unchangeable, and those who wander in the region of the many invariable are not philosophers."

Philosophers have the ability to grasp the eternal and the unchangeable, to hold those things that are outside of our everyday experience.

If something is eternal, it's outside the region of time; it's outside the experience of time.

He also says that philosophers who grasp the eternal and the unchangeable also grasp absolute truth, wisdom, beauty, goodness, the essential elements in reality.

These don't vary depending on our perception or point of view; they are outside linear time.

What is within time are the shadows of truth, wisdom, and beauty.

Those who can't see this absolute, live in a world where "reality" varies from one person to the other depending on our perception.

Money, for instance, means one thing to one person, another to another. We believe the linear order of time that we perceive is reality. It is not.

The Allegory of the Cave.

Plato explains the distinction between those who can experience the absolute and those who can't, using "the Allegory of the cave".

He relates those who are un-enlightened to people who are chained to the back of a cave, who would have spent their entire life in a cave, and are children of generations who have spent their whole lives in a cave. They don't see the beauty of life from the back of the cave, only its shadows. What appears to be reality will simply be a shadow of what reality is.

Shadows change, which means they are inside of time, which means they can not be real. The absolute reality is the truth, wisdom, and the things that don't change in time; The things that belong to the eternal now.

Normal people who haven't experienced the mysteries, or a similar awakening, are the people in the cave who see the shadows and believe they are real.

In the next part of the allegory of the cave, a person breaks free from the chains, and he runs past the shadows and experiences the light of day.

He sees the forms of reality and not the shadows of reality.

For Plato, what is important is the actual reality, wisdom, and beauty that exist outside of time. Everything that we think is reality is not reality, but rather, it is the shadow of reality.

Aristotle's views on time

Aristotle, who was an initiate of the mystery schools of Ancient Egypt and a student of Plato, accepted these ideas and went further.

He defined time as an order of events that relate to each other.

He also saw time as movement: the counting of the before and the after, the number of movements regarding the before and the after. It comes from a person noticing a change between before and after, therefore relates entirely to perception.

Time is simply a change that we see or change that we experience.

The Now, he professed, is all there ever is.

He also spoke of various "Nows"; meaning that each of us has our version of the Now, which varies depending on our perception, views, and even the nature of our soul.

While Plato was uninterested in what happened within time, Aristotle said that understanding what is bound by time will ultimately help us understand what is outside of time.

He believed that understanding how things worked within time allowed us to understand the incredible beauty of the eternal now that Plato wanted us to understand.

Similarly to Plato, Aristotle spoke of the true beauty of life existing beyond the limited time/space continuum, the ability to transcend the time/space reality is key in the mystery school.

Time relates to space, and space/time forms a layer of illusion necessary to transcend for us to expand into limitlessness.

In doing so, we access the greater beauty of the infinite and access the powers that we seek, that are innate to us.

Our dive practices in which we transcend time, space, and form become medicine for these distortions. This is why the long dives in the dark, which last many days, are ideal.

We transcend the space-time duality and engage with the eternal now, the place where beauty and deep wisdom exist, according to Plato.

II- The brain wave states:

The difference between being in the eternal now and being lead by the past and present relates to our brain wave states.

There are four main types of brain wave states.

