

A DIVINE ROAD

A shepherd comes every night
From the land of absence,
Frees the souls from the bodies
And scatters them like camels
He guides them secretly
Back to the land of absence
And places them lovingly
In the pasture of his kindness
But he covers their eyes
And doesn't let them see the road
For this is a divine road
Not the road of self and senses

- Rumi

M.3/18

MODULE 3:

THE HUMAN BODY, THE DIVINE ROAD

1. The body: a divine road
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5. The breath
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THE HUMAN BEING IS AN AGGREGATE OF AN ENERGY FIELD THAT IS CONNECTED TO EVERYTHING IN EXISTENCE

1- The body: A divine road

The first stage of every mystery school process is the engagement in deep communion with the physical body. This explains the prominence of gymnasiums on ancient sacred sites, mainly the ones of Greece. It was believed that the more deeply we connected with our physical body, the more we realised that it was our gateway back to the divine, to the cosmic field.

What is the body

The human body is an extension of a planetary process that began billions of years ago.

Intrinsic within us is the ability to connect to everything in existence; we are individual systems inherently connected by an overarching whole.

More specifically, we are a field of interpenetrating wave motions, which gather together in a specific time and place in solid form to respond to certain circumstances.

Each body can be seen as a sacred, resonant chamber of divine wisdom in the temple of our collective humanity. It echoes the whispers of an individual and collective wisdom and vibrates with sensations guiding us to the deep intelligence of Eros which unites us to everything in existence.

Yet as humans we got cut off from bio-cosmic nourishment. This separation happens first through the process of differentiation and individuation which occurs naturally as we incarnate in human form. It is then reinforced by the limitations which have been imposed by thousands of years of cultural conditioning, illusions, and deeply-embedded belief systems.

These limitations of our consciousness get expressed in the body, and the body expresses these back to our consciousness. The link between both is our nervous system.

2- THE EROTIC DIVE INWARDS

In previous sections, we have seen that for as much as 40000 years, civilisations have traditionally used processes of death/birth as their highest spiritual practice, an effective way to achieve sustainable transformation. The orgy and the orgasm played an important role in achieving this transformation, mainly by allowing participants and initiates to drop below limited consciousness into limitless ideas of themselves. By dropping inwards, we could access the realm of the orgasm field, where our limitless potential can be reached.

The death/ birth process is one of the most radical ways of shifting consciousness, therefore one of the most efficient ways of achieving transformation. It allows a surrendering of illusions after which reality can begin to manifest in a very different way. They allowed us to achieve a state of wholeness which enabled the release of attachments that were not serving us.

In the past, these often involved intricate and grueling ceremonies in dark chambers, ones that lasted, days, weeks, or months. In our modern context, many people engage in various types of medicine journeys that involve the ingesting of herbs, teas, or other plant potions, such as ayahuasca for instance. These can lead to significant shifts in perception which transform the way reality can manifest around us. We realise our connection to something greater, and therefore our connection to our surroundings changes.

As part of my explorations during my 1-year tantra training in Berlin, I was invited to experience a process called the deep dive, a process similar to those of the ancient mystery schools, but only uses the resources which exist naturally in our bodies, no hallucinogens. As a group, we spent days and nights in a somatic process including elements of breath, sound, movement, and touch, in complete darkness, allowing us to drop as deep as possible below our limited consciousness. This allowed me to kick off a significant transformation process, only by using the tools available within my physical body, supported by an adequate container.

The prolonged practices 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, allowing the thinning of the veil between our reality and the world of source. As well as going through a full “darkroom” process which lasts many days and nights, a dive can also last 1 hour to 3 hours, and can even be adapted to be a short 15-30 minute practice that can be better integrated into our daily lives.

A dive is a process by which we connect deeply to our inner world. It goes well beyond our general ideas of meditation. It is a deeply intelligent process guiding the return to our origins and awakening our deepest impulses. It is a meditative process of energetic processing, where the word processing refers to “returning to the truth”.

As the process deepens, we begin to encounter the part of ourselves which is connected to infinite capabilities, beyond our nervous system and our patterns, allowing us to live a more authentic and enhanced living experience; in direct engagement with the limitlessness of who we are. As we dive below our consciousness, we find ourselves engaging with a limitless amount of deep intelligence which is intrinsic to our being. That deep intelligence becomes our highest resource for creativity and transformation.

