

He who knows the masculine but keeps to the feminine,
Becomes the ravine of the world.
Being the ravine of the world,
He dwells in constant virtue,
He returns to the state of the babe.

He who knows the white but keeps to the black,
Becomes the model of the world.
Being the model of the world,
He rests in constant virtue,
He returns to the infinite.

He who knows glory but keeps to disgrace,
Becomes the valley of the world.
Being the valley of the world,
He finds contentment in constant virtue,
He returns to the Uncarved Block.

-Lao Tzu

Module 9/18

The Masculine and the Feminine.

The Mystery School of the Orgasm Field

9-month mentoring programme

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1- The masculine and feminine at sacred sites.

The archaeological site of Uxmal is one of the most significant and powerful of all the Yucatan. Its famous Pyramid of the Magicians stands as a symbol of the powers it can awaken in visitors merely by being in its presence.

According to its legend, the pyramid would have been constructed simply by the power of a magician's words. As he spoke, loudly and intentionally, the vibrations of the sounds of his words would have been so powerful that they would have been capable of flinging heavy stones across the air. As they dropped naturally in the right place, the sacred monument was constructed.

For centuries, men and women, shamans and initiates, have gathered at the site to awaken their own inner magician.

Interestingly and significantly, the pyramid is perhaps the only temple in the Yucatan, one of the few worldwide, which is entirely androgynous. The building has two main faces, one representing the feminine, with an oblong hole symbolising female genitalia, the other the masculine, with a protruding structure with penetrative qualities, depicting the man's lingam.



UXMAL- The feminine (receptive) and masculine (penetrative) sides of the Pyramid of the magicians at Uxmal.

As we have seen previously, sacred sites held the crucial duty of transforming those who visited them. They were built following specific principles to generate certain attributes that can support a deep transformation process. Simply by connecting to these structures, visitors and initiates transform.

Therefore by representing the unification of the masculine and the feminine in a structure, those who connect with it would unify them within as well.

Therefore, people who gathered at Uxmal would have believed that by uniting the masculine and feminine, they would develop magic powers such as those behind the ability to launch heavy stones simply with the power of the sound of our words.

While Uxmal is unique in many ways, it is not the only site at which these characteristics have been highlighted with such significance.



At Teotihuacan, an ancient, possibly Aztec-built village 1 hour from Mexico City, two of the main landmarks are the pyramid of the sun and the pyramid of the moon. The sun represents the masculine and the moon the feminine.

At Glastonbury in the UK, the Mary energy line and the Michael energy line cross at 3 different points, which is one reason why this land is so potent. As the masculine and feminine currents meet, the unification of these energies will be supported for anyone visiting the site.

Similarly, in Greece, we encounter the meeting of the Athena line and the Apollo line.

In Egypt, a similar concept exists at the pyramids of Giza. While these are primarily dedicated to kings, they also contain bridal chambers for reasons which many historians fail to understand. These were created, it would seem, to embody the meeting of the masculine and feminine in the physical structure.

Chartres Cathedral outside of Paris is also a significant site in many respects. This Catholic establishment, created in medieval times, was built on an ancient pagan site. At the time of its construction, it preserved many of the previous site's design principles to maintain the energy and transfer the existing power to the Catholic Church.

At the front of the cathedral can be found two towers, one taller than the other. The taller one represents the sun (masculine), and the shorter one represents the moon (feminine).

Significantly, an entrance to the side of the church was shaped in the form of feminine genitals. Entering the cathedral through that door represented our entering the divine feminine to access greater realms.



Chartres Cathedral in France - side entrance resembling woman's genitals.



Chartres Cathedral in France - front of building with sun tower and moon tower.

IMPORTANT NOTE: It is important to note that in some traditions such as taoism, the moon represents the feminine while in other traditions, such as Ancient Greece, the feminine is represented by the earth and the moon represents the union of the masculine and feminine.

2- The purpose of harmonising the masculine and feminine.

I first personally encountered the concept of the "masculine and feminine energies within" in Brazil when I was participating in my first shamanic missions. I visited the house of John of God, at the time considered one of the most important and powerful mediums in the world, with sometimes as many as 5000 people queuing to visit him in one day (pre-scandal).

I remembered noticing a few men and women sitting in the ceremony rooms with their hands covered in shapeless gloves. I was later told that these were people who were preparing to be "guides of the house" and one requirement for the preparation was to meditate with a stone in each hand, one representing the masculine (right hand) and one representing the feminine (left hand). The objective was for each guide to find the harmonisation and unification of these two energies within.

So what is it about the unification of the masculine and feminine which is so powerful and necessary for our evolution?

The journey to our highest potential, as seen in the mystery schools, is to arrive at a place of complete oneness and wholeness embodied in human form. As we have seen in previous modules, this work is about developing the ability to reach a vibratory knowingness of the most developed realms and planes, such as the Pure energy plane, the most advanced one.

Reminder:

Here are the 6 planes which compose our system, from least intrinsic to most intrinsic:

- 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- The pure energy plane

Ultimately, the journey of this course is to develop the rainbow body, allowing us to access the vibratory knowingness of the Pure Energy plane whenever we want or need it. The life force energy plane (4th plane) is the most intrinsic plane where the masculine and feminine are differentiated for the last time. This polarity merges together as we transition to the source energy plane. In the source energy plane, the masculine and feminine energies are no longer differentiated. There is still differentiation in this plane, relating to the differentiation of individuated frequencies but they are not polarised.