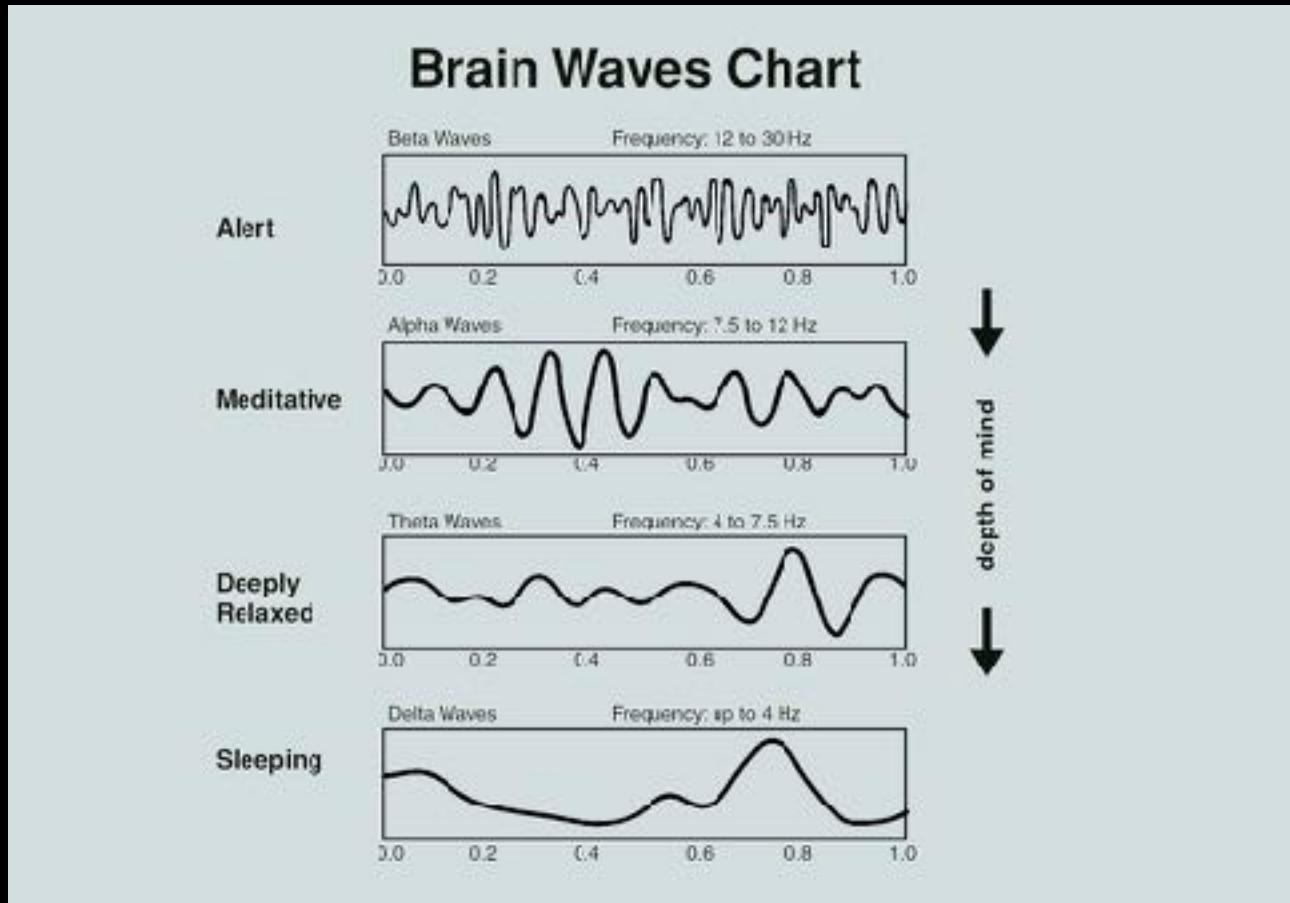
These vary in degree of compression from Beta (most compressed) to Theta (least compressed).

BETA - The Beta brain wave state is the one we function at most of the time in our day to day activities

ALPHA - The Alpha brain state is the one we reach when we are in deep thought or light meditation

THETA - The Theta brain wave state is the one we reach when we are in deep meditation

DELTA - The Delta brain wave state is the one reached when we are in deep sleep



When we are in the past or future, identifying with stories and patterns, our brain waves are more compressed (Beta). When we are in a more "compressed" state, we are more closed, protective, less receptive, less creative, and less open to new possibilities.

When we are in our dives or deep meditation, we are in delta or theta mode.

The eternal now allows us to access more resources, creativity, and potential for creation.

12- The dive and the body

Through our dives, our bodies become instruments for accessing the eternal now, beyond the space/time continuum.

The limitations of the space/time continuum, of our patterning, our lived experiences, trauma, etc., exist in the body. This is also where they can be transcended with the right amount of awareness and practice.

