

# ABSENCE

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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THE INITIATION.  
UNDERSTANDING THE  
PROCESS OF DEATH/BIRTH  
AND LIVE RESURRECTION.

The mystery school 9-month mentoring programme.

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## o- Introduction to the death / birth process



*A reconstructed image of Eleusis - the sacred site of the Eleusinian Mysteries.*

In module 1, we read about the significance of the Eleusinian mystery school.

**Reminder:** located a mere 30 minutes drive from modern-day Athens, at the site of Eleusis, they are often referred to as the very first of the mystery sites, having functioned for approximately 2000 years before being shut down by the Christian church in the 4th century AD.

Over the centuries, hundreds of thousands of pilgrims experienced its rites, sometimes as many as 3000 in one single ceremony. Famous initiates included Plato, Sophocles, and Aristotle.

Like all the other prominent Greek sites, it referred to a specific story of mythology, depicting archetypes which humans could benefit from identifying and engaging with. It was dedicated to the myth of Demeter and Persephone in which Demeter journeys to the underworld to retrieve the soul of her daughter Persephone from the dead. It was known as a shamanic mission honouring life, rebirth, and regeneration.

In ceremonies that would happen once per year, in September, initiates, priests, and shamans would watch as Persephone was said to appear, bursting out of Earth, holding a newborn son which had been conceived in the land of the dead.

As we know, sharing details of ceremonies was punishable by death, therefore not much could be reported on these practices. Yet writings have been found which reported the Eleusinian rituals as being highly transformative.

Mainly, they would support initiates in overcoming their fear of death, allowing them to gain the ability to engage with life as never before.



*A depiction of the mythical character of Demeter who entered the underworld in search of her child.*

Archaeologist George Mylonas describes the Eleusinian mysteries in this way:

*“...a philosophy of life that possessed substance and meaning, and imparted a modicum of truth to the human soul. That belief is strengthened when we read in Cicero that Athens has given nothing to the world more excellent and divine than the Eleusinian mysteries.*

*Let us recall again that the rites of Eleusis were held for some two-thousand years; that for two thousand years, civilised humanity was sustained and ennobled by those rites.”*

*- George Mylonas - Eleusis and the Eleusinian mysteries, Princeton university press, 1969.*

Writings from Socrates, Plato, and the poet Pindar also spoke about the power of this site.

*“Happy is he, who having seen these rites goes below the hollow earth; for he knows the end of life, and he knows its god-sent beginning.”*

*- Pindar*

These death/birth rites would validate the continuity of life beyond the grave, allowing initiates to access learnings about humanity’s great truths. But this knowledge of truth was not simply acquired by a sharing of philosophy through speeches and written words. Pilgrims, students and initiates would experience a deep supernatural journey including visions, sounds, uncomfortable sensations, etc.

*“Fear and trembling in the limbs, vertigo, nausea, and a cold sweat. Then there came the vision, a sight amid an aura of brilliant light, that suddenly flickered through the darkened chamber.*

*Eyes had never before seen the like... The division between earth and sky, melted into a pillar of light.”*

*- Wasson, the Road to Euleusis.*



*Located only 30-minutes away from Athens, the site of Eleusis today.*

Modern researchers seem convinced that hallucinogens were part of the ceremonies, which were attended by sometimes as many as 3000 initiates at a time. A team of three eminent, and highly reputed scholars, including famous mycologist R. Gordon Wasson, Albert Hoffman, the discoverer of LSD, and Carl A.P. Ruck, a professor of classical studies at Boston University, spent much of their free time in the 70's researching and attempting to uncover the mystery of Eleusis.

According to their findings, it would have been well documented that pilgrims were required to ingest a potion called the kykeon, as an essential step of the process of the mystery rites. The kykeon was reported by Homer as being made of barley, water, and mint. Barley and other wild and cultivated grasses would support a fungal parasite called Ergot. Modern scientists have confirmed that hallucinogenic alkaloids would have been extracted and isolated from the ergot, and these were very likely to have been used in the ceremonies.

The end of the mysteries in Greece was partially a consequence of people starting to experience them at home, ie consuming kykeon away from the mystery sites.

Interestingly, in the story of the myth of Demeter, associated with the site, the protagonist was often referred to as Erysibe, which means Ergot, and was said to have worn robes of the colour of Ergot.



*The valley of the kings - Egypt*

### **Meanwhile in ancient Egypt...**

At the sacred sites of ancient Egypt, symbols of mythology relating to rebirth were also significant. While historians would like us to believe that King Tutankhamun's tomb at the valley of the Kings was simply a burial site for the royal and his treasures, the site significantly displays a painting portraying the king as god Osiris, who was known for representing of rebirth.

In the myth of Osiris, his body was decapitated in 14 parts by his brother Set, who would have buried his members and limbs across the country. The Goddess Isis would have used her magic powers to retrieve them and bring Osiris back to life for them to copulate and conceive their child Horus.

Horus became the guide who ensured his father's rebirth in the realm of the after-life.

The symbolism of King Tut as Osiris was meaningful, leading researchers to believe the site was actually used as a space for rebirth and live resurrection rather than simply as a burial site.



On the contrary to the Greeks who associated the realm of the afterlife with the underworld, the ancient Egyptians associated it with the sky. The Duat, as it was known, was the region of the sky, divided by the Milky Way, which lies between the constellations of Orion (identified with Osiris) and Leo.