As we dive into this authentic realm, we begin to notice significant changes manifesting at the somatic level. At a collective level, they represent a paradigm shift. As humans, we tend to live our lives in ways that are very linear, compressed, and isolated from the source of our existence, and therefore from our

highest resourcefulness. As our body drops into a dive and experiences its more authentic state, we find ourselves moving into less linear and less controlled patterns of breath, sound, and movement. There is a direct parallel between what happens in our physical body, and what happens in our consciousness. The shift in consciousness which is accessible in the body is much more efficient than the one which is accessible in the cognitive experience. This is because the experiences which have shaped our consciousness the most impacting our body first. For example, a person who has grown up in an abusive household may be led by limiting patterns in which they believe they are fundamentally unsafe in this world. Yet it is likely that no one ever told their cognitive mind “you are unsafe here”. This would have been felt in the body first when they felt their safety was under threat.

As a traumatic event is experienced, chemicals are produced by the brain which creates a reaction in the body. The body will then respond by sending signals back to the brain and it starts to create a loop. And that's how we create limited belief patterns. The erotic dive inwards allows us to drop below these patterns.

I have also mentioned many times that orgasm energy is the most powerful available to humans, connecting us to other realms, and allowing us to reach oneness. Somatic practices of breath, sound, and touch can help support that oneness, as they allow us to achieve oneness in the body. This is directly linked to achieving oneness in our consciousness.

As I began to understand just how much energy can be available to us through a shamanic energy transmission, I recognised the deep dive as a tool for us to better access these energies when we are living in a world in which this connection is often ignored. Prolonged practice will lead to an altered state which can feel like we are suspended between awake and asleep, like floating in a cosmic realm. This is the place where our unconscious meets our consciousness. When I am in an altered state, I am in a place that is beyond my programming, beyond my stories, and my fears, and my traumas. Over the years, in my practice, the dive has become the answer, to overcome any issues and hardships, fear, addiction, etc. The more I can engage with this place the more they can melt away. Shifts in form begin to take place. Solid matter softens and dissolves into void. Empty space begins to feel more rich and potent.

As stage 1 of the mystery school process was about deeply engaging with the body to eventually understand how it links us to the cosmic, in this module I want to guide us through a deeper understanding of how this can be achieved using only the body's own resources.

3- THE THEORY OF THREE ANATOMIES

I find it relevant to refer back to the somatic movement practice of Continuum movement. One of its foundational principles lies in the theory of 3 anatomies which lays out the reconnection to the cosmic field in 3 stages.

- 1- The cultural anatomy.
- 2- The primordial anatomy
- 3- The cosmic anatomy

The cultural anatomy

The cultural anatomy characterises the way we live as humans in general culture. As a patriarchal society, we have learned to be efficient, linear, and almost robotic. An extreme interpretation of this would be the image of a mass of bankers walking down, in a straight line, on the way to Wall Street in Manhattan every morning. We could imagine them all marching to the same step, wearing similar outfits, similar expressions on their faces, etc.

This anatomy is characterised by rigid, linear, efficient movements, and a range of sounds that are limited as well. Generally, the cultural anatomy works at a fast speed which creates compression in our system and reduces our ability to feel the sensations of our body. It is characterised by codependency and a need to fit into a specific tribe led by certain rules, guidelines, and beliefs.

The primordial anatomy

As we connect deeply with the body, we enter a more primordial state. We begin to become more aware of our inner landscape and of the more authentic ways that our bodies can express themselves. The density in our body begins to soften, we begin to awaken our body's fluid system and experience elongated, deeper breaths, lateral movements in contrast to linear movements. Undulating wave-like movements and soft spiraling motions emerge. In this anatomy, our body begins to engage on a journey that can connect it to the cosmic realm.

The cosmic anatomy

After a prolonged amount of time experiencing the primordial anatomy, we begin to naturally access the cosmic anatomy. This is where we re-encounter the direct engagement to our source. Shifts in form begin to happen. Solid form begins to soften and dissolve, empty space becomes richer and more potent. Our body begins to experience very slow movements; our arms and legs find themselves moving spontaneously and involuntarily. As some parts of our body anchor more deeply into the earth, others suspend more effortlessly in the air. The suspension happens from a shift in gravity where we no longer believe it to be a force that draws us towards the earth but also a force that can support us in expanding away from it.