Our breath:

Our breath reveals and reflects the internal state of our system. By examining our breath, we gain awareness of the level of compression in our systems. A short, quick, compressed breath indicates a conditioned compressed system, likely bound to the space/time.

An expanded breath holds spaciousness and indicates our being is more likely to connect the eternal now.

Sounds:

The use of sounds can break down the density which relates to the compression of the space-time limitations.

Slow movements

The movement of the universe is slow and spacious. This is why one of the key elements of our dives is "slowing down".

Our habitual quick movement patterns are efficient and relate to order, rationality and compression.

Sensations

As we slow down our movements, we gain a greater awareness of our sensations.

Sensations are where the Now exists in our bodies. Sensations are the first order of perception; They are where everything is first perceived. They hold no stories, no narratives.

Our thoughts and emotions relate to the past and the future and are bound by the space-time continuum.

Sensations are key, as we know.

Sensations also give us a sense of the state of our system.

Sensations related to compression, clinging, contraction, they are a response to the limited space-time continuum.

Sensations that are more fluid and spacious, like the ones we experience in the open spaces of our dives, relate to the great expanse of the eternal now.

They are the place where the form meets the infinite, and conversely, where the formless comes into form.

These sensations are an expression of Eros: as we linger and follow them, they lead us to the land of absence and the unknown- The void.

The orgasm field.

For me, sensations are like the gentle ripples at the top surface of a body of water that are an indication of something greater happening below. When we follow these, they lead us into the greater depths of pleasure that lie beneath, at the ocean's floor.

The sensations are Eros, the treasures on the ocean floor are the orgasm field.
Eros is the process that leads us to the orgasm field.

The fluid system

In the somatic part of our work, the awakening of the fluid system is key.
It is the fluid system that allows us to find oneness in the body, and experience a greater connection to greater realms.

Awakening the fluid system is also a medicine for our adrenals which are responsible for our adrenaline responses, such as the fight, flight, freeze.

These responses keep us in our limited patterns which relate to fear, stress and anxiety.

They also keep us from experiencing the eternal now.

We have seen this in the explanation of the HPA axis, above.

The hypothalamus sends signals to the pituitary gland which sends hormones to activate the adrenals.

The methods we use to activate the fluid system become a response for these.

Like a gentle stream of fluid for a roaring fire.

Gravity

As we have seen in the various theories of Einstein, Rovelli, etc., time relates to space and gravity. Shifting our relationship to gravity supports us in transcending it and moving into the eternal now. We do this when we press into the earth. At times we will be pulled in by the earth as we press into it. At other times we will find ourselves being moved into effortless, spontaneous movements. Certain body parts float and lift, and we find ourselves effortlessly suspended. That suspension is akin to that of an astronaut suspended in space.

We are somanauts.

DMT

Our practices trigger the natural production of DMT by working with the cerebra-spinal fluid. This especially happens in the dives where we spend extended periods in the dark.

The DMT gives us a psychedelic effect. We will often experience vivid imagery and hallucinations, which indicate that we have transcended to the place where the conscious and the unconscious meet.

One of the main benefits of the dives that I continuously experience and people often report, is the shift in perspective. We will often see the world around us, our surroundings, in a completely different way. Things that would have annoyed us previously, become endearing. We

generally find a lot more beauty is revealed, almost as if a new filter affects everything around us.

My theory is that the dives allow us to transcend the nervous system as we drop below it and access a more primordial state. Beyond the nervous system, we move beyond our patterns and experience the eternal now. In that space, as Plato said, the beauty and wisdom that is our absolute truth become available to us.

Our systems, especially our nervous systems, have the job of managing our survival. Therefore they will be wired to look for threat and lack rather than beauty, wisdom, and satisfaction.

In previous models, we have talked about the model of the 3 anatomies which is borrowed from the practice of continuum movement.

These 3 anatomies are:

The cultural anatomy: that in which we live every day

The primordial anatomy: the field we engage with when we are in our dives, awakening our fluid system and our engagement with oneness and the more intrinsic planes

The cosmic anatomy: the field of complete void and oneness that we reach after extended periods of time spent in the primordial anatomy.