Interestingly, the Maya connected the same part of the sky to similar ideas of the afterlife. Imagery indicating these beliefs can be found in the sacred site of Palenque in the province of Chiapas.





It was common across mystery sites to display graphic imagery adorning the entrances, informing newcomers of the processes and ceremonies that would take place indoors.

In ancient Egyptian temples, images of Therianthropes, including dog-headed, crocodile-headed, hawk-headed gods were used to depict images that would have been seen by shamans and priests as they experienced hallucinations while in altered states of consciousness. These related to their journey to seek knowledge from the realm of the afterlife.

A wide range of other drawings found on Egyptian ancient sites relates to the realm of the afterlife and the use of hallucinogens to access it.



These include the following: Entoptic patterns of stars, zig-zags, dogs, dots and grids, flying discs, spirit beings, and giant serpents which are coiled around each other or spitting fire.

Interestingly, the line drawings found in the ancient Egyptian sites bear striking similarities to drawings that would have been found in caves in the south of France such as Lascaux.

The drawings at the Lascaux caves, located in southwestern France, east of Bordeaux and north of Toulouse, date back to between 30000 and 40000 years and count amongst the very earliest drawings still able to be studied in our times.

These are known for giving us some hints allowing us to better understand what happened in pre-historic civilisations, before written records could be kept. As well as depicting explicit sexual scenes, these also portrayed imagery not too dissimilar from that of the ancient Egyptians which referred to the use of hallucinogenics in practices that were known for connecting us to the realm of the afterlife.

According to various researchers, including author Graham Hancock, this was significant, pointing to the fact that process of rebirth were instrumental to the earlier religious philosophies which pre-dated and proceeded the organised religions which later emerged.



*An image from the caves of Lascaux (left) compared to an image of Osiris (right) are strikingly similar. Both show the same declined position, symbolising death, both show similar imagery of animals representing the role of hallucinogens in the process of rebirth. Both have erections, relating to the shaman's excitement at the prospect of engaging with the underworld.*

So what is the process of death/birth and how do we better understand it?

In the mystery schools, the process known as “live resurrection” referred to a death of ideas, of illusions, of stories, of concepts, rather than a physical death. It was a death of our limitations, allowing a more limitless version of ourselves to emerge. As a result, we become truly connected and plugged into the greater order of the universe, allowing us to embody our divine being and experience life connected to our limitless potential (as what is often referred to as our **higher self**).

It was a gruelling process enabling initiates to transcend the physical form, moving beyond a specific space/time reality.

While it may sound radical, the idea of the death/birth process is not uncommon. It is spoken about in various cultures: Buddhism, Chinese philosophy, Christianity, as well as quantum physics. The process of death birth is based on the belief that there is something beyond the physical form which we would benefit from engaging with.

**We engage with it, we surrender the form which is limiting us.**

All religions are linked by the belief that there is something beyond form.

It is a very foundational element of spirituality, also present in quantum physics; which has proven the existence of the non-local field, the field of our limitlessness.



In fact, the very shape of our universe is based on death/birth - expansion and contraction. The death birth process is what connects us to the order of the universe which is continuously expanding and contracting. The contraction represents death and the expansion represents birth.

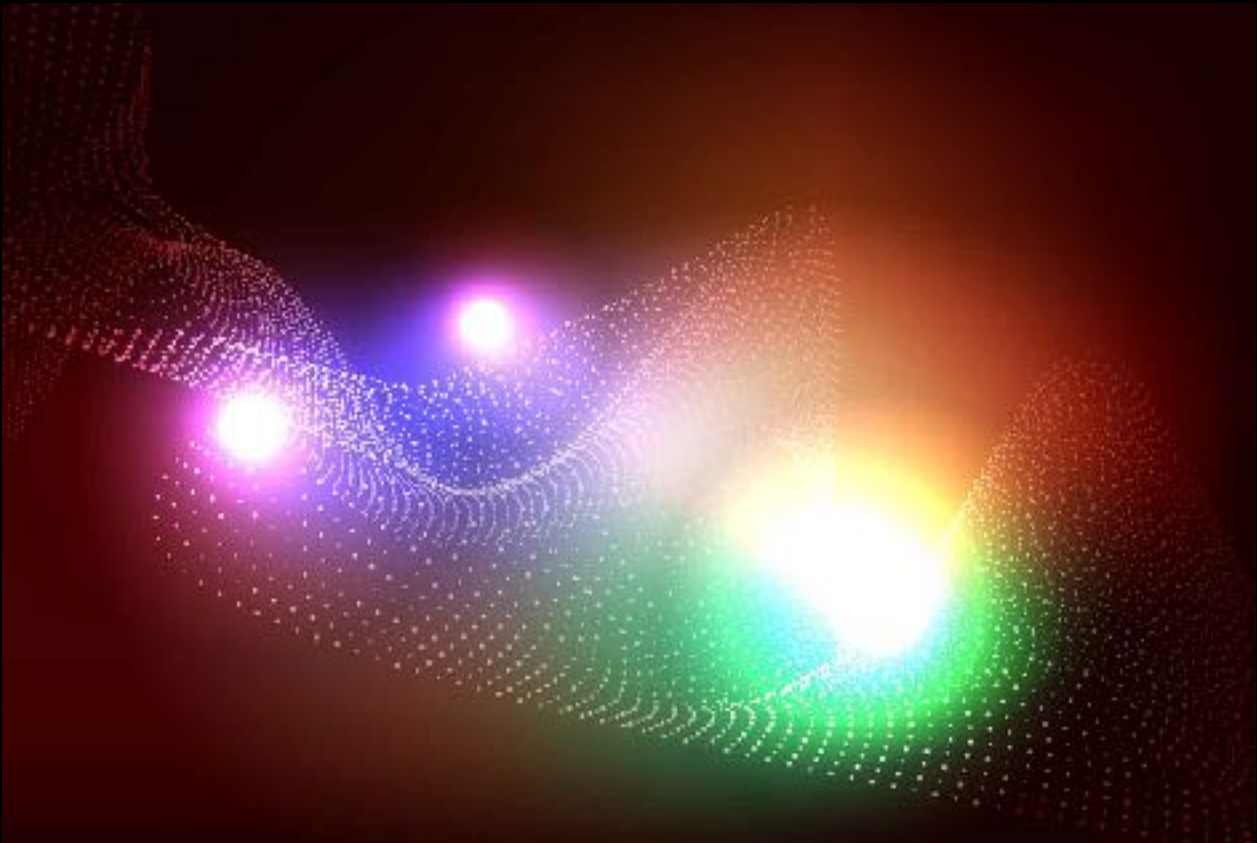
This is why the shape of the universe is a torus shape, which appears like an apple, a sphere with two dents, one at the top, one at the bottom. This shape is formed by the expansions and contractions of our universe. Our universe needs to contract because if it only expanded, it would explode. (We also contract because if we only expanded, we too would explode.)