We find ourselves deeply connected to the universal system which is behind the creation of everything in existence. We are living, breathing and existing from a much more intelligent place rather than the way we normally live, which is more robotic, connected to cultural systems, and much more limited.

Somanaut: a person dedicated to exploring the inner space of the human form, who can travel within the body to experience different histories and realities and dimensions.

4- THE ELEMENTS OF THE EROTIC DIVE INWARDS

In this section, we will lay out the various elements which make up the process that can guide us from a more cultural living experience to one which is more engaged with the cosmic realm.

These elements are Eros, breath, sound, touch, movements, awareness, sensation, spontaneous movements.

THE EROS IN EROTIC

A reminder of the use of the word Eros / Erotic as it is understood by this course.

We have seen in the previous section that the word Erotic refers to ideas that go beyond the traditional views related to sexuality. Eros refers to the primordial nature of creation of all form as it emerges from the chaos which precedes it.

Eros is where the dualities meet, where energy meets consciousness; To deeply connect with Eros, we must look further than the sexual impulses which normally are experienced. Eros is expressed through subtle sensations and micro-movements which arise in spontaneous and involuntary ways in the body. These allow us to drop below the stories, the narratives, the emotions, and thoughts that limit the realm of our consciousness. The further we drop in these deeper layers, the more we can access the orgasm field of potent transformation, where rebirth can take place.

The deep erotic dive inwards is therefore composed of various elements which coordinate, in an orchestrated way, to allow us to drop into the chaos of its undifferentiated realm. We use elements of breath, sound, movement, and touch, to build a sequence that will be a sacred choreography guiding us to our source.

5- BREATH

The breath is the first way that we can track the inner landscape of our being. A short, shallow, and quick breath will be a sign of compression being held in the body.

We do not attempt to change the breath, simply observe it.

Where is it located in the body? When our breath is located at the top of the chest, that is also a sign of compression and strong cultural expressions.

As we dive inwards and journey into the field of the mysteries, our breath elongates, very often dropping to the lower belly, to the anus, or anywhere else in the body.

We can breathe with our entire bodies, as we did when we were infants born with very little conditioning.

The breath is also effortless. We notice the life-force which is essential to our existence lives so effortlessly within us.

Our inhales happen effortlessly, representing the birth, the coming into form.

The exhales, which are also effortless, 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 process of death/birth which is inherent to the universe.

As well as observing the breath as a tracking mechanism, we also begin to integrate certain breath elements which can bring certain types of impact to the physical body.

These can involve adopting certain shapes with the mouth, either more open or closes and altering its speed.

Let's explore two examples of breaths you can use to experience different effects on the body.

Breath 1- an activating breath.

Bring your lips almost closed as if you are about to blow the candles on a cake. From there, inhale and exhale quickly, making sure the exhales and inhales stay at the same length.

Breathe in this way until you feel you have had enough.

Then observe the impact of this on your physical body.

Breath 2- A dissolving breath.

Open your mouth as much as possible. Begin to exhale softly, in one long continuous exhale from the back of the throat. Repeat this one exhale a few times until you feel you have had enough.

Then sit and observe the impact of this breath on your physical body.

You can then choose to layer the two breaths together, alternating between one and the other, pausing in between to notice what occurs in your body.

6- SOUND

The experiments of Dr. Masuro Emoto are famous for demonstrating the transformative power of sound. They have continuously demonstrated how using sound in various ways could shift form. The key element is water and the fluid system.

Emoto uses rice to demonstrate the impact sound can have on water, which can affect form. If you are not familiar with his work, I highly recommend looking it up.

This makes sound an important element in the erotic dive inwards.

Sounds that are produced by our voice can dissolve the density which can be found in our bodies; the density 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. The sounds we make create vibrations that awaken density within, these vibrations can create an impact that can be noticed in the solid form.

Our bodies which are predominantly water, contain a fluid system which is a microcosm of the hydrosphere of the earth. The hydrosphere of the earth is composed of all the water bodies of the earth. Our fluid system is composed of all the fluids and water elements of our body. The hydrosphere is what links the Earth as a being of oneness. The fluid system is what links our human body as a being of oneness.