The great void of the eternal now belongs to the cosmic anatomy.

13- Energy and Intrinsic realms of the non-local

As we know, our somatic dive practices are only one part of the equation.

The real purpose of the dives and the somatic work is to make our body and our system available to the energetic transmission available in our field.

In this program, the shamanic field, the field we have access to, is attuned to the most intrinsic energy plane, the plane of pure energy.

This is the great void, beyond all form, where everything is one. It is the undifferentiated essence of existence.

As we experience these energetic transmissions, by intending and merging into our field, we engage actively with that great void that is the eternal now.

In module 7, we took a closer look at energy and multi-dimensionality, which explains all of this.

We saw that there are six types of energy that coincide with the six different planes (the 6th plane not being a plane but rather the great expanse and void beyond anything that can be named.)

Here is a reminder of the six planes of energy:

- 1- the live energy plane
- 2- the elemental energy plane
- 3- the light energy plane
- 4- the life-force energy plane
- 5- the source energy plane
- 6- Pure energy

1- The live energy plane is where we live, the place where our reality manifests.

2- The elemental energy plane is where things begin to come into form before actually being able to be seen and felt in form

3- The light energy plane is where the intensity and consciousness interact together to start to create everything in existence

4- The life-force energy plane is where intensity and consciousness are first differentiated. It is the realm in which death and birth happen, the realm of the ouroboros, the snake eating its tail.

5- The source energy plane is the highest form of energy; it begins to differentiate into patterns. This is where differentiation begins. This is the realm of the energetic orgasm.

6- The pure energy plane: It is the essence of everything. It doesn't have a name, a form; it is complete void. Technically it is not a plane because it can not be named.

The more time we spend in those realms, the less time we spend bound by our patterns, perpetuating our limited perceptions of reality.

The complete absence and void we find in these realms is our medicine.

The teachings arise from there.

It is where we die, dissolving into the void and rebirth and arise again as a person more deeply connected to their truth.

While all human beings inherently can exist in these greater realms, only when we have developed the abilities to function in these can this type of transformation occur.

As healers, teachers, and guides, we can also hold this space while connecting to others to support a process of radical transformation for them as well.

The energy of the Pure energy plane is the least suppressed. This is significant because the patterned neurological circuitry we spoke about earlier, which relates to the limited nature of the time/space continuum, also creates a suppression that is also experienced in our energetic system. The more time we spend connecting in this field, the more it can un-suppress these energy patterns and allow us to return to our truth.

14- A practice of energy work and quantum time:

As practitioners of this work, we continuously gain access to this energy by simply focusing and intending. If we understand that time doesn't exist, that everything is happening simultaneously now, bringing transmutation to patterns or distortions that emerged in the past becomes accessible to us.

We also gain the ability to empower and nourish ourselves for situations and experiences that are still to unfold, preparing for the "future."

The quantum time energy process allows us to take these abilities and apply them to the situations bound by time.

It is a simple process that I will guide in an audio meditation included in this module, and it is also something you can do on your own or with clients.

It requires us to merge into the field, accessing the Pure energy we have access to. Once that connection has been engaged, we simply visualise our life as a timeline of chronological events. We begin to walk backward on that timeline, holding the potent energy we have access to as we engage with these various situations along the way.

As we walk backwards on the timeline, we ask to be shown significant events and hold the potent field we have access to as we engage with these situations.

It is preferable to have someone hold the space for us while we do it, as we may lose our connection to this energy as we connect to the past.

The same process can be done walking forward on a timeline.

Suppose we are aware that an upcoming situation might be challenging, such as having a difficult conversation with someone, a challenging project at work, or any other significant event. In that case, we can hold the energy of our field, and walk forward on the timeline, visualising ourselves moving forward, and engaging with this "future" event.

This quantum time process is a great way to bring healing to patterns that relate to the past; I have used it with clients by combining it with dive elements of breath, sound, etc., which can be quite beneficial.

You can use your intuition with this.

As Aristotle said, by becoming aware of what is bound by time and understanding it, we can access the eternal now.