The birth is the taking on a form, death is the dissolving of form.

The yin and yang polarity is another example of this.

The yang is the action, the creation, the coming into form; while the yin is the death, the dropping out of form, into infinite darkness.

## 1- The foundational process for the generation of form



The death/birth process can be summarised by a concept that is foundational for this course, which we will refer to in an ongoing way.

This concept is the following:

$$\underline{\text{Energy} + \text{Consciousness} = \text{Form}}$$

This concept is based in the idea that everything begins in wave frequency form.

The source of everything in existence is energy and everything emerges from a field of pure undifferentiated light. From the field of pure light, frequencies begin to gradually differentiate. As they approach full differentiation, into solid form, they become affected by our consciousness, both collective and individual.

As a collective, as well as individually, our consciousness tends to be limited to specific patterns. The more limited our consciousness remains, the more limited our manifested or perceived reality will be.

A significant shift in consciousness can therefore enable transformation to happen.

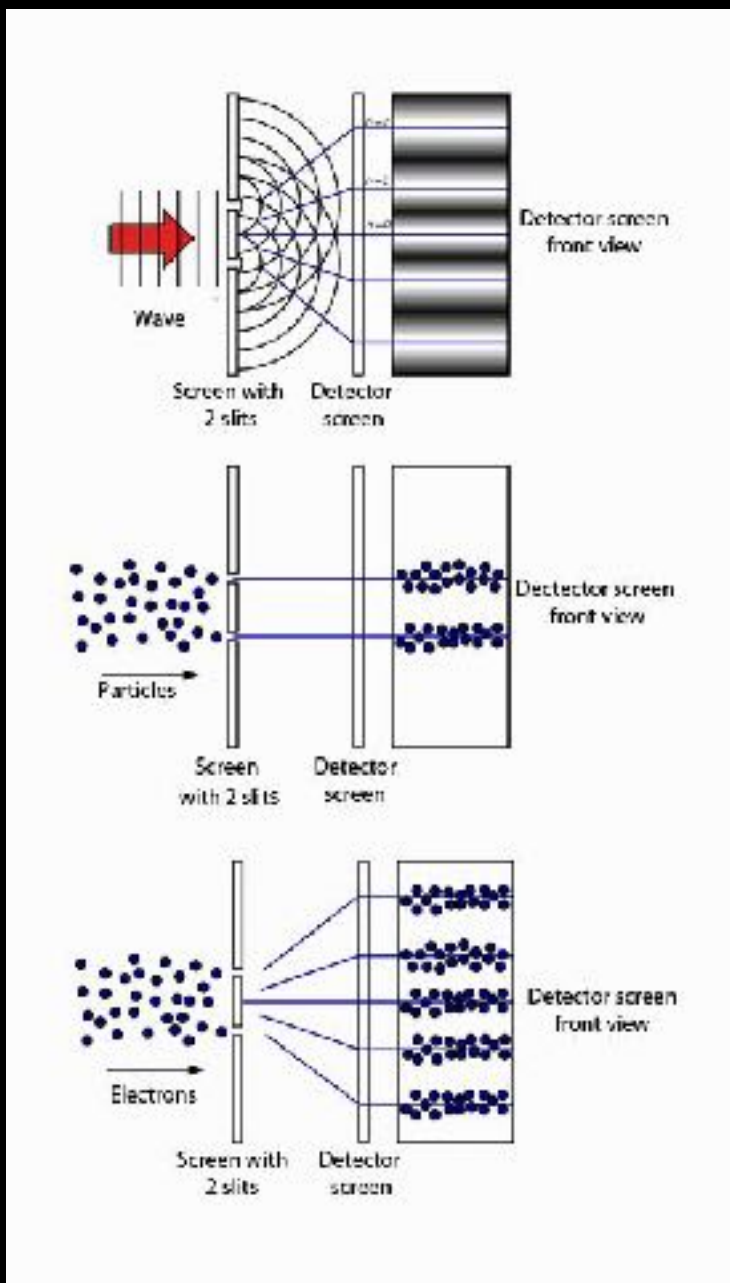
The death of concept, described in the earlier paragraphs, relating to death and rebirth, relates to humans transcending an altered state consciousness. By altering our consciousness, or dropping below our usual expression of it, we return to our connection to the limitless field of pure energy, allowing us to reconnect to the truth of who we are, allowing for reality to emerge in a more authentic and truthful way.