In the next plane, the pure energy plane, these frequencies merge together into an expanded undifferentiated oneness.

If this concept seems abstract, it is.

Put simply, this implies that the journey to the connection to oneness involves the unification of the masculine and feminine within, a process which happens at the realm of the life force energy.

The masculine and feminine polarity is the most significant polarity which runs our system.

In unifying the masculine and feminine, we become whole beings, embodying our highest power. This is why in Tantra, the unification and integration of the masculine and the feminine is a primordial concept on the journey to our highest potential.

On the following pages you will read an interesting excerpt from Plato's Symposium in which the philosopher speaks of the origins of humanity and his views on gender, which may have very well been the ones reflected in the greek Mystery Schools, as he was one of their most famous initiates.

3- Wisdom from the mystery schools: An excerpt from Plato's symposium

Excerpt from Plato's Symposium

"love' is the name for our pursuit of wholeness."

"First you must learn what human nature was in the beginning and what has happened to it since, because long ago our nature was not what it is now, but very different.

There were three kinds of human beings, that's my first point—not two as there are now, male and female. In addition to these, there was a third, a combination of those two; its name



survives, though the kind itself has vanished. At that time, you see, the word 'androgynous' really meant something: a form made up of male and female elements, though now there's nothing but the word, and that's used as an insult. My second point is that the shape of each human being was completely round, with back and sides in a circle; they had four hands each, as many legs as hands, and two faces, exactly alike, on a rounded neck. Between the two faces, which were on opposite sides, was one head with four ears. There were two sets of sexual organs, and everything else was the way you'd imagine it from what I've

told you. They walked upright, as we do now, whatever direction they wanted. And whenever they set out to run fast, they thrust out all their eight limbs, the ones they had then, and spun rapidly, the way gymnasts do cartwheels, by bringing their legs around straight.

"Now here is why there were three kinds, and why they were as I described them: the male kind was originally an offspring of the sun, the female of the earth, and the one that combined both genders was an offspring of the moon, because the moon shares in both. They were spherical, and so was their motion, because they were like their parents in the sky.

"In strength and power, therefore, they were terrible, and they had great ambitions. They made an attempt on the gods, and Homer's story about Ephialtes and Otus was originally about them: how they tried to make an ascent to heaven so as to attack the gods. Then Zeus and the other gods met in council to discuss what to do, and they were sorely perplexed. They couldn't wipe out the human race with thunderbolts and kill them all off, as they had the giants,

because that would wipe out the worship they receive, along with the sacrifices we humans give them. On the other hand, they couldn't let them run riot. At last, after great effort, Zeus had an idea.

“I think I have a plan,’ he said, ‘that would allow human beings to exist and stop their misbehaving: they will give up being wicked when they lose their strength. So I shall now cut each of them in two. At one stroke they will lose their strength and also become more profitable to us, owing to the increase in their number. They shall walk upright on two legs. But if I find they still run riot and do not keep the peace,’ he said, ‘I will cut them in two again, and they’ll have to make their way on one leg, hopping.’

“Now, since their natural form had been cut in two, each one longed for its own other half, and so they would throw their arms about each other, weaving themselves together, wanting to grow together. In that condition they would die from hunger and general idleness, because they would not do anything apart from each other. Whenever one of the halves died and one was left, the one that was left still sought another and wove itself together with that. Sometimes the half he met came from a woman, as we’d call her now, sometimes it came from a man; either way, they kept on dying.

“Then, however, Zeus took pity on them, and came up with another plan: he moved their genitals around to the front! Before then, you see, they used to have their genitals outside, like their faces, and they cast seed and made children: not in one another, but in the ground, like cicadas. So Zeus brought about this relocation of genitals, and in doing so he invented interior reproduction, *by the man in the woman*. The purpose of this was so that, when a man embraced a woman, he would cast his seed and they would have children; but when male embraced male, they would at least have the satisfaction of intercourse, after which they could stop embracing, return to their jobs, and look after their other needs in life. This, then, is the source of our desire to love each other. Love is born into every human being; it calls back the halves of our original nature together; it tries to make one out of two and heal the wound of human nature.

“Each of us, then, is a ‘matching half’ of a human whole, because each was sliced like a flatfish, two out of one, and each of us is always seeking the half that matches him. That’s why a man who is split from the double sort (which used to be called ‘androgynous’) runs after women. Many lecherous men have come from this class, and so do the lecherous women who run after men. Women who are split from a woman, however, pay no attention at all to men; they are oriented more toward women, and lesbians come from this class. People who are split from a male are male-oriented. While they are boys, because they are chips off the male block, they love men and enjoy lying with men and being embraced by men; those are the best of boys and lads, because they are the most manly in their nature. Of course, some say such boys are shameless, but they’re lying. It’s not because they have no shame that such boys do this, you see, but because they are bold and brave and masculine, and they tend to cherish what is like themselves. Do you want me to prove it? Look, these are the only kind of boys who grow up to be real men in politics. When they’re grown men, they are lovers of young men, and they naturally pay no attention to marriage or to making babies, except insofar as they are required

by local custom. They, however, are quite satisfied to live their lives with one another unmarried. In every way, then, this sort of man grows up as a lover of young men and a lover of love, always rejoicing in his own kind.

“And so, when a person meets the half that is his very own, whatever his orientation, whether it’s to young men or not, then something wonderful happens: the two are struck from their senses by love, by a sense of belonging to one another, and by desire, and they don’t want to be separated from one another, not even for a moment.