Another way, possibly even more shamanic, of doing this work is by dedicating time to a merging practice. We acknowledge that everything that has happened in the past and the future is happening NOW. We simply intend to sit in the eternal now, merging with it for a specific amount of time. We simply hold that space of merging with our field, our highest power at that moment. You can use dowsing as a way of achieving this.

Eros

is the internal lovemaking that takes me back to the

Oneness

that

I am.

15- Eros and the orgasm field

These teachings about time and timelessness are particularly relevant to our course when we relate them to Eros and the Orgasm field.

Let's start with Eros.

Generally, we have learned to relate Eros to sex and love.

It is the motherland of the Erotic.

In Greek mythology he is the God of love, sensuality, passion, sex.

In earlier Greek mythology, however, Eros is one of the primordial Gods.

The primordial gods are the first gods, the ones who related to the coming into form of the formless, the creation of all life.

Eros is the unseen force that rules all of creation;

That powers tornados, that opens the petals of a flower, and that spontaneously wriggles our fingers and toes.

It is the mysterious force that turns a seed into a plant, into a tree that will then drop a flower for our enchantment, or fruits for our nourishment.

It is the same force behind the formation of our being.

The sperm and egg meet in orgasm, forming a single fertilised egg-cell that multiplies and expands, slowly turning into a fully-formed human being, as if by magic.

This force is within us; none of us is separate from it.

This is the process of creation, of the formless becoming form. It is also the process of the dissolving into chaos and void; a conceptual death of anything that doesn't serve us anymore; making way for what is truly needed by us.

The layers of illusion dissolve to make way for the absolute truth.

So while, we have learned to associate Eros with everything erotic, sexual, kinky, pleasurable, it actually relates to all life, all creativity and resourcefulness, to the absolute truth.

Eros would have apparently later shifted to being about sex and love because it became understood that sex was central to the role of the creation of all life.

Plato's view on Eros.

In *Symposium*, Plato described Eros as a universal force that moves all things towards peace, perfection and divinity. Eros is a "daimon", a creature between the divine and the human.

Eros helps the soul remember beauty in its pure form and can contribute to an understanding of the absolute truth.

When plato referred to beauty, he referred to the eternal: the eternal void which we refer to in this module; existing beyond our limited time/space reality.

According to Plato, the gods do not love, because they do not experience desires, inasmuch as their desires are all satisfied.

Eros is the way that leads us to divinity.

Love is therefore always a desire for immortality.

We see there is a link between the philosopher's views of Eros and his views of time which we have explored above.

Both relate to our relationship to the great beauty and wisdom which is our absolute truth.

Sigmund Freud

Freud's psychoanalytic concept of sexual energy was in line with Plato's.

He considered eros our life force, the will to live, the desire to create life.

Eros gave birth to impulses that were opposed to the rational forces of ego.

He spoke of our view of eros as a collective limited misunderstanding which stemmed from our resistance to acknowledge sexuality in childhood.

While plato's conceptualisation of eros related to the formless becoming form, Freud pointed to a different direction, from the human upwards towards the limitless.

Carl Jung

Carl Jung considered eros a feminine principle which had a masculine counterpart logos.

Eros related to intuition, while logos to rationality.

The gendering of these concepts relates to Jung's theory of the anima/animus syzygy of the human psyche.

Syzygy refers to the split between male and female echoed in the unconscious mind by means of opposite-gendered, the anima (in men) and the animus (in women).

Part of the process of self-realisation involves us integrating the unconscious principle that relates to the opposing gender.

This process allows us to transcend the projections and perceptions that bind us to the limited expression of our self.

Jung's concept relates to Plato's inasmuch as it related to a desire for being whole, at one.

This points to the idea that in every act of sexuality, humans are actually seeking wholeness and oneness.

The development of the embryo allows us to relate the idea of sexuality and more specifically the orgasm, to the creation of something which is whole, ie an entire human being.

Yet this expands well beyond that to a more energetic wholeness.

This energetic wholeness is sought in every act of sexuality, whether between a man and a women, two men, two women, or one person on their own.