The sounds we make activate the fluid system of our body which exists below our conditioning, below our nervous system, awakening a resonant stream of bio-cosmic nourishment. As this fluid system is activated, we begin to notice sensations awakening in our bodies. As these are perpetuated, the sensations amplify, turning into small micro-movements, and then larger movements that can happen effortlessly.

Oneness can therefore be achieved in the body by awakening the fluid system. The limitations of our consciousness show up as density in our body. As we awaken the fluid system, we allow our awareness to engage with a more intrinsic part of our being. Perpetuating a practice that awakens the fluid system allows the body to engage in a journey towards the cosmic field.

It is the pathway to the mysteries.

Exercise:

Close your eyes and bring your awareness inwards.

Visualise the midline of your body as a tube, about 10 cm wide that goes down from your throat to your perineum.

Drop a long sound "O" inwards into that midline. The sound is not like an "Ohm" sound but rather an open-ended "O" sound. Feel the vibrations down that tube, that midline.

You can also let your awareness start to draw a line down the midline of your body with the sound O. Then rest in a pause space and notice how this feels in your body.

7- TOUCH:

Touch is the next element of the erotic dive inwards.

By bringing soft and slow touch in our body, we engage with ourselves with a new consciousness and awareness.

Touch can also be a great way to move sound across the body.

When we bring our hands to our body and drop a sound underneath them, our hands become like tuning forks, enhancing the vibration of sound in the body in a way that can transform the solidity and the density.

Exercise:

Bring your hand underneath the front of your neck.

Drop the long and deep sound "O" underneath your hand. Notice how different this feels from the previous exercise. Is the vibration more amplified? More focused?

This is a great exercise to do on a part of a body that is in pain, as the sound can begin to bring healing to the density which is found in that area.

8- MOVEMENT:

As humans, our collective has become accustomed to linear, fast, and efficient movements which are a product of our patriarchal context. Our bodies tend to move in ways that are patterned: we drive a car, use our mobiles, use our computers, creating patterns in our bodies which affect our nervous system, which affects our mind, our brain, our consciousness.

Shifting the way we move can allow us to expand and shift our consciousness.

The erotic dive inwards offers ways of moving which are nontraditional, less linear, more lateral, and less patterned, so that we can expand and transform consciousness.

As the sounds dissolve density in our body, and our fluid system awakens, connecting us to oneness, our movements take on a more authentic form. We begin to find that our natural movements are generally expressed in more fluid ways, as undulations, waves, pulsations, and spirals.

The movements rather than being linear, such as those in our cultural day-to-day, become more lateral. We literally expand. With lateral movement, our sense of identity broadens. When we have less structure, we increase access to a wider range of resources and capabilities.

Slowing down is essential to the practice of shifting our consciousness.

As we slow our movements down we connect to more intrinsic parts of ourselves. We connect to the part that is always moving. We realise that movement is not something we do, but rather it is something that we are.

The universe connects with us through waves composed of peaks and dips. The message of the information is in the dip of the wave. As we slow down, we elongate the wave, increasing our access to the information.

These slow, lateral, undulating, wave-like movements allow us to engage with the bio-field which is the origin of everything. As we slow down, we perceive more fully the potency of the energy which is available in the field around us. We become more open to receiving it, and to its transformative power. This perception is called exteroception.

As we slow down we also become more perceptive of our inner landscape, called interoception.

Our sensations get amplified and we become more aware of our inner world. Our center of reference comes back within us rather than outside of us.

Exercise:

Close your eyes and become aware of your body. Bring your awareness to your shoulders. Notice if they are holding tension. If you are sitting at a computer or at a desk, it is likely your shoulders are holding tension. If so, bring awareness to that tension. Don't stretch or move around. Just become aware of that tension. Notice what happens as you do. Does it begin to release? If so, notice the movement as your shoulders drop into a relaxed mode. Notice that slight natural movement and notice how, now that your shoulders are relaxed, perhaps there is a gentle movement in them which you can perceive.

9- SENSATIONS

As a result of following a sequence of elements, we will be invited to pause and notice what is present in our body. We become aware of subtle sensations which come alive in the body: pulses, ripples, twitching.

We are invited to connect to presence in this way, by sitting with these sensations, embracing them, holding them as if they were the most precious treasures from the greatest Egyptian king or the lost lover who returns in the middle of the night to kiss us softly on the cheek.