“These are the people who finish out their lives together and still cannot say what it is they want from one another. No one would think it is the intimacy of sex—that mere sex is the reason each lover takes so great and deep a joy in being with the other. It’s obvious that the soul of every lover longs for something else; his soul cannot say what it is, but like an oracle it has a sense of what it wants, and like an oracle it hides behind a riddle. Suppose two lovers are lying together and Hephaestus stands over them with his mending tools, asking, ‘What is it you human beings really want from each other?’ And suppose they’re perplexed, and he asks them again, ‘Is this your heart’s desire, then—for the two of you to become parts of the same whole, as near as can be, and never to separate, day or night? Because if that’s your desire, I’d like to weld you together and join you into something that is naturally whole, so that the two of you are made into one. Then the two of you would share one life, as long as you lived, because you would be one being, and by the same token, when you died, you would be one and not two in Hades, having died a single death. Look at your love, and see if this is what you desire: Wouldn’t this be all the good fortune you could want?’

“Surely you can see that no one who received such an offer would turn it down; no one would find anything else that he wanted. Instead, everyone would think he’d found out at last what he had always wanted: to come together and melt together with the one he loves, so that one person emerged from two. Why should this be so? It’s because, as I said, we used to be complete wholes in our original nature, and now ‘love’ is the name for our pursuit of wholeness, for our desire to be complete.”

4- Integrating the concepts of masculine and feminine within

This story, though quite mythical, speaks to the idea that every human being has the potential to reconnect to the fullness of oneness, to be wholeness embodied in human form. In that wholeness is a strength and power so great we could harvest the ambition to even take over the Gods themselves.

Sexuality is fundamental here. Every act of sexuality is an act of awakening the oneness that is available within. This is an energetic process, and a biological and physiological one, demonstrated by the fact that conception can sometimes occur within male/female sex acts, leading to the creation of a human being.

As we have seen, sexual acts and orgasms exist in physical and biological acts and expressions and in purely energetic acts. Therefore, the act of awakening the knowingness of everything in existence, as we intend to do energetically in this work, is that ultimate act of oneness and fullness.

The process can happen in two ways:

Firstly, by uniting the masculine and feminine within, our journey towards developing wholeness is supported.

Secondly, by being exposed to wholeness and oneness, as we are in this course, the masculine and feminine naturally unify. This is an energetic process that happens naturally as we learn to vibrate like all the frequencies in existence. This is because as we vibrate like all the frequencies in existence, we begin to function in the most intrinsic realms, such as the realm of source energy and of pure energy which require us to transcend the masculine and feminine polarities.

5- What are the masculine and feminine?

With this broader, and perhaps more radical view in mind, let's take a moment to define these concepts.

Male and female: refer to our biology, whether a person has a penis and scrotum or vagina and clitoris.

Man and women: refer to cultural constructs and artificial images that our society has constructed due to our biology and the roles we have taken on.

Masculine and feminine are sets of principles and sets of energy frequencies that support each other. When they do, they create a harmony we can benefit from. Masculine and feminine frequencies exist in all of us, while some of them might simply be dormant in some of us. Our job, when we are seeking to expand, is to awaken both.

When we operate as only one specific set of frequencies, masculine or feminine, we are only operating at less than 50% of our consciousness.

They are an explicit duality that points to an implicit harmony, an implicit neutrality.

This implicit neutrality is the most healing and transformative force we can access.

It is an implicit part of the energy of Source, and the pure energy of the oneness of everything in existence.