Eros

So whether we are speaking of the masculine and feminine, the animus and anima, the eros and logos, or the divine and the human, what we are really speaking about is polarity.

We are speaking of the dualities that run our universal system.

It is the push pull that makes everything palpable, and sensical, yet is also the cause of all our distortions.

This divisiveness and duality is also a great gift, showing us where we can engage more deeply with oneness.

Eros is that process of engagement; of transcending duality and polarity, resulting in the emergence and awakening of wholeness.

Eros is expressed in our bodies through the spontaneous ripples and waves that overcome it; In the subtle sensations that hint to the process of creation that is within us, linking us to the universal order.

This process is the one that leads us to the place I call the Orgasm Field, the space of the eternal now.

The orgasm field

The Orgasm field belongs to the source energy plane, the 5th plane.

It relates directly to pure energy, the field of the great void (6th plane), but can be experienced by humans through the orgasm. Therefore it is in the 5th plane, not the 6th.

It is the realm where everything begins, and everything ends.

It is beyond time and place,

It is the chaos into which we dissolve;

And the potent void that gives birth to all life.

It is the source point of the creation of everything in existence.

It is the point of complete neutrality beyond any duality and polarity.

When anything takes form, it is in the orgasm field that it first finds any kind of differentiation. By differentiation, I mean anything other than complete oneness and void. When things dissolve into the formless, the orgasm field is the last place where they have a form before dipping into complete chaos.

The term "Orgasm field" appeared for me in a 3-day (very) deep dive in 2019.

For years, I explored the human connection to the various realms, fields, and planes that make up the non-local part of the universal experience.

And since beginning my journey with tantra in 2010, I have been exploring the idea of the orgasm as the act of death that makes way for rebirth and thus, which connects us to this space of complete void. It is also, as we know, an act that connects us with the most intrinsic planes of energy.

It, therefore, made sense for it to be referred to as the orgasm field.

The non-local realms have various names: We tend to call these Quantum, source, universe, etc. For me, these names have always made these realms feel so out of reach.

The orgasm is the act through which any incarnated human being can access this greater realm.

The orgasm is an act of death that gives life to everything in existence.

The act of orgasm reminds me that this space of eternal now is within me.

One of the main objectives of this work and this course is to develop a deeper knowing of this truth, and cultivate a more direct engagement with this field.

Of course, we also know that the orgasm has two parts. We refer to the physiological orgasm, which relates to ejaculation, and anything else that happens in the body, and also to the energetic orgasm which occurs simultaneously to the physiological orgasm but also on its own, separately.

The more we develop our knowingness of the energetic orgasm, as we have been doing in this course, the more we develop our ability to be in a state of energetic orgasm at all times;

The eternal orgasm.

We can be eternally connected to the great void and its power in every situation, whether pleasurable or challenging.

16- What else is there?

As humans become increasingly distracted, especially with social media, digital media, and other elements of our linear patriarchal culture, it becomes harder for us to step into more limitless experiences.

We must actively seek absence, death, silence, darkness, "no-thing".

We gain the power and insight to ask ourselves, "what else is there for me?"

What else is here in this moment, right here and right now other than what I believe.

Even in a moment of challenge, we can always explore what else is here other than what appears to be limiting me?

What nourishment is here for me?

How does it serve me to remain in these patterns?

What do I get from them?

What is it I am genuinely seeking in these patterns? Is it comfort? Security? Stability? Ease? Dopamine hits? A high?

The space of the eternal, the dive space, allows us to access a more authentic and potent expression of this in our body.

We do so without having any expectations or trying to visualise what could be, just holding a space of inquiry: making room for what is available to arise.

We can sometimes receive visions, imagery, words, sounds, all pointing us towards what is wanting to be expressed by us, in our limitless potential, if we step out of the limitations of who we are.

Absence and void allow us to truly feel the truth within us rather than relying on attachments that lie outside of us.

They grant us freedom from the shackles of who we think we are, allowing us to be who we are meant to be.

As humans, there are many reasons why we are resistant to the void.

First because we don't understand it.