Everything that appears in solid form is a manifestation of something which is formless. What limits us is therefore, very often, illusory. This was demonstrated through various experiments in quantum physics including the double-slit experiments, which were conducted by people like Nobel Prize-winning physicist Werner Heisenberg.

## 2- Quantum physics and the double-slit experiment explained

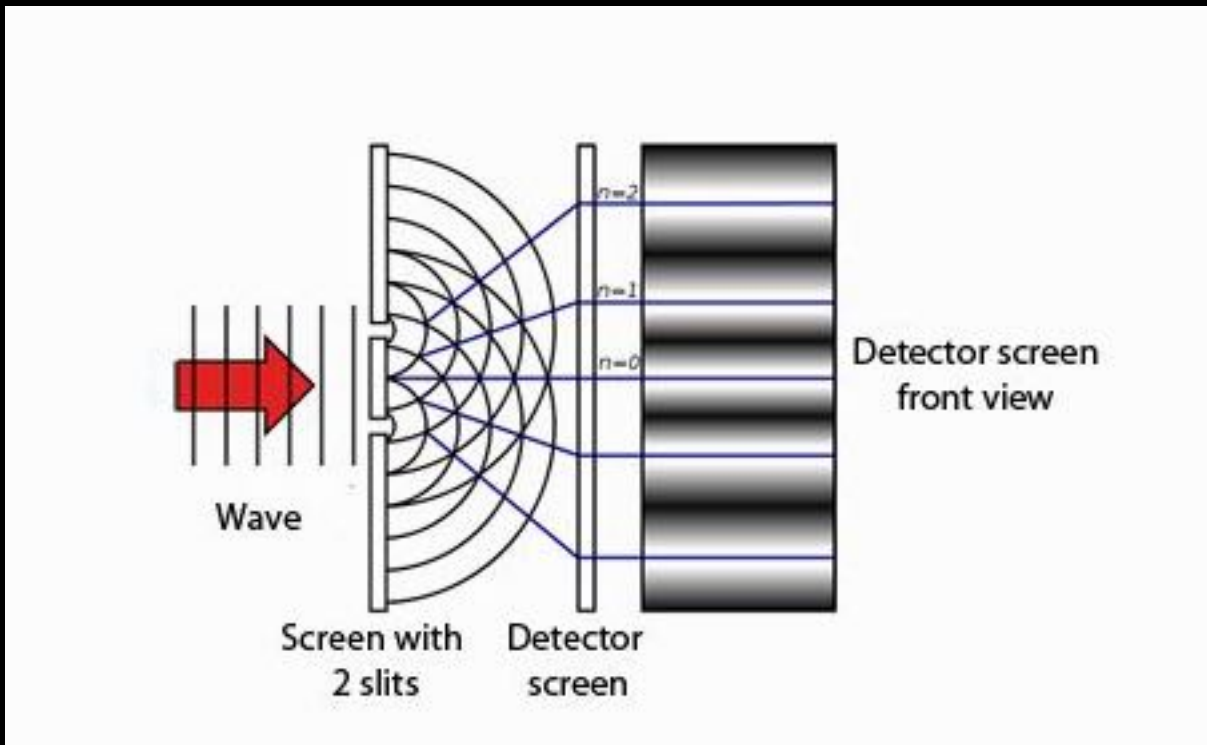
The double-slit experiments conducted in the early 1900's were significant as they scientifically demonstrated that everything exists in wave form before solidifying in a form that can be measured, touched, etc. These experiments indicated that what generates a specific type of form in a specific way is our consciousness formed by our beliefs, expectations, perspectives, etc.

Our consciousness therefore forms the world around us; a consciousness which is limited and influenced by beliefs, ideas, concepts will start to shape our realities in limited ways.



So when trauma, distortions or neurological imbalances happens, and our ideas are out of alignment with the truth, they cause reality to manifest in a way that feels out of alignment as well. We manifest illnesses, emotional blocks, financial blocks, conflicts, etc.

The double-slit experiment demonstrated this by projected light waves and light particles, photons, through two slits of a screen to see how the two would behave differently.