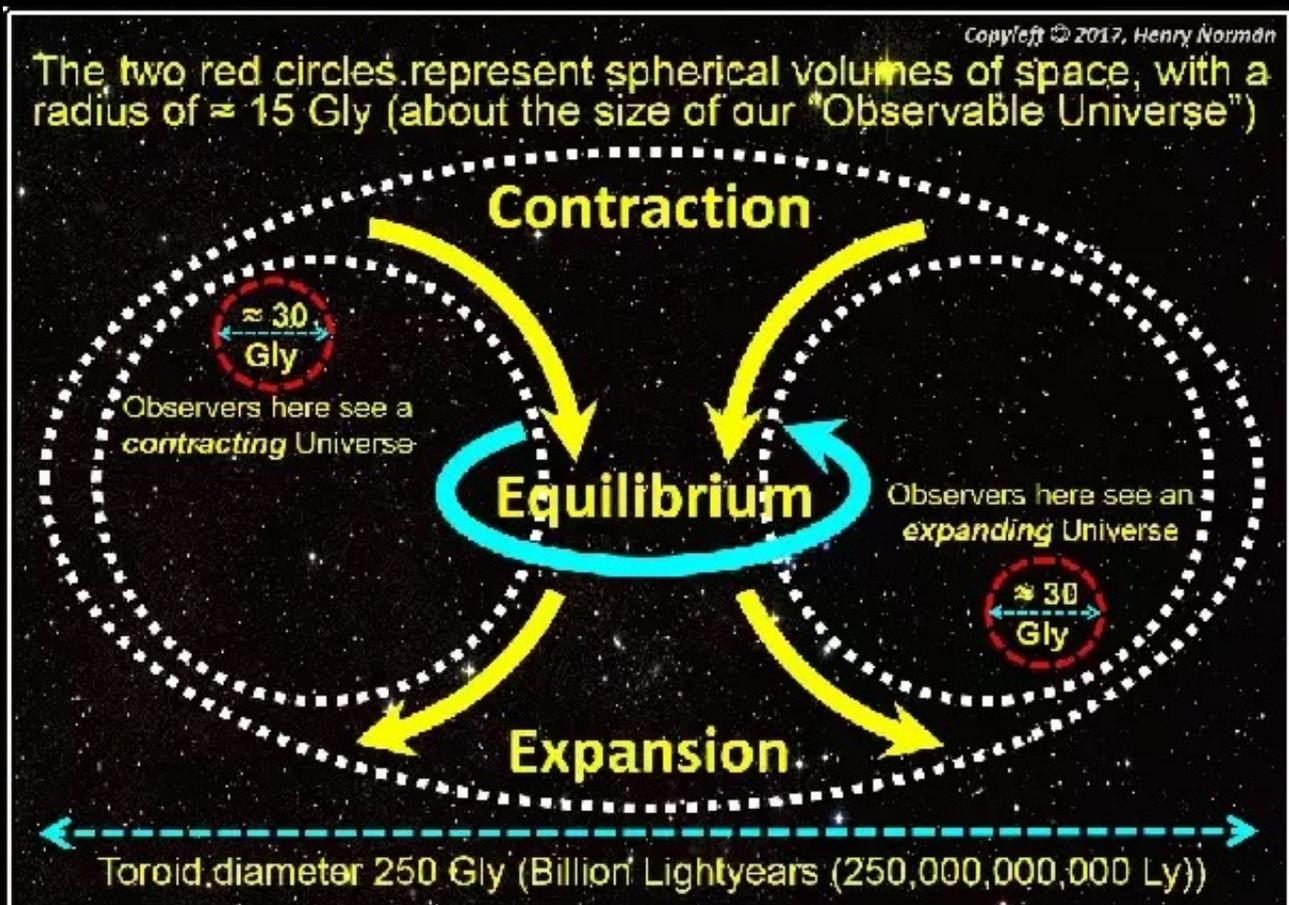
6- The Torus shape

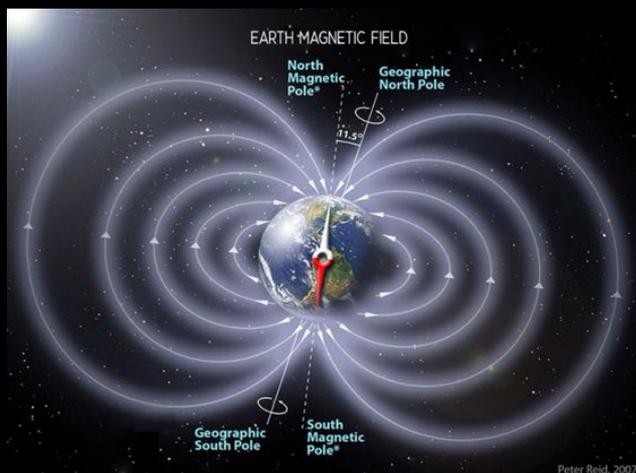
The masculine and feminine frequencies also relate to the shape of our entire universe. This is because our universe, at its most intrinsic form, is made of contractions and expansions.

Contractions refer to the feminine energy, the expansions refer to the masculine. If a person focuses overly on masculine energy, there will be too much expansion; they may "explode," get exhausted, burn out. Conversely, when a person concentrates excessively on feminine energy, they may become depressed, disengaged, low energy.

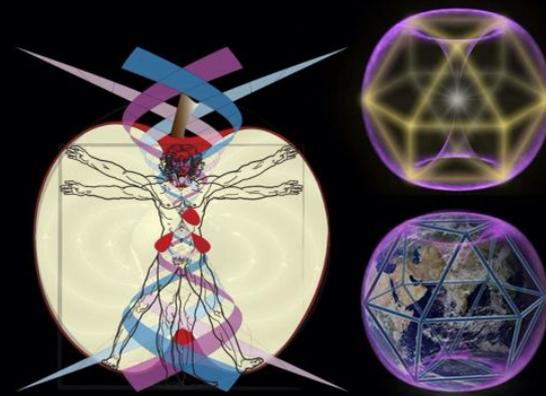
When we unite the masculine and feminine together, we awaken, internally, the torus shape, which is the shape of wholeness that exists in our physicality during our embryological development but that we later lose.

The torus shape looks like an apple with no stem. It is shaped like a sphere with a dent at the top and a dent at the bottom. It is the shape of the magnetic field of our hearts. As we harness the torus shape within us in this way, we generate a force that allows our energy field to become more magnetic, we begin to draw things towards us more effortlessly.

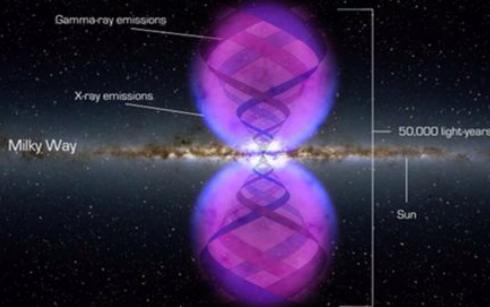




THE MOST FUNDAMENTAL SHAPE OF EXISTENCE; TORUS



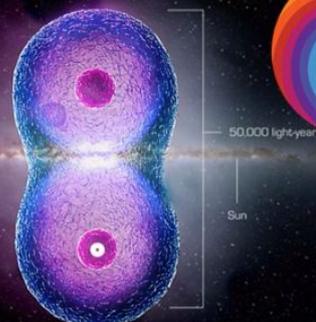
GALACTIC PLANE



MACRO



CELL DIVISION



MICRO



Receiving and giving.