Our patriarchal model has an inclination for efficiency and linear organisation.

Things need to make sense to us.

The void is the opposite; it is no-thing and makes no sense.

As we have become increasingly distracted, we have gotten accustomed to our lives being bombarded by information. We relish the aliveness of it.

The void feels like a death in comparison. It triggers our deeply embedded fear of loss.

"Who would I be without "XYZ"..." we think...

Exploring the eternal void and the wisdom, beauty, and wonder that are available there requires us to question the status quo and radically shift the way we have been living our lives.

We have to make space for ourselves, releasing the clutter, those distractions that keep us from our truth.

We need to sit with the unbearable sensations that result from experiencing void: The ones that speak of fear, regret, anxiety, loss, worthlessness.

The voices that lead us to believe we will be forgotten, disregarded, made redundant.

We need to be ok to sit in stillness and face the tremors, pain, cold sweat, and palpitating heartbeats.

We need to be ok with feeling we are going to die; knowing that this death will only lead us to birth something new that is more fully aligned with our truth.

It is normal for humans to fear this death.

Yet to fear it is about as logical as fearing the sun, the trees, and the forces of creation that give us life.

We have to make a commitment to ourselves to operate in different ways than the culture we live in; to be in the world but not of it.

To commit to a regular practice, a deep dive that allows us to merge into this field and develop a deeper connection to it.

We have all the tools we need; it is all within us.

The commitment may be challenging, but it's helpful to remember that on the other side of it, enchantment awaits.

Our tools

Our entire practice is Erotic, in the sense that it transcends divisiveness and leads to oneness.

Our cognitive exploration tools allow us to find integration of the other and the dissolution of divisiveness at the level of the mind.

In our body, our practices allow us to awaken the fluid system that is the Erotic medicine within us.

I specifically like to call our attention to two specific breaths from this practice which relate to this.

The luna breath:

This is a breath from Continuum movement from Emilie Conrad which has a strong dissolving effect.

How to do it:

With the lips closed, we exhale softly from the back of the throat, like a soft ujjayi breath from the back of the throat.

Take a pause from this module and practice it now.

The beauty of this breath is in the subtlety.

It is soundless, and requires little effort, it can be done at any time in any circumstance and will not be noticed.

I recommend using it as a tool in any circumstance that could benefit from the medicine of the eternal void.

I remember when I began studying continuum movement in 2011, I found the luna breath come in quite handy in an emergency situation.

I was at a circuit party at the Atlántida beach club in Sitges, as part of the famous Barcelona Circuit festival.

I saw a few boys I recognised from my years living in Paris. I approached them and could tell they had been heavily using substances.

At some point, one of the boys began to have trouble breathing, he said he was feeling dizzy and was losing his balance.

His friend ran to get help from the first aid team of the club.

The poor boy collapsed on me.

At the time, I was still in training and did not consider myself a healer or facilitator.

But I had the impulse to bring my hand to the back of his heart and the luna breath emerged.

I found myself breathing under my hand into the back of his heart.

At some point I saw his body be moved by a massive inhale.

He expressed a loud sound on the inhale, like a reverse sigh.

He looked up at me, with his eyes open wide.

He grabbed me and hugged me, like a little boy grabbing his mom.

“I’m fine! I’m fine!” He expressed, excitedly, squeezing me.

By the time his friend came back with the first-aid workers he was already dancing and told them he was fine, that I had ‘saved him’.

Emilie, the creator of continuum and of the luna breath spoke of a time the breath came in particularly handy for her.

She was traveling by car to Canada to teach a workshop when she realised she had forgotten her passport. This was after 9-11 when passports became mandatory for crossing the US-Canada border.

As the border guards came to the car to inspect it, they asked everyone for their passport except Emilie, who they glazed over. It was as if they didn’t see her.

She believed the luna breath had dissolved her in a way that she couldn’t even be noticed in form any more.

The slurpee

The slurpee is another breath which we explored in earlier modules.

It is the merger of a shhhh sound and a hissing sound.

I called it slurpee because it reminds me of drinking those cold slushy sugary drinks as a child.