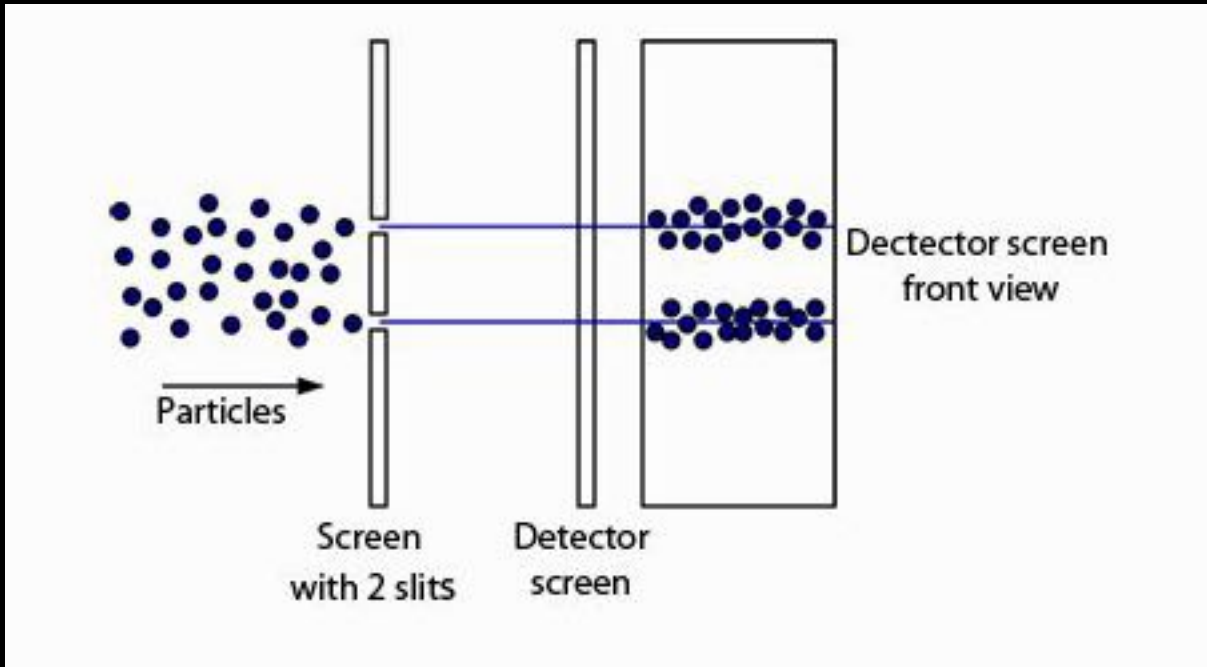


*STAGE 1 - Plan view diagram*

In the first stage of the double-slit experiment, a light source in waveform was projected between two slits and reflected on a back panel. It was shown, as expected, that this light behaved as a wave, creating interference patterns on a detector panel.

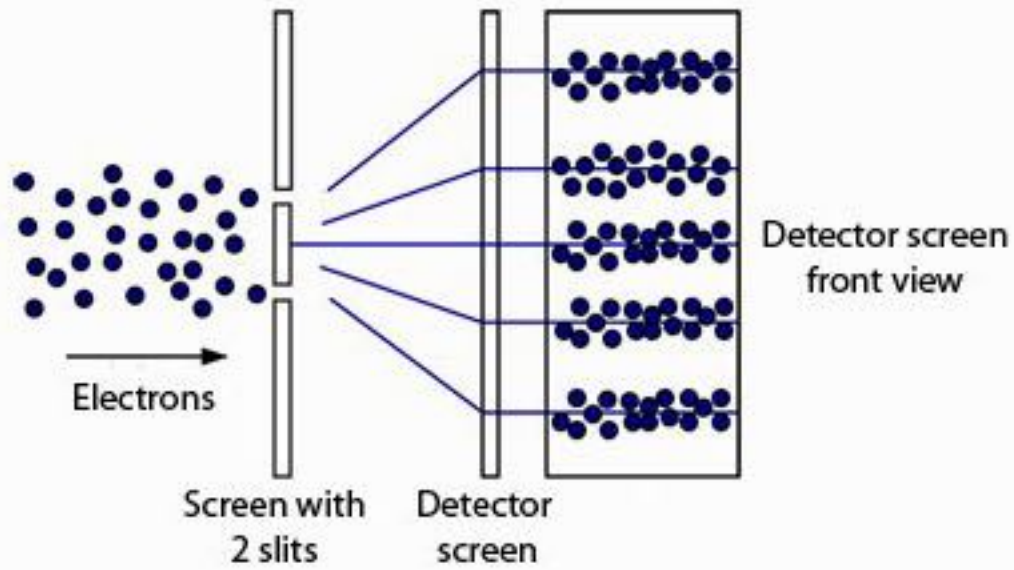
## STAGE 2

In stage 2, these same scientists then decided to test photons (particles of light) instead of light waves. They expected that light particles would behave like any other particle and create bands of photons hitting the detector panel similarly to a bullet on a target.



### *STAGE 2- Plan view- expected results*

In the second stage (stage 2) light particles (photons) were projected between the same two slits. The above image demonstrated what was expected to occur. It was expected that the photons (being solid particles) would reflect the slits on the back panel.



*STAGE 2- Plan view Actual results - the photons behaved as waves*

This was not the case. Instead, the photons formed the same interference patterns as the light waves in the first stage of the experiment. It didn't make sense. Why were these solids creating the same patterns as waves?