Sensations are energy manifesting in physical form. These sensations are therefore Eros manifested in our being, the formless coming into form.

Connecting to sensations is a crucial part of the shifting of consciousness.

When we experience challenges that deeply impact our consciousness in limiting ways, we will often dissociate from sensations. Sitting with these allows us to begin to shift this consciousness. Small twitches and pulses are often the neurological pathways forming.

Sensations are called the first order of perception.

When we do not allow ourselves to feel our sensations, we become dissociated from the truth and create stories and narratives to replace it. Being connected to sensations is the first order of perception. If we are not engaged in this first order, we then move on to emotions or thoughts. There's a direct correlation between feeling our sensations and feeling whole, feeling like we have the answers we need, like we are connected to our higher wisdom. When we do not feel our sensations our reference point moves from our inner world to our outer world.

As we feel our sensations, and we're connected to our higher wisdom, we don't need to rely on information from outside sources. We are less liable to be organized by what's happening around us, less liable to get upset by things that are happening around us, be influenced or create attachments. We're less likely to get into addiction patterns, which often relate to us overly referencing or paying attention to what is outside of us. Addiction patterns are also often an escape, and we are often escaping from sensations that are uncomfortable for us, which we would prefer not to engage with.

As humans we have been desensitized, we have dissociated, and have learned to avoid sensations. So we have learned to shut down this vital cosmic connection.

The invitation of the erotic dive inwards is to truly and fully feel the sensations. When the smallest spiral arises, pause for a moment and truly engage deeply with it; giving it our full attention. With our awareness, the sensation will often amplify and gain more potency and we will often find it begins to tell us a story.

10- SPONTANEOUS MOVEMENT

As the sensations of our inner landscape begin to expand, we often will notice them turning into micro-movements. These, with more attention, focus, and awareness, will often turn into small movements, which will turn into larger ones.

This is when spontaneous movements begin to arise; an expression of the deep intelligence starting to be spoken through our physical body. Our authentic self begins to speak to us; we are stepping out of the cultural, efficient, and linear mode, we begin to express our deepest creativity.

In those expressions of spontaneous movement, we are no longer bound by our trauma, by cultural patterns, or the belief patterns which previously dominated our systems.

It is an opportunity for the whole body, the being, and the nervous system to be repatterned, to trust in its authentic truth of Eros.

We find certain parts of our body being drawn to connect more deeply to the floor, and other parts of the body wanting to lift away from it. We will often find parts of our bodies suspended in mid-air, effortlessly, unconsciously, and autonomically. We might notice the solid form of our inner landscape has become softer, lighter as if light has increased in the space between our cells which has expanded. In contrast, the space around us might feel more potent, rich, and dense. This shift in form of our inner world and our outer world is part of this process of spontaneous movement and suspension. It is a significant shift in our being which brings about a shift in the perception of our outer world.

A ripple, a pulse, a sound can trigger the awakening of a multi-orgasmic frisson. running across the inner landscape of our bodies. We are no longer fighting with ourselves. Our truth can be seen.

11- THE PRODUCTION OF DMT

One of the elements that make the use of ayahuasca and the alkaloids used in the mystery school process powerful is the production of the hallucinogen DMT. The secretion of DMT allows us to move past the cognitive mind into a greater and more expanded state of perception. It will often trigger the appearance of visions, images and hallucinations, signifying 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.

12- THE RETURN TO THE EMBRYO

In the next module, we will talk about the embryo and its connection to the cosmic realm.

In many ways, the journey of the erotic dive inwards is a journey back to the embryo, the journey back to our biological wholeness. The fertilized egg at the very beginning stage of the process of embryonic development is our first state of biological wholeness; it is mainly fluid, floating in a fluid container.

The small twitches and pulses we experience in this process are often a sign of neurological pathways forming the same way as the embryo starts discovering its pathways creating. Our infinite potential is linked to the creation of new pathways.

The embryonic process is at the root of everything, a return to the fundamental organization of what happened in the first place. The embryo is a spiral of water connected to the cosmos; it is undifferentiated. It's the microcosm of a macrocosm of the entire galaxy

A defended or rigid body not only is hampered in communicating within its own system but is removed from this depth of contact with others. Resonance allows wholeness to be revealed bearing a mutuality of being similar to making love.

EMILIE CONRAD