The feminine, like the contraction of the universe, refers to receiving. The masculine, like the expansion of the universe refers to giving. This relates strongly to the principles that surround our sexuality, regarding the penetrative nature of the masculine and the receptive quality of the feminine.

But in some ideologies, the feminine is not so passive. In the Dagara tribe of Burkina Faso, the act of sexuality is not about the lingam penetrating the yoni, but rather the yoni, inviting the lingam into it. It invites the lingam inwards on a journey, thus allowing it to reach the higher, most divine realms through this sacred act.

Not too dissimilar to the journey that we are invited on when we enter the Sacred feminine doorway of Chartres Cathedral.

Since every human embodies both the masculine and feminine sets of frequencies, we also each have an energetic version of both sexual organs. For instance, a person born as a biological male, would also have an energetic yoni. A person born a biological woman would also have an energetic lingam.

A biological male might also have a second energetic lingam as well as his physical lingam and the biological female might also have an energetic yoni as well as her physiological yoni.

These relate not only to our sexuality but to the penetrative and receptive qualities that exist within each of us.

7- Archetypal qualities and energetic essences.

Shakti Malan, the founder of the Shiva Shakti academy in South Africa created a process to explore our feminine and masculine energies which spans 3 levels, which are the following:

- 1- the unconscious masculine / feminine
- 2- the conscious masculine / feminine
- 3- the deep masculine / feminine

In the language of our course, we would refer to these in these ways:

- 1- the cultural
- 2- the primordial
- 3- the cosmic

This offers you two different types of languages you can use, depending on which you resonate the most with.

She describes the 3 stages in these ways:

- 1- the unconscious / cultural masculine and feminine:

Refers to the acting out of old patterns and beliefs despite our conscious intentions.

The unconscious has two parts, a collective unconscious and the individual unconscious.

The collective unconscious relates to limited patterns, beliefs and ideas which exist in our collective which have been inherited. These affect us individually and collectively.

The individual unconscious refers to limited patterns and beliefs which are specific to one person, to ourself specifically, based on our own lived experiences.

- 2- the conscious / primordial masculine and feminine:

Refers to tuning into a deeper space of authenticity within us and accessing the masculine and feminine principles that can be found within a more intrinsic place.

These are based on achieving a certain level of awareness and consciousness and require us to be ok with dealing with the discomfort of disconnecting from the cultural norm.

3- the deep/ cosmic masculine and feminine

Refers to the place beyond time and space, where the levels of identity have dissolved.

In this space, we realise the masculine and feminine are in fact one.

Shakti Malan would guide clients on a journey to explore the two polarities within. She would do so by taking a close look at various facets of these dimensions including the following which I have included below:

Qualities of the Masculine in the three categories, conscious, unconscious and deep

Qualities of the Feminine in the three categories, conscious, unconscious and deep

Qualities of Masculine sex in the three categories, conscious, unconscious and deep

Qualities of feminine sex in the three categories, conscious, unconscious and deep

Limitations of the masculine in the three categories, conscious, unconscious and deep

Limitations of the feminine in the three categories, conscious, unconscious and deep

I find the exploration of these to be a useful tool in mapping out our own journey from a more unconscious experience, through a more conscious one to eventually realise a deeper way of being in the world.

Let's take a deeper look at these categories, and see how we can find ways to identify them within us.

Masculine qualities:

1- Qualities of the unconscious masculine:

The unconscious masculine qualities are the ones that are typically expressed in our standard cultural narrative. Take a moment to reflect on how men tend to be portrayed or to portray themselves in our standard cultural ideas that are based on patterns and beliefs.

I see the Unconscious Masculine as being very self-absorbed and focused on getting what he wants. He can be competitive, survival-based and use his strength to maintain dominance.

His survival depends on his superiority.

2- Qualities of the conscious masculine:

The conscious masculine is about knowledge, and the development of skills and craft. Rather than being run by his unconscious or his uncontrollable desires, he will make the decision to master himself.

He has the focus of a thin laser beam and moves forward towards his goal with skill and expertise. He brings a solidity, a stability and allows a safety to take place so that others in the situation can thrive.

3- Qualities of the deep masculine:

The deep masculine is comfortable with stillness and void. In fact, he thrives within it. He knows he has emerged from this void at one point, it is his origin.

He is able to achieve a sense of deep neutrality and witnessing. He is a container to hold the infinite flow of energy that emerges from the deep feminine.

4- Qualities of the unconscious feminine:

Similarly to the masculine, the unconscious feminine qualities are the ones that are typically expressed in our standard cultural narrative. Take a moment to reflect on how women tend to be portrayed or to portray themselves in our standard cultural ideas that are based on patterns and beliefs.

The unconscious feminine can be needy, scattered, emotionally reactive and manipulative. She will portray herself as being weak, needing to be saved, at times even a victim of the world around her. Her role in the world as a mother, wife etc will often define her. Her survival is based on being needed by others, often on how much she can put herself aside to help and support others.

5- Qualities of the conscious feminine :

The conscious feminine is deeply connected to her heart and her body.

She is aware of her desires and knows how to navigate them.

The focus here is on receptivity, she has the ability to receive her truth and the truth of others as well.