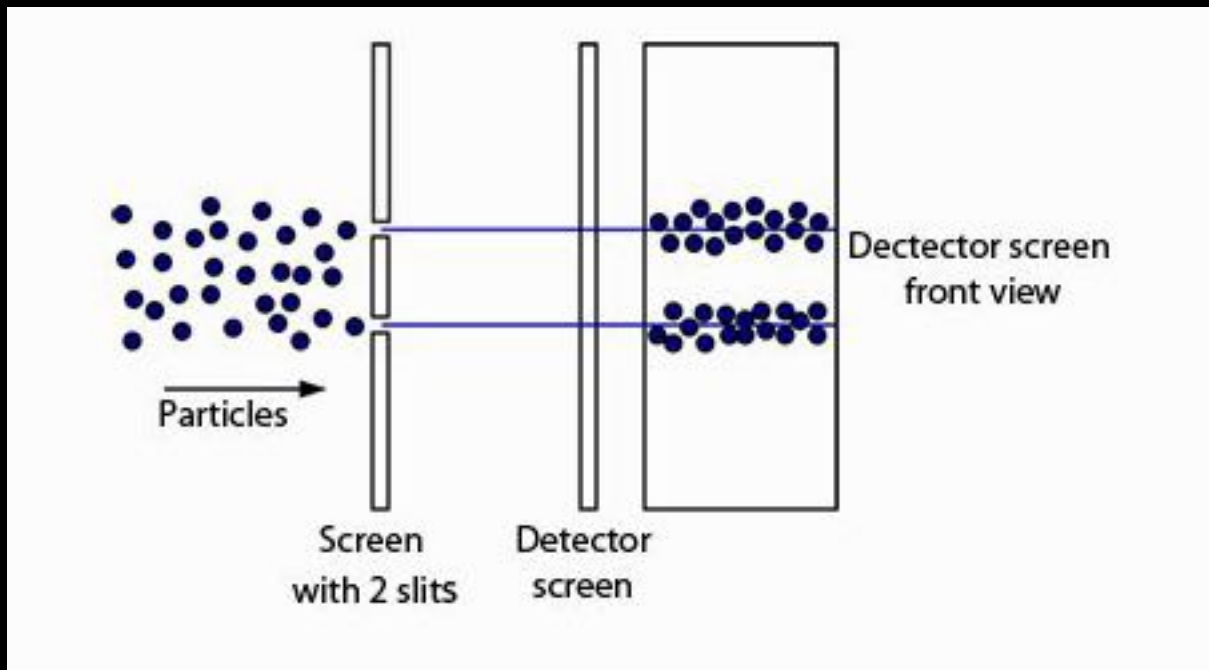
### STAGE 3

They then repeated the experiment using sensors to measure which photons went through which slit and in which direction, hoping to find the answers.

This led them to another surprise:

The photons behaved as had originally been expected, creating two bands at the reflector panel, as any solid particles would be expected to.

The only difference between this experiment and the previous one was the use of sensors.



*STAGE 3- When using a sensor ie: an active intention, the outcome was as expected.*

These charts and experiments may be confusing. It may be useful to look at them again, or perhaps even consult some YouTube videos which explain the double-slit experiment in a comprehensive way. Such as the one below:



This study was significant as it scientifically demonstrated that the behaviours of particles varied depending on how they were observed (ie with or without a sensor) therefore on the intention and perception of the researcher(s).

Science began to catch up with theories which had been shared by Buddhism and the mystery schools for thousands of years.

It felt significant to show this as a modern depiction of an age-old concept. The death of our concepts and ideas would therefore be a birth of new possibilities.

### 3- Live resurrection in the mystery schools

In the mystery schools, the death/birth process was the most effective way to drop deep below this limited consciousness, allowing transformation to happen as a result. The wave-particle duality concept, demonstrated in the double-slit experiment, teaches us that the entire universe has the potential to constantly be recreated in every moment if consciousness can be transcended.

We could conclude that everything has the potential to be destroyed and recreated in every moment, but what keeps things so similar to how they were a moment ago is the belief or the expectation that they haven't shifted.

For deep transformation to happen, we need to dive below this limiting consciousness, below the physical realm, beyond the mind. The most drastic and efficient way to do so, was the process of death/birth, of live resurrection. It was not an easy process but was done first of all to improve our own lives, and also to help further the evolution of mankind.

#### **The process**

An initiate would be followed by a guru, a teacher, a shaman for a certain time. When they felt that they were ready to reach a higher level of spiritual development, they would induce this process of live resurrection.

These would happen at the mystery school sites, generally in the chambers of the sacred temples in places like Egypt, Greece, the Yucatan, Mexico, parts of Asia, even Britain, in places like Stonehenge. These are said to have involved meditative practices which included breath work, sound work, snake handling as well as ceremonies that also involved ingesting certain hallucinogenic teas. As we have seen earlier, alkaloids would have been used to induce altered states of awareness, provoking the death of the illusion of the material world.

It is also important to remember that civilisations such as the ancient Greeks and Egyptians used sex to achieve this, considering that sex and the orgasm were an act of death that was necessary to lead us into a place of rebirth.

What humans sought was the meeting point between the conscious and the unconscious. This will often happen as a result of surrendering to an overwhelming expression, an amplification of our consciousness, which arises to challenge us.

I had the privilege when visiting the Yucatan, to hear, first-hand, the detailed experience of a Yucatec Mayan woman who, still in these times, had experienced a practice similar to these. She had been left by her father and uncles in a cave near the site of Oxkintok for weeks at the young age of 12. They brought her food and water but had left her alone with herself and her thoughts. They told her there were monsters in the cave, and only when she would be able to face these, could she be let out. As the process went on, as a young girl sitting alone in a dark cave, she realised that the only monsters which existed were in her head, and she had been sent there to witness them and release the illusion of their reality.

At this point, she had transcended her consciousness, understanding the illusion of her awareness. The process could now end.