You can pause the module and try it now.

The fluid aspect of this breath helps to awaken the fluid system in the body.

A great way to play with it is by dropping it into the adrenals, or anywhere in our body we might be experiencing an adrenaline response.

Energy merging

As we develop energetically like we have in this programme, by merging energetically we are able to tune into the realm of pure energy.

We can do so by using any of the methods we learned, which ever you prefer.

My favourite is by merging into the source point.

I also often like to use the luna breath as a way of merging into the source point.

I will often even let the luna breath travel around my entire body and visualise it merging into its surroundings.

While we may not always be able to sit and process our emotions in every moment, energy transmission is always there for us. It is always possible to usher our awareness back to the merging process, granting us access to new energetic tools in every moment.

We have the ability to tune into the eternal now, and to un-suppress any patterns that may be suppressed in the moment.

More importantly, it allows us to connect to oneness and the great void in a simple way. It will often allow us to see things from a different perspective. Also, I have seen miraculous shifts occur as a result of it.

17- Completion and integration:

As we approach the end of this course, it is key to reflect on the learnings that have resonated most: those which have been easiest to embody, those which may be more challenging.

17.1 Revisiting the session recordings:

There are the recordings of the 20 sessions that can be revised with various practices and guided dives which can be done again and again.

I tend to choose the ones that resonate the most with me and make them part of my daily practice.

The recordings of the lectures and shares can also be beneficial to remember how we have processed challenges and insights in this field.

Most of the session recordings also include videos of demonstrations in which transmission happened somatically, expressed through the body.

These are also great to revisit.

17.2 Revisiting the module notes:

There are also 18 modules of written notes and audio recordings with information that may have resonated, some more, some less, which can be revisited.

It also contains ideas of practices and elements that can be integrated into your life.

Dowsing:

I recommend using dowsing as a tool to set up a regular practice.

17.3 Revisiting the five stages of the mystery school

A foundational way of integrating this course is by continuing to return to the five stages of the mystery school.

In every moment when we would like to know what is needed by us, we can simply sit back, reflect, and assess which of the five stages we are in at the moment.

As we know, these stages are circular, meaning it is not a linear journey with a beginning and end. It is more like a spiral that continues to loop around, which we can always benefit from returning to.

Here is a reminder of the five stages:

- 1- Discovery: in which we remember our body is a tool for transformation and oneness
- 2- Initiation / self-realisation: in which we hold space for any challenges or shadows which are arising and need our attention
- 3- Awakening: the awakening of our highest power, our own medicine, the recognition of the unique flavour of our essence

4- Embodying: the receiving, embodying, and harnessing of our essence for ourself first. It is the process of death/birth in which we receive our own medicine.

5- Integration: when we have embodied it long enough, our power and medicine will naturally be integrated into our daily existence and shared with others around us.

Whenever we feel out of alignment, it is simply because we don't know which stage we are in. Acknowledging the stage, we are in allows us to drop back into alignment.

How do we recognise the stage we are in?

The process is generally intuitive, but there are ways of knowing.

If we are feeling very challenged and unsettled and facing something extremely dark, we should revisit stage 2.

If we feel confused about what we are here to bring the world and are looking for some direction for that, we should revisit stage 3.

If we feel like we have a good grasp of our essence and our power but are confused how to use it, or are being challenged with how to integrate it in the world, we should revisit stage 4.

Stage 5 naturally emerges from being in stage 4 for an extended period.

And at any other time, it is good to revisit stage 1 in which we remember our body is a tool for oneness and transformation.

Future courses

There will be future courses, and 1-1 sessions are also available. You can be in touch to talk about these and how this work can continue if that interests you.

Being and transmitting

The absolute best way to integrate this course is simply by BEING, by sitting in the acknowledgment and knowing of the development that has taken place.

We have been on a massive and intense journey together, and, as we know, the most important part has happened energetically, by sitting in our field and through the teachings that have taken place through transmission.

A big part of this work is to trust the process that has taken place, to rest in that knowing.

To know that others around you are feeling the impact of this transmission in every moment.

A'ho.