6- Qualities of the deep feminine :

The deep feminine sees herself as the great expanse, she is one with the entirety of the universe. She is aware that she is the origin of everything.

Within her being she can hold everything.

In this oneness and wholeness, she also holds neutrality.

She knows that while she is the origin of everything, all of her creative power would be meaningless without the container of the deep masculine to bring it into form.

Masculine Sex:

7- Unconscious Masculine sexuality

In sexuality, the Unconscious Masculine will tend to objectify, to use others for his own sexual gratification, which is his focus. There tends to be a big focus and excitement around the ejaculatory orgasm. He is driven by the urge for sexual gratification, particularly for ejaculatory orgasm. His focus is on himself and his own needs and is more interested in planting his seed to ensure survival.

8- Conscious Masculine sexuality

In conscious masculine sexuality, penetration comes with deep listening of the other.

He knows to slow down, be gentle and be aware of the desires of the other.

He will be present and conscious and will ask permissions and make sure to respect boundaries.

For the conscious masculine, sex exists well beyond the genitals, also across the entire body, even including the energetic body.

9- Deep Masculine sexuality

In sexuality he is present, slow and conscious.

He is focused on giving and receives through this giving as well.

He is aware of the power of transmutation which is available in him.

Feminine Sex:

10- Unconscious Feminine sexuality

In sex, the Unconscious Feminine will spend a lot of time lingering in romantic fantasy, yet when it comes to the actual sex act, she is not in her body as she is mainly conserved with serving the other.

She seeks emotional gratification. She will put her needs aside and lose herself in the sexual act in an attempt to solidify her place alongside the man. She believes this will make her irreplaceable and will keep her safe.

There can often be a strong emotional attachment and she will often be disconnected from her own desires, making sure to put the other person's before her own.

11- Conscious Feminine sexuality

The conscious feminine is deeply connected to, and aware of her desires.

She realises her receptivity and is aware of the power she brings simply by her presence.

She knows that her genitals are a sacred gateway to a divine realm and are worthy of being cherished and respected.

She is deeply connected to her body and her heart and is deeply connected to presence in the experience.

12- Deep Feminine sexuality

She is deeply connected to the sensations in her body, aware these connect her to something greater. She is aware of the power of the sexual act as the creator of all.

The sexual act is about dropping below identification and achieving pure consciousness.

8- The journey to the deeper self.

By understanding these archetypes, qualities and energetic essences in this way, the exploration of the masculine and the feminine can become a rich process of unfolding and awakening of the deeper and most authentic parts of our selves.

This process can allow us to use our awareness and consciousness as a guiding force to support a process which is often very energetic and abstract otherwise.

The arrival at the deeper place of beingness or wholeness is a result of the awakening of the totality of one's self.

By traveling on this journey, we will often discover that characteristics that inhabit us which relate to the unconscious masculine or unconscious feminine are actually qualities and characteristics of the deep feminine and masculine which are hiding behind an area of our life that is unresolved.

As human beings our mission is, intrinsically, to awaken our greatest depth. Everything, in a most intrinsic way, points towards this process of actualisation, even if it doesn't seem to on the surface...

For instance, unconscious masculine qualities such as selfishness, or survival mechanisms are often covering up a deeper yearning which is to be in our greatest mastery, to be our highest self, to be fully present as a well-boundaried container of truth.

Or unconscious feminine qualities such as being scattered, disorganised, lost, could simply be covering up a deeper yearning for deep surrender, for experiencing the deep love and trust for all.

9- A CASE STUDY: CHRIS' JOURNEY TO THE DEEP FEMININE

Chris and Danielle are a young mid-30's couple living in London.

After a few years in a monogamous relationship, they decided to experiment with an open relationship. In many ways, the experiment was a success and they found their couple to be strengthened as a result.

This was especially beneficial for Chris, who identifies as a bisexual man. It allowed him to engage sexually with other men, while maintaining his intimate connection to Danielle.

As the pandemic hit in spring 2019, however, changes occurred which presented some challenges. Chris contacted me for a 1-1 session to seek clarity and resolution on some issues which he found triggering and disturbing.

He contacted me because he had become aware of my work with shameful sexual fantasies, and felt I would be the right person to help.

As we processed the situation and challenges together, we found ourselves moving through the different stages of the masculine and feminine exploration covered in this module.

When the pandemic hit and lock-down measures were in place, the couple agreed mutually that their sexual social bubble should shrink to include only the two of them. It felt like the sensible thing to do in those conditions.

Chris admitted to me that within a few months of this agreement he was feeling challenged. Although he agreed it was the best way forward and it was entirely mutual, he began to feel frustrated and resentful. For years Chris has been using social apps such as Grindr and Scruff to engage with other men and be able to express his homosexual side, which was very important for him.

As the pandemic worsened, this was no longer possible and there seemed to be no end in sight and no sense that this part of his life would be ignited again soon.

He began to feel resentment towards Danielle which manifested with some irritability.

With time, these sentiments grew.

After a while, he began to be concerned by the turn which things took. He began to have sexual fantasies about Danielle which deeply disturbed him.

He began to fantasise that Danielle was being violently gang-raped by numerous men.

He visualised here, in the centre of a group of men, all of them getting aggressive and brutal with her. He would get turned on by these fantasies and would often self-pleasure while visualising them.

He would feel equal measures of shame and pleasure as he experienced these.

As time went on, the fantasies progressed becoming increasingly graphic and brutal.