## 4- Sacred sites



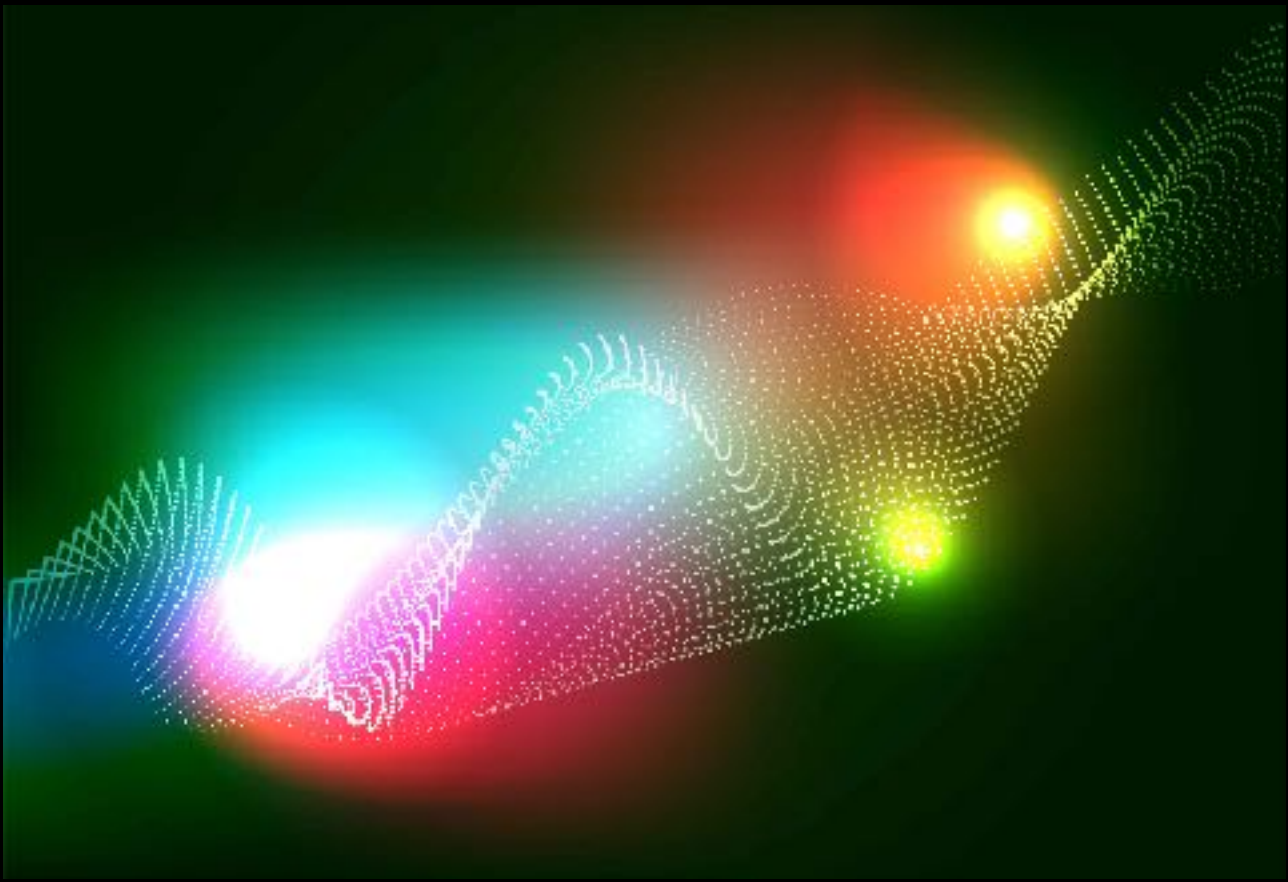
*The pyramids of Egypt was one of the main mystery school sites*

As we have seen in module 1, these processes would take place at highly powerful temples and sacred sites which, by their very nature, supported the process.

***Reminder:** the ancient temples of civilizations were created, first of all, at energy power spots, most of them vortex sites, where the energy was excessively powerful. What we call a vortex is an interface which is an energetic structure made of patterns of energetic frequency that vibrates at the level of our source. Temples such as the pyramids of Egypt, the pyramids of the Yucatan, the temples of Greece, were all created using certain principles that would amplify and magnify the energetic frequency of those spaces that were already naturally potent as they were located on vortex sites. These were principles of sacred geometry, orientation, use of specific colors, certain kinds of materials, that would help amplify the energetic fields.*

When we are located at those sites, our ability to connect to high intensities of pure energy is much greater. This supports the altering of consciousness. Simply by being at these energy power spots. we awaken those abilities. By enacting a ceremony in those spaces, the potency is amplified and the process is supported.

They allowed us a direct engagement with the very source of existence.



## 5- The benefits of the death/birth process: developing superpowers

The difference between a common man and a sage, or people like Jesus Christ, Buddha, and others who are considered saints, is their ability to function in the nonlocal realm in a way that normal humans do not. As humans, we are all intrinsically capable of visiting both realms, the local, the nonlocal. We all move from one to the other, the orgasm is one of the most common ways we do so.

But highly developed people, who can make miracles happen, or make huge transformation happen, can function in the non-local realm at exceptionally high levels. Having experienced these realms repeatedly and for extended periods of time, they develop a level of knowingness of that realm that is so intricate that they're able to affect change in it. As we affect change in the non-local realm, the impact of that will manifest into the local realm in a way that is very noticeable, sustainable, and highly effective.

The part of our being which can connect to the cosmic forces is located in the nonlocal realm. Therefore, by connecting to the cosmic realm, we strengthen our ability to function and to enable change in the nonlocal realm.

Miracles such as Jesus Christ multiplying bread or fish or, or turning water into wine, we call these things miracles, but in fact, they are our natural authentic state.

**Miracles are our natural state as human beings.**

Because we are beings of high potential, we are gods with amnesia; who have forgotten as a result of experiencing centuries of being convinced we are not.