Soon he would picture her being sexually mistreated by her work colleagues which Chris was aware she did not like. Then he would also picture her being mistreated by some of his own friends, specifically some he knew Danielle did not care for.

Chris even spoke about how things were getting so “out of hand” that at night when she would complain about her work colleagues over dinner, Chris would be distracted visualising her getting brutally manhandled by them.

Chris was deeply disturbed by these fantasies. He had so much love for Danielle, and would never wish her any harm in any way. Yet something was definitely trying to be expressed through these fantasies.

At this point in the fantasies, we are starting to see some patterns of the unconscious masculine showing up in the following ways:

The man being interpreted as the powerful one, the woman the weak one.

She would have to surrender to the men’s wishes, they would disregard her completely.

These are traits which could typically be considered unconscious masculine.

Being deeply disturbed by these fantasies had prevented Chris from exploring the true depth of their meaning, of what they were trying to show him. It was easier to engage with them at a superficial level and to avoid any analysis.

In our session together, I opened a space for us to slow down and process this fantasy together. I invited Chris to slow down with the fantasy, and pause at specific moments which seemed significant. We used elements of breath, sound and touch to go deeper into the experience and find the core truth of it.

We even opened a space of self-pleasuring, allowing Chris to truly receive the power and the pleasure of this fantasy, pausing the guilt for a moment, and truly exploring what was present for him here.

What he discovered next deeply surprised him.

Chris realised his fantasy wasn’t what he had originally imagined.

While he had originally imagined that the fantasies emerged from a place of wanting to punish Danielle, or make her pay for him being denied his homosexual exchanges, that wasn’t the case at all. As he slowed down, Chris realised that he was actually using Danielle as a placeholder for a fantasy of his own. He was fantasising about being used, abused, gang-raped and brutalised by various men in various ways.

This realisation shocked him at first. We needed to pause and create a safe space in which Chris could dive deeper into exploring this.

What was it about this fantasy which Chris desired? Why would he want to be brutalised? Abused? Was it self-sabotage? Was it a neurological disorder presenting itself? Or past trauma showing their ugly face?

I guided Chris through a longer practice of breath work, sound work and self-pleasuring, inviting him to slow down even more with this new dimension of the fantasy, and really get deeply

acquainted with the part of his shadow which was enjoying this.

This refers to the approach we spoke about when we referred to the story of Persephone who was turned on by her difficult situation, and her disruptions, realising she had called them on herself. This relates directly to the conscious masculine.

We then opened a space of love, allowing everything to be welcome here, within the confines of this safe space, an invitation to play with the conscious feminine.

Through this process came even more surprises as Chris became clear of what he was actually seeking here. He was not seeking to be brutalised, and abused, this wasn't self-sabotage after all. Chris realised that in this moment, in this fantasy, he was seeking surrender. He was seeking to connect with his deep feminine self (characterised in many ways by a sense of surrender) and this was being manifested in ways that appeared distorted and confusing.

He was seeking to surrender at the hands of all these strong men, against whom he didn't stand a chance. When surrounded by so much force, and no way out, the only option left was to surrender. When I asked Chris to reflect on what he was seeking in the surrender, he said LIBERATION, the ability to be who he was meant to be, beyond any limitations set by society. He then realised that in many of his homosexual relationships, he was seeking to surrender, to let his feminine side meet a strong masculine so he could surrender and let go within the confines of a powerful container.

By the end of that session, Chris was a changed man. He had gotten acquainted with the skeletons in the closet and the monsters under the bed and realised there was nothing to fear. By holding a loving and potent space for the unconscious elements and the darkness of his shadow, he was able to access a deeper relationship with his truth and his essence.

Surrender and liberation were now his to receive and nourish from.



10- The cosmic Masculine and Feminine.

By now we have spent time lingering in the unconscious and conscious realms as well as touching the deep realm. It is clear, however, that the deep/cosmic realm is the one that is the most significant and relevant for the Mystery School teachings.

Let's therefore take the journey one step deeper into the cosmic realm of the masculine and feminine.

Reminder: Our favourite equation:

Intensity and consciousness.

I always come back to the equation which is fundamental to this course:

Intensity + Consciousness = form (or transformation)

In the mystery schools, we speak of all transformation process being a process of death/birth. The death represents the feminine and the birth, the masculine.

In our formula, intensity is the feminine and consciousness is the masculine.

Intensity represents the great energetic expanse which is the make-up of everything in the universe. Everything comes from intensity. Consciousness is the focus and intention that brings the intensity into form.

Both rely on each other to exist. Consciousness emerges from intensity. But consciousness is also the way that intensity gets expressed. If consciousness didn't exist, intensity would simply dissolve into chaos. Consciousness is what gives it a form for it to be expressed.

Without intensity, consciousness would have no point of origin.

Another way of looking at it is the energy and the container.

The feminine energy is like an energy field, and the consciousness, the masculine energy is the container.

The container allows the energy to take a form, to be useable, to be held and supported.

The energy is the force that is to be held. The great expanse, the great surrender.

When we do a deep dive, we are diving into the waters of the feminine energy, the intensity.

The questions we ask the dive, the inquiries, and the insights we receive from it are the consciousness.

THE SACRED SERPENT:

We have previously seen that the serpent holds an important symbolism in the mystery school.

We have seen previously that this serpent guides our inner intelligence and allows us to live in the effortless flow of life,

This serpent is actually a merger of two serpents:
the fire serpent and the water serpent.

The fire serpent represents the masculine, active transmutation and transformation.
The water serpent represents the feminine, the receptive force, the fluid expanse.

ASSIGNMENT

II- Undertaking the journey of unraveling the masculine and feminine within.
A suggested 5-part assignment.

In this next section, I am detailing an assignment which I invite you to take on. It contains 5 parts, and each part can be quite lengthy so I suggest doing 1 part per day, giving each part your full attention.

Part 1 - exploring the unconscious, cultural masculine

The exploration begins in the unconscious cultural realm, generally because this tends to be the one that dominates our daily existence.

1.1 Take a moment to sit in front of a blank page of your note pad and reflect on how the qualities of the unconscious masculine exist in your life. Where do you find yourself Selfish, driven, survival-based? Give yourself the space for these characteristics to be shown to you, and to be shown where they exist in your life.

1.2 Taking a moment to sit and reflect in front of a blank page of your note pad, let your awareness scan upon some significant sexual experiences or fantasies you have had. Can you see where you have embodied the unconscious masculine in your sexuality in past experiences or fantasies? These are: Hunting orgasm, sexual gratification– not aware of the other

1.3 It is also helpful to have a look at qualities and characteristics that are trying to be shown to you by your universe, which might be seeking to be transmuted. Part of the unconscious aspect is that it lies in the shadows and that sometimes we simply are not aware of it. Here is an exercise to help us discover and become aware of these:

Sit and reflect on a quality or characteristic which you often see in men in your life, those which often repeat. Can you write down what they are, how they affect you, and any other pertinent detail?

Then, can you sit and reflect on which of these characteristics exist within you and where these exist?

Simply by bringing an awareness to these, things will begin to shift.

Part 2 - exploring the unconscious feminine

The exploration begins in the unconscious cultural realm, generally because this tends to be the one that dominates our daily existence.

1.1 Take a moment to sit in front of a blank page of your note pad and reflect on how the qualities of the unconscious feminine exist in your life. Where do you find yourself overly emotional or disembodied?

Give yourself the space for these characteristics to be shown to you, and to be shown where they exist in your life.

1.2 Taking a moment to sit and reflect in front of a blank page of your note pad, let your awareness scan upon some significant sexual experiences or fantasies you have had. Can you see where you have embodied the unconscious masculine in your sexuality in past experiences or fantasies?

These are: Emotional, romantic dream – only aware of the other

1.3 It is also helpful to have a look at qualities and characteristics that are trying to be shown to you by your universe, which might be seeking to be transmuted. Part of the unconscious aspect is that it lies in the shadows and that sometimes we simply are not aware of it. Here is an exercise to help us discover and become aware of these:

Sit and reflect on a quality or characteristic which you often see in women in your life, those which often repeat. Can you write down what they are, how they affect you, and any other pertinent detail?

Then, can you sit and reflect on which of these characteristics exist within you and where these exist?

Simply by bringing an awareness to these, things will begin to shift.

Part 3 - The healing path of the conscious masculine

In a previous module, we looked at the story of Persephone in greek mythology.

We saw that she had been sentenced to the underworld and was needing to be saved by Hades.

What we also saw is that Persephone was actually oneness embodied and chose for these events to happen to her, simply because she was bored with the neutrality of oneness and wanted some excitement.

We will use these principles in the exploration of the conscious masculine.

I am referring to the process of Existential kink developed by its author Carolyn Elliott, which aims to bring the unconscious and the conscious realm together.

1- Step One: Identify some situation in your life that you are challenged by, that your conscious mind doesn't like.

2- Step Two: Gently allow yourself to get in touch with the shadow part of yourself that actually, passionately wants this situation. How does this situation actually turn you on? Why would you want this to be taking place? What are you feeding from here?

This may be a difficult one to comprehend, so give yourself some time and compassion.

What qualities are alive in this experience and how are you nourishing from them?

For example: does it make you feel like a victim? If so, how do you benefit from that? Do you want to feel hurt because it makes you feel safe? Loved? Attended to?
Give yourself the time to dive deep into what this means for you.

3- Step Three: Surrender completely to this shadow desire, consciously allow yourself to receive, and get off on this situation.

Let yourself truly enjoy the aspects of this situation, as much as possible for a limited, set amount of time, such as 15 min.

For instance, in the victim example detailed above, let yourself spend 15 minutes dwelling in being a victim and how it feels. Let yourself fully receive that.

Part 4 - The healing path of the conscious feminine

Take a moment to reflect on a challenge you are currently experiencing.

It could be the same one you wrote above in part 3 or a different one.

Allow yourself to take a moment to connect to the real expanse of cosmic energy and love you have access to, that you can access in the mystery school.

Feel how the two feel in your body.

Then hold space for both, what does it feel like for you to feel both the expanse of cosmic energy and love in your body as well as the sensations and contractions which relate to your challenges?

Assignment Part 5- Exercise for the cosmic masculine and feminine

Part 5 is my personal favourite part of the assignment which I use the most personally and I feel is most useful at this level of our development.

Reflect on a challenge you are currently experiencing or a question that you would like to find clarity on. Ie: how do I reach a new level? How do I become a better version of myself? How do I step into my leadership?
etc.

Write this question down on a pad before beginning your dive.

As guidance for your dive, you can use a recording of a previous dive which resonated quite well for you.

Keep the pad near you as you dive. Allow yourself to receive the answers that emerge from that deeper place.

When the answers appear write them down.