By returning to our original form, we are supported in achieving the ability to make miracles happen. We realise, therefore, that our natural, original state as humans is that of being able to generate miracles, to be supernatural. So the process of returning to that form involves a lot of unraveling and reworking the patterns that are limiting us. This is something that can happen in many ways but especially with the death/birth resurrection process.

## 7- This process today

According to Plato, practices similar to those of the mystery schools would have existed as long as 10000 years, having emerged after the catastrophic fall of Atlantis.

As was observed by studying the caves of Lascaux, Peche Merle and more, these practices may have existed as long as 40000 years or even longer, potentially making them the most significant spiritual rites in human history.

The use of these practices was implemented and strengthened when they were most needed by society. In fact, it is said that our ancestors deliberately would have used such durable materials in the construction of the temples and architectural structures because they had the foresight to predict we would need their power even more thousands of years later.

These practices were meant to restore order in societies which were experiencing chaos, making these quite relevant in our current context, as this is written in 2021.

In many ways, our modern society is characterised by codependency, unhealthy attachments and fear of death.

In fearing death we are also fearing and restricting the potential related to the rebirth that can follow it; which holds the power of our highest evolution.

Our ancestors understood this.

These radical practices of the past can still be integrated in our modern context in various ways.

As I mentioned earlier, similar rites are still being held by certain groups in the Yucatan. In Greece, practices similar to these would have been held at the sacred site of Delphi until the mid 1800's.

Many modern shamans relate these death/birth ideas to the shamanic journeys which include plant medicine, Ayahuasca, Kambo, etc. I have no direct experience with these processes, so I cannot write about these experiences in detail.

It is almost certain, as I mentioned earlier in the module, our ancestors used hallucinogens as a part of the process, in order to transcend that limited consciousness.

Having worked with many clients who have experienced these practices, I have understood them as involving the ingesting of a tea that supports a process and a journey that allows us to transcend the physical world of form, to dive actively into the unconscious, and realise our ability to be connected to everything in existence. We dive into a more primordial and intrinsic realm, and come back with a new perspective on our reality, unlocking information, knowledge, and insights that can be most helpful as we return to our daily life.

In this programme we will be exploring other ways to dive deep below our consciousness using only the tools which exist within us. Participants who have experienced both will often mention that the processes which involve only our own innate tools seem to have a more sustainable impact.

### **The deep dive**

Similar effects to the ones described in the above ceremonies can be achieved using only the resources in our body, through practices of breath, sound, and awareness, especially when done in complete darkness, for extended periods of time. The benefits are also supported by the energetic fields found at a sacred site and/or held by a teacher, shaman or high priest.

I experienced this process at the very end of a 1-year tantra training in Berlin, in which we spent four days in a very deep practice of breath, sound and movement called continuum movement. The deep dive in complete darkness was a way to naturally support this process of death-birth allowing me to transcend the realm of consciousness; to unravel and to move away from the local realm and dive deep into the non-local realm.

Prolonged practices of sound work and breathwork allow us to drop into a similar space to those reported to be induced by ayahuasca, or the hallucinogenic alkaloids used in the ancient Mystery Schools. These processes allow the thinning of the veil between our reality and the world of source, allowing an integration to happen.

### **In our body**

The process of the deep dive allows us to connect to the various places where the death/birth process is naturally present in our bodies.

First, in our breath: the inhales represent the birth, the coming into form, the exhales represent the death and the dissolving out of form. Our breath becomes, at the body level, our greatest, yet most underrated connection and link to the greater realms, to the universe.

Second, through the use of sound.

Sounds which can be produced by our voice can dissolve the density which can be found in our bodies which relates directly to the limitations of our consciousness. As we focus intentionally on the impact of the sounds in our body, our awareness drops below surface level and begins to pave the way to the world of the unconscious.

Third, it also manifests in our body in the form of wave-like undulating movements, pulses, involuntary sensations which can appear in the practice of the deep dive. As the sounds dissolve density in our body, our fluid system awakens, connecting us to oneness. Spontaneous movements begin to be expressed in our bodies.

It also appears in our heartbeat, and in our power-center, the dantian which is located in the lower belly recognised as being the space that holds our highest power.

In tantra we also very often we refer to the micro-cosmic orbit, the tongue touching the soft palate as a way of connecting to oneness through death and birth.

One of the elements that make ayahuasca such a powerful practice is the production of DMT which is induced by the hallucinogens. The secretion of DMT allows us to move past the cognitive mind into a greater and more expanded state of perception, also into the union of the conscious and the unconscious.

Our body has a natural capability to produce DMT in various ways.

### **First: prolonged exposure to darkness.**

Scientific studies have shown that our brain chemistry changes and can produce DMT, especially when exposed to complete darkness for prolonged periods. When we spend long periods in complete darkness, the production of serotonin and melatonin decreases in our brain, DMT gets produced to replace it.

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

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

### **Energy transmission**

While the deep dive can afford us similar benefits and effects as the practice of Ayahuasca, ie the production of DMT and the transcending of illusion, its main benefit is to allow us to engage more deeply with the realm of pure source energy (remember energy+ consciousness = form)

Energetic transmission in the right conditions is the most effective way to reach the death/birth experience. When we transcend consciousness, what is left is our direct connection with the realm of pure energy.

Energetic transmission in the appropriate container, ie: in the presence of a guide, or shaman, or located at a sacred site, allows us to directly engage with the field of pure energy. When we are in engagement with the field of pure energy, our being is operating beyond consciousness, and we have temporarily transcended the illusions which limit the expression of